

Blood Clots and Pregnancy – Audio Transcript

ANNOUNCER: DURING PREGNANCY AND UP TO THREE MONTHS AFTER DELIVERY, A WOMAN IS AT INCREASED RISK FOR A DANGEROUS BLOOD CLOT. A BLOOD CLOT TRAVELING FROM THE LEGS TO THE LUNGS IS ONE OF THE MOST COMMON CAUSES OF PREGNANCY-RELATED DEATH IN THE UNITED STATES. IF A BLOOD CLOT FORMS DURING PREGNANCY, IT CAN HARM THE DEVELOPING BABY AS WELL AS THE MOTHER. THAT'S WHY DR. ANDRA JAMES, HIGH-RISK PREGNANCY EXPERT AT DUKE UNIVERSITY, SUGGESTS THAT PREGNANT WOMEN TALK WITH THEIR DOCTOR ABOUT BLOOD CLOTS.

DR. JAMES: TALK WITH YOUR FAMILY ABOUT YOUR HEALTH HISTORY AND TELL YOUR DOCTOR IF YOU OR ANYONE IN YOUR FAMILY HAS EVER HAD A BLOOD CLOT. ALSO, TALK WITH YOUR DOCTOR ABOUT MANAGING YOUR RISKS AND LEARN HOW TO PREVENT A CLOT FROM FORMING.

ANNOUNCER: THE CENTERS FOR DISEASE CONTROL AND PREVENTION WANTS YOU TO KNOW THE SIGNS AND SYMPTOMS OF A BLOOD CLOT. ARMS OR LEGS WHERE A BLOOD CLOT HAS FORMED MAY BE WARM TO THE TOUCH, PAINFUL, SWOLLEN, OR RED OR DISCOLORED. A BLOOD CLOT IN THE LUNGS MAY PRODUCE DIFFICULTY BREATHING, CHEST PAIN THAT WORSENS WITH A DEEP BREATH, AND COUGHING UP BLOOD. IF YOU HAVE ANY OF THESE SIGNS OR SYMPTOMS, SEEK IMMEDIATE MEDICAL CARE. FIND OUT MORE FROM THE NATIONAL BLOOD CLOT ALLIANCE AT STOPTHECLOT.ORG.