

Soundbite script – Getting a leg up on blood clots

Dr. Samantha Cox, vascular surgeon, OSF HealthCare

“It is a serious problem. It's something that you're going to want to seek medical care for. The venous blood clots can be fatal, and you may develop a blood clot in your lower extremity, say after a prolonged period where you're sedentary, maybe after prolonged travel, maybe you have a hypercoagulable state or a disease state that puts you for higher risk of developing a blood clot. If that were to travel to your lungs, that's approximately 10% chance of mortality. So, it could be fatal at the time that it's identified.” (:32)

Dr. Samantha Cox, vascular surgeon, OSF HealthCare

“Blood clots are common, especially in an aging population or if you have certain risk factors. Many patients have no idea that they have an underlying blood clotting disorder. Other people have what we call an acquired thrombotic state or pro thrombotic state; maybe they're a smoker, maybe they're obese or have diabetes, all those things will put them at a slightly increased risk for blood clotting. Also, use of any medications for example, hormonal medications, are known medications that may cause increased risk of blood clotting.” (:36)

Dr. Samantha Cox, vascular surgeon, OSF HealthCare

“He will likely require other interventions in the future when someone is coming to the position of having tissue loss or digit loss losing part of their feet or toes that's an organ failure. Just like we talk about people who have blindness or people who have kidney failure that can't reverse, and they go on to hemodialysis. When you're losing your digits or losing the soft tissue on your feet, or your lower extremities, that's an end organ problem, which then becomes a chronic problem. So, this will be something that he has to manage for the rest of his life.” (:34)

Dr. Samantha Cox, vascular surgeon, OSF HealthCare

“When you start to see a problem develop, when you see a wound or sore discoloration to your feet or your legs, have that checked out by your provider. Make sure your physicians are aware of that problem. This is not one of those times when you should put your head in the sand and hide. You really want to come to your physicians with that clinical problem and let them work with you to develop an appropriate solution.” (:25)