

# LIFE AFTER THROMBOSIS

Priyanka Kavdikar, Richa Mahajan, Shriya Sawant, The GTF Group

## ABSTRACT

Thrombosis is a life-changing and serious condition that affects millions of people every year. Unfortunately, thrombosis can not be undone and there are several challenges associated with this condition. Once a diagnosis has been made, the path to living life after a thrombotic episode begins. Luckily, there are a multitude of methods to prevent the initial thrombotic episode from occurring. There are also several effective management strategies and precautions that are available. The Caprini Score and the HEART Score are excellent and reliable tools that provide accurate risk assessments. In this research, we discuss the changes in life after thrombosis, their prevention and management.

## CHALLENGES DURING THROMBOSIS

- A thrombotic episode can put severe financial strain on a family depending on who the primary earner is.
- Caregivers of the affected person often experience significant strain, which has a negative effect on the overall mental and physical health of the family.
- Both the patient and caregiver are required to know how new medications, typically anticoagulants, must be administered for optimal effectiveness, thereby needing additional time and knowledge.
- The high cost of medications also tends to put a big hole in the pocket.

## PREDICTION OF FUTURE THROMBOSIS RISK

- Thrombosis has a non-discriminatory clause and can happen to anyone, irrespective of age, gender, race or nationality.
- It is imperative for everyone to be able to predict the future risk of thrombosis.
- There are several methods of predicting your risk for thrombosis: The Caprini Score and the HEART Score

## SUMMARY & CONCLUSIONS

- Life after thrombosis can be difficult for both patients and family members.
- Once a thrombotic episode has occurred it cannot be undone.
- Prevention and a very careful management are the key efforts that need to be stressed when discussing life after thrombosis.
- Use of risk assessment tools such as the Caprini Score and HEART Score are imperative.
- We emphasize the use of Caprini score as a very simple tool to assess the predictability of thrombotic events.
- One should never forget the very high incidence of thrombosis and the negative impact on a patient's life, the life of the family, and the financial burden on the country.

## INTRODUCTION

- Blood clots can be very dangerous and life threatening, however, with appropriate precautions and management techniques survival is probable.
- The CDC predicts that the average cost for management of a blood clot is between \$15,000 to \$20,000.
- Life after thrombosis tends to be very challenging, and one must take care of the condition.
- There are several contributing factors to thrombosis that can be easily managed.
- In this research we will provide a summary of what life looks like after thrombosis.
- We will also discuss the challenges, management, predicting techniques, and prevention of thrombosis.

## IS UNDOING THROMBOSIS POSSIBLE?

- Having a previous blood clot is one of the largest risk factors for clot recurrence.
- According to statistics, 3 in 10 people who have a blood clot have another in 10 years.
- Unfortunately, thrombosis is a one way street, and undoing of thrombosis is not possible.
- Initial clot prevention and post-clot management techniques are the key in thrombosis prevention.

## CAPRINI SCORE

- The Caprini Score is an easy and accurate way to predict your risk of having venous thromboembolism (VTE).
- The score includes 20 various categories and an associated number of points for each category. Higher score indicates more risk.
- This score is commonly used prior to surgical procedures to determine VTE risk post procedure or if a patient will be on extended bed rest.
- Both individuals and their providers are able to take this score.

## FUTURE DIRECTIONS

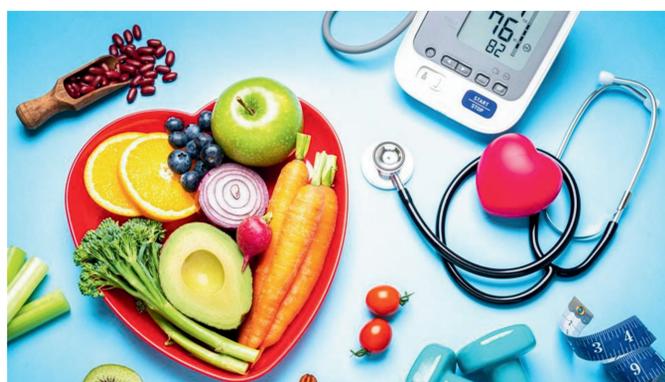
- In the future we would like to compare and contrast a wide variety of heart disease and VTE scores and determine the benefits of each one.

## CAUSES AND MANAGEMENT OF THROMBOSIS

- High blood pressure.
- Unhealthy diet consisting of consumption of food with high fat content.
- Diet high in sodium and/or cholesterol.
- Old Age.
- Sedentary Lifestyle.
- Use of tobacco or smoking in any form.
- Use of oral contraceptives in females.

## BACKGROUND

- A blood clot is a cluster of blood that has formed into a solid like state and impedes blood flow.
- Deep Vein Thrombosis (DVT) is when a clot is formed in the deep veins of the legs.
- Pulmonary Embolism (PE) is when the clot breaks off and travels to the blood vessels in the lungs.
- In Myocardial Infarction (MI), blood clots get lodged in the coronary arteries.
- In Stroke, blood clots get lodged in the cerebral vessels.
- It should be noted that one blood clot is formed every minute, and one death appears due to a blood clot every 6 minutes!
- The incidence of deaths due to blood clots is higher than the total caused by AIDS, breast cancer, and traffic accidents.
- It is unfortunate that this point has not been recognized by the community!



## HEART SCORE (History, ECG, Age, Risk factors, and Troponin)

**HISTORY** { +2 Highly Suspicious  
+1 Moderately Suspicious  
0 Not Suspicious

**ECG** { +2 Significant ST Depression  
+1 Non specific repolarisation disturbance  
0 Normal

**AGE** { +2 >65  
+1 45-65  
0 <45

**RISK FACTORS** { +2 3 or more  
+1 1-2  
0 no risk factors  
(↑CHOL, HTN, DM, Smokers, +VEFH, Obesity)

**TROPONIN** { +2 3 x normal  
+1 1-3x normal  
0 normal

<2% MACE 0-3 = low risk  
12-17% MACE 4-6 = medium risk  
50-65 % MACE 6/52 7-10 = high risk

**?/10**

- The HEART score identifies patients with a high risk of having a Major Adverse Cardiac Event (MACE).
- Older age increases the chances of having a MACE.
- Several MACE related risk factors are taken into consideration in the HEART score.
- Troponin levels are also checked to determine if an elevation is present.

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