

# Deep Vein Thrombosis



Alternative names:

- DVT
- Venous thrombosis
- Blood clot in the legs

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The purpose of this guide is to help people diagnosed with deep vein thrombosis and their families to 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 Wellness Resource Center, room 2101 in the Cardiovascular Center

## Brochures, Fact sheets

- American Venous Forum. *What you need to know about... Venous Thromboembolism.*
- Vascular Disease Foundation
  - *Deep Vein Thrombosis (DVT)*
  - *DVT and Air Travel*
  - *Focus on Blood Clots*Access online at: <http://www.vdf.org/>
- Society of Interventional Radiology. *Deep Vein Thrombosis.*

## Audiovisual Resources

- Information Television Network. *DVT.* (30 min.). Information Television Network, [2005].  
Part of the public television series Healthy Body/Healthy Mind this program features specialists discussing the ways to detect and treat DVT early and avoid pulmonary embolism.
- Vascular Disease Foundation. *How Blood Clots Form.*  
This 4-minute video can be viewed online at:  
<http://www.vdf.org/interactive/videos.php>

## Web Resources

- **American Venous Forum**
  - Access at: <http://veinforum.org/>
  - Click on "Patients"

This site has overviews, articles and videos about vascular conditions.

- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Deep Vein Thrombosis**
  - Access at: <http://www.nhlbi.nih.gov/>
  - Click on “Search the Diseases and Conditions Index”
  - Under “Blood Diseases and Disorders,” select “Deep Vein Thrombosis”

This section provides an easy-to-read overview of the condition including causes, symptoms, diagnosis and treatment.
- **Society of Interventional Radiology - Deep Vein Thrombosis**
  - Access at: <http://www.sirweb.org/>
  - Click on “Patients”
  - On the left-hand side under “IR Treatments,” Click on “Deep Vein Thrombosis”

Information on DVT, its symptoms and treatments.
- **University of Michigan Department of Vascular Surgery**
  - Access at: <http://surgery.med.umich.edu/vascular/index.shtml>

The site of the U-M department of Vascular Surgery provides information about specific conditions, preparing for surgery, and physicians and staff in the department.
- **UpToDate - *Patient information: Venous Thrombosis***
  - Access at: <http://www.patients.uptodate.com/>
  - Hold the mouse over “View patient-level articles by category”
  - Click on “Blood Diseases”
  - Relevant articles are listed under “Deep Vein Thrombosis”

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.
- **Vascular Disease Foundation - DVT: What is it?**
  - Access at: <http://www.vdf.org/>
  - Click on “Disease Information”
  - Click on “Deep Vein Thrombosis”

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

- **VascularWeb - Deep Vein thrombosis (DVT)**
  - Access at: <http://www.vascularweb.org/>
  - Click on the link to "Patient and Families"
  - Click on "Vascular Conditions, Tests, Treatments"
  - Under "Conditions," click on "Deep Vein Thrombosis"Provided by the Society of Vascular Surgery.

## University of Michigan Resources

- **Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

## Patient Support Organizations

- Vascular Disease Foundation  
Web site: <http://www.vdf.org/>  
Toll-Free Number: 1.866.723.4636

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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