

DEEP VEIN THROMBOSIS ARE YOU AT RISK?

By The Vein Center of North Florida

March is designated as DVT Awareness Month, and at The Vein Center of North Florida, our team of expert providers, led by Dr. Ravi Chandra, is dedicated to educating the public about this important issue. DVT is a serious and potentially life-threatening condition that occurs when a blood clot forms in a deep vein, usually in the leg. This can cause pain, swelling, and redness in the affected area and, if the clot travels to the lungs, can lead to pulmonary embolism, which can be fatal.

Signs and Symptoms of DVT

DVT can present with a range of symptoms, from mild to severe. Some of the most common symptoms of DVT include pain and swelling in the leg, redness and warmth over the affected area, and skin that is tender to the touch. If a blood clot in the leg travels to the lungs, it can cause chest pain or pressure, rapid breathing, shortness of breath, sweating, lightheadedness, or fainting. If you are experiencing these symptoms, please seek immediate treatment.

Risk Factors for DVT

There are several factors that can increase the risk of developing DVT, including immobility, advanced age, cancer, genetics, hormonal therapy, pregnancy, and obesity. Immobility, such as sitting for long periods during travel or bed rest after surgery, can increase the risk of DVT. As we age, our risk of developing DVT increases, and people with cancer are at a higher risk due to the effects of the disease and its treatments on the blood. A family history of DVT increases the risk, and hormonal therapies like birth control pills and hormone replacement therapy can also increase the risk. Pregnancy can also increase the risk of DVT due to the changes in the body that can cause blood clots. People who are overweight are at a higher risk due to the increased pressure on the veins in the legs.

Preventive Measures for DVT

There are several steps that can be taken to reduce the risk of developing DVT, including maintaining a healthy weight, staying active, wearing compression stockings, and avoiding



long periods of immobility. Keeping your weight within a healthy range can help reduce the risk of DVT. Regular exercise can help keep your blood flowing and reduce the risk of DVT. Wearing compression stockings can help reduce the risk of DVT by improving circulation in the legs. If you must sit for long periods of time, be sure to get up and move around every hour or so to keep your blood flowing.

Treatment Options for DVT

At The Vein Center of North Florida, we offer several treatments for DVT, depending on the severity of the condition and the individual patient's needs. Some of the most common treatments include anticoagulants, such as Eliquis, Xarelto, and warfarin, which can help prevent blood clots from forming and are often used to treat DVT and to prevent the formation of new clots. Thrombolytics are medications that dissolve blood clots and can be used to treat DVT in severe cases. Catheter-directed thrombolysis is a minimally invasive procedure in which a catheter is inserted into the affected vein and used to deliver thrombolytics directly to the site of the blood clot.



The Leaders in Comprehensive Vein Care

Ravi Chandra, MD, FRCS

Ocala's leading vascular surgeon, **Dr. Ravi Chandra**, is the only local surgeon certified by the American Board of Surgery, the American Board of Phlebology, and the American Board of Vascular Medicine as a diplomat in Endo-Vascular medicine. Dr. Ravi Chandra leads a team of medical professionals who take a personalized approach with each patient. The Vein Center of North Florida's staff takes their time to listen to patient concerns and develop a customized treatment plan to address each patient's medical concerns. Our goal is to perform the safest and least invasive procedure possible and get you back to living life at its fullest!



Patricia D. Hurst, ARNP-BC

In addition to our physician, physician assistants and nurse practitioners, we also have two full-time RVTs (certified vascular techs) to serve you. The Vein Center of North Florida is International Accreditation Commission (IAC) accredited for vascular testing. The IAC develops standards for evaluating quality of care and provides peer review processes. Maintaining IAC accreditation is our way of pursuing the highest level of excellence in patient care.

**The Vein Center of North Florida:
Your Partner in DVT Management**



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