Venous thromboembolism comprises deep vein thrombosis (DVT) and pulmonary embolism (PE) and strikes more than 1 in 1000 adults per year, causing discomfort, suffering, and occasionally death. DVT is defined as blood clots in the pelvic, leg, or major upper-extremity veins. These clots can break off from the veins, travel through the heart, and lodge in the lung arteries, causing potentially deadly PE. Although about 300,000 new cases are diagnosed yearly in the United States, probably 3 to 4 times as many cases occur without obvious symptoms and are never detected. This illness is often “silent” and can mimic other common conditions such as heart attack, pneumonia, and anxiety. Its aftermath spans a wide spectrum, from inconsequential to fatal.

Awareness of DVT and PE is the best way to prevent this condition. Medical professionals have recognized DVT for almost 2 centuries, but until recently, only about half of Americans were informed about the disease. Without knowledge of DVT as a medical problem, the public could not engage healthcare providers to discuss lifestyle changes and more intensive measures that usually succeed in preventing this illness. Historically, many prominent public figures have been afflicted with DVT but received little attention. However, several tragic cases of fatal PE received widespread media coverage. In 2000, a 28-year-old woman who had been a spectator at the Sydney Olympics collapsed and died of PE after deplaning in London. In 2003, a renowned reporter who was embedded with a US infantry unit during the Second Gulf War complained of leg discomfort for several days and then died suddenly of PE. These events, coupled with a recent public awareness campaign, “Killer Legs,” have raised unprecedented interest in this previously overlooked but common condition.

DVT and PE were the topics of a previous Cardiology Patient Page in Circulation. Treatment of this illness was described in a separate Cardiology Patient Page. However, prevention is the best policy to combat DVT and PE. Although preventing venous thromboembolism is more mundane and less glamorous than treatment of DVT, it remains more effective than waiting for a DVT to develop, performing complex diagnostic tests, and then treating a newly established blood clot. Strategies for prevention of DVT (Tables 1 and 2) are discussed below.

DVT Prevention Strategies

Lifestyle Changes

The most common lifestyle risk factors for venous thromboembolism are the same problems that plague our Western society: obesity, inactivity, and cigarette smoking. Nevertheless, most inquiries about DVT prevention come from patients about to embark on long-haul air travel. Despite the drama of collapse and death from PE while in flight or after disembarking, the chance of this happening is only about 1 in 1 000 000 travelers.

Mechanical Measures

For many patients at low risk of DVT, graduated elastic compression stockings will suffice. Vascular compression stockings usually lose their elasticity after about 3 months and should be replaced to maintain their effectiveness. Pneumatic compression boots are not practical unless the patient is hospitalized or homebound.

Pharmacological Options

A recent survey of 183 US hospitals showed that prophylaxis remains un-
derutilized, especially among hospital-
ized patients with medical illnesses.
For patients at medium or high risk of
DVT, once-daily self-injection of a
low fixed dose of low-molecular-
weight heparin or fondaparinux is ef-
teffective and safe. Proper injection tech-
nique requires administration into fat
tissue, not muscle, and avoiding the
area surrounding the belly button. Pa-
tients should “pinch an inch” of fat
before injection and avoid rubbing the

**TABLE 1. Methods for Preventing DVT and PE**

I. Lifestyle modifications
   A. Avoid obesity and inactivity
      i. Nutrition without excess calories
      ii. Exercise
         1. Daily aerobic such as walking
         2. Anaerobic activity useful for muscle toning
            a. Heavy weightlifting may traumatize muscles
            b. Anaerobic does not substitute for aerobic
   B. Avoid dehydration
      i. Drink water
      ii. Minimize alcohol consumption
   C. Avoid cigarette smoking
      i. Quit smoking
         1. Willpower is best
         2. Nicotine patch, gum, nasal spray
         3. Bupropion (Wellbutrin [GlaxoSmithKline])
   D. Maintain normal blood pressure
      i. Note some guidelines define normal as **<120/80 mm Hg** rather than **<140/90 mm Hg**
      ii. If lifestyle changes do not reduce blood pressure, use medication

II. Mechanical measures
   A. Vascular compression stockings
      i. 10 to 18 mm Hg if immobilized or in bed; otherwise, use higher compression levels
      ii. 20 to 30 mm Hg below-knee stockings if no varicose veins, swelling, or skin pigmentation
         changes
      iii. 30 to 40 mm Hg below-knee stockings if leg exam has evidence of prior venous disease
   B. Intermittent pneumatic compression boots
      i. Ideal for immobilized patients, either in hospital, skilled nursing facility, or at home
      ii. Device is better tolerated when combined with 10- to 18-mm Hg vascular compression stockings
      iii. Some devices have “cooling buttons” to enhance comfort

III. Pharmacological measures
   A. Injectable medications
      i. Low-molecular-weight heparin
         1. Enoxaparin 40 mg daily
         2. Dalteparin 5000 Units daily
      ii. Unfractionated heparin 5000 Units every 8 hours
      iii. Fondaparinux 2.5 mg daily
   B. Oral medication
      i. Warfarin
   C. Baby aspirin 81 mg daily
      i. Provides more protection against heart attack and stroke than against DVT
      ii. DVT prevention effect is weak

IV. Combined mechanical and pharmacological measures

**Why Are Some Anticoagulants Administered Orally Whereas Others Require Injection?**

Unfractionated heparin and low-
molecular-weight heparin are made from sugars. Like most sugars, when given orally, they are digested by stomach acid and no longer maintain their anticoagulant properties. These drugs are only
effective when given by injection. Oral heparin is under development.

**What Should We Do If Preventive Efforts Fail?**

The failure rate is low, less than 10%. Nevertheless, if preventive efforts do not succeed, effective therapy exists to manage successfully most cases of DVT and PE. The cornerstone of therapy after failed prophylaxis is intensive anticoagulation, administered in doses higher than those used for prevention.

**How Can I Start Preparing My Individualized Prevention Strategy?**

We encourage our patients to collaborate with us to optimize prophylaxis against DVT. Your healthcare provider can discuss your risk level with you and help you develop an appropriate level of preventive effort.

**References**


Prevention of Deep Vein Thrombosis and Pulmonary Embolism
Samuel Z. Goldhaber and John Fanikos

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