

Blood Clot In The Leg: Four Signs

The four signs of a deep vein clot, the risk factors that matter more than symptoms, and what means call 911.

✓ **Verified against published guidance** from CDC, Mayo Clinic & Johns Hopkins · sources below

Mayo Clinic says to seek emergency medical help for the warning signs of a pulmonary embolism: sudden shortness of breath, chest pain that gets worse when you breathe deeply or cough, feeling lightheaded or dizzy, fainting, a rapid pulse, rapid breathing or coughing up blood. The CDC says to see your doctor as soon as possible if you have any of the four leg signs below.



Do This

Compare One Leg To The Other

- Swelling in one leg
- Often starts in the calf
- Pain, cramping or soreness

COACH'S TIP Difference is easier to see.

Touch Both Legs For Warmth

- Warmth on the affected leg
- Mayo describes the feeling
- CDC lists it as a sign

COACH'S TIP Check both in turn.

Look For A Color Change

- Redness or discoloration
- Depends on your skin tone
- Can look red or purple

COACH'S TIP Mayo Clinic wording.

Get Up Every Hour On Trips

- Walk the aisles on a plane
- Move legs, ankles and toes
- Stop hourly when driving

COACH'S TIP Johns Hopkins travel advice.

Write Your Risk Factors Down

- Age over 60
- Previous clot or cancer care
- Recent surgery or hospital

COACH'S TIP Hand the line over.

Treat Chest Symptoms As 911

- Sudden shortness of breath
- Coughing up blood
- Chest pain on a deep breath

COACH'S TIP Mayo says immediate help.



Do Not

Do Not Wait For Pain

- About half have no symptoms
- Risk list does the work
- CDC says so plainly

COACH'S TIP Silent clots are common.

Do Not Blame Only Flights

- Surgery is on the list
- So is cancer treatment
- So is pregnancy

COACH'S TIP Johns Hopkins risk list.

Do Not Assume One Is The Last

- About 30 percent risk another
- Post thrombotic syndrome
- One third to one half get PTS

COACH'S TIP CDC recurrence figures.

Do Not Sit Still For Hours

- Long immobility raises risk
- So do long drives
- Hospital stays count

COACH'S TIP Johns Hopkins names it.

Do Not Drink Through A Flight

- Limit the alcohol
- Wear loose clothing
- Drink plenty of water

COACH'S TIP Johns Hopkins travel list.

Do Not Book A Visit For Chest

- Lung symptoms are urgent
- Get immediate help
- Fainting or a fast pulse

COACH'S TIP Mayo Clinic says immediate.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

About half Of leg clots have no symptoms

4 Common signs in the affected leg

About 30% Are at risk of another episode