

### Other names:

- DVT
- Venous thrombosis
- Blood clot in the legs

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at

<http://www.umcvc.org/mardigian-wellness-resource-center>

and online Information guides at <http://infoguides.med.umich.edu/home>

### Brochures, Fact sheets

- American Heart Association. **Cardiology Patient Page: A Patient's Guide to Recovery After Deep Vein Thrombosis or Pulmonary Embolism.**  
<http://circ.ahajournals.org/content/129/17/e477.full>
- Michigan Medicine. **What You Need to Know About Blood Clots.**  
<http://www.med.umich.edu/1libr/AntiCoag/PreventingClots.pdf>
- Michigan Medicine. **What You Need to Know About Deep Vein Thrombosis**  
<https://www.med.umich.edu/1libr/Surgery/VascularSurgery/DVTEducation.pdf>

- Vascular Cures
  - **Focus on Blood Clots**  
<https://bit.ly/VCFocusonBloodClots>

### Audiovisual Resources

- Vascular Cures. **How Blood Clots Form.**  
[https://www.youtube.com/watch?v=ac\\_om5HCjvg](https://www.youtube.com/watch?v=ac_om5HCjvg)  
This is 3:55-minute video focusing on how blood clots form.
- Society for Vascular Surgery. **Deep Vein Thrombosis.**  
[https://www.youtube.com/watch?time\\_continue=9&v=PXsRrHZk\\_9M](https://www.youtube.com/watch?time_continue=9&v=PXsRrHZk_9M)  
This is a 3:12 minute video on deep vein thrombosis including information on risk factors, symptoms, and treatment.

### Web Resources

- **American Venous Forum: For Patients**  
<https://www.veinforum.org/patients/>  
This site has overviews, articles and videos about vascular conditions.
- **Clot Connect**  
<http://www.clotconnect.org/>  
Provides educational information on deep vein thrombosis including symptoms, risk factors, diagnosis, and treatment.

- **National Blood Clot Alliance: Stop the Clot**  
<https://www.stoptheclot.org/>  
Provides information on blood clots as well as peer support and patient stories.
- **National Heart, Lung, and Blood Institute (NHLBI): Deep Vein Thrombosis**  
<https://www.nhlbi.nih.gov/health-topics/deep-vein-thrombosis>  
This site provides an easy-to-read overview of the condition including causes, symptoms, diagnosis and treatment.
- **North American Thrombosis Forum: Patients**  
<https://natfonline.org/patients/>  
Information for the newly diagnosed and those living with thrombosis as well as prevention and treatment information.
- **UpToDate - Patient information: Deep Vein Thrombosis**  
<http://www.patients.uptodate.com/>  
→ Type “**Deep Vein Thrombosis**” in the “**Search patient Content**” box  
This detailed, comprehensive overview is based on professional literature reviews written for physicians and updated regularly. The overview is very detailed and includes some medical terminology. It is suitable for readers seeking to gain in-depth understanding of DVT.
- **CDC: Venous Thromboembolism (Blood Clots)**  
<https://www.cdc.gov/ncbddd/dvt/facts.html>

Provides basic information on prevention, risk factors, symptoms, and complications.

- **Vascular Cures - Deep Vein Thrombosis (DVT)**

<http://vascularcures.org/deep-vein-thrombosis-dvt/>

A detailed overview with illustrations describes DVT and provides information about diagnosis and treatment.

- **Society for Vascular Surgery**

<https://vascular.org/>

Includes patient resources on various vascular conditions as well as information on tests and treatments.

- **Society for Vascular Surgery - Deep Vein Thrombosis**

<https://vascular.org/patient-resources/vascular-conditions/deep-vein-thrombosis>

Information on symptoms, causes, diagnosis, treatments and staying healthy.

### Michigan Medicine Resources

- **Michigan Medicine Vascular Medicine Program**

<https://www.umcvc.org/conditions-treatments/vascular-disease>

- **Michigan Medicine Vascular Surgery**

<https://www.umcvc.org/conditions-treatments/vascular-surgery>

This site provides information about specific conditions, preparing for surgery, and physicians and staff in the department.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734- 998-6222

### **Patient Support Organizations**

- **Vascular Cures**

<http://vascularcures.org/>

[info@vascularcures.org](mailto:info@vascularcures.org)

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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