PLANES, TRAINS, BOATS AND VENOUS BLOOD CLOTS

We have all had the tragic tale of a friend or loved one dying unexpectedly from a mysterious “blood clots” which is “thrown” from the leg into the lungs, heart, or even the brain. It is reason enough for many to avoid long car rides, not to mention flying, and in general live with a certain amount of fear and anxiety. But what is the real story behind these blood clots and how can we protect ourselves from them?

Let’s begin with a general understanding of our circulatory system. Circulation implies the cyclic motion of the blood around our body, carried for the most part by two types of blood vessels: arteries and veins.

Arteries are the blood vessels which carry the oxygenated blood from the lungs to all the parts of the body. If the arteries narrow during a process called atherosclerosis, one may need to have a stent placed to hold them open. If they become totally blocked, a bypass is required to route blood around the blockage. Left untreated, atherosclerosis in the heart will eventually lead to a heart attack, in the carotid artery to a stroke, and in the legs to gangrene.

Veins, on the other hand, are the blood vessels which deliver the deoxygenated blood back to the lungs. Our long-evolved habit of standing upright allows the forces of gravity, unfortunately, to create a problem in our leg veins. While the work of the heart together with forces of gravity brings the arterial blood down into the legs, the veins, however, are left working against gravity without any help from the working against gravity without any help from the working against gravity without any help from the heart to bring the blood back to the lungs. Our long-evolved habit of standing upright working against gravity without any help from the heart to bring the blood back to the lungs.

With the development of atherosclerosis our arteries become narrower but different types of disease affect our veins. One of them is called ‘Deep Vein Thrombosis,’ or DVT, this is when blood clots form in the deep venous system. As with the majority of diseases, DVT does not have a single, direct cause. Rather, several different factors play a role in the development of their dreaded complications. Therefore, everyone should have regular check-ups to make sure that atherosclerosis is not left undetected, since any form of heart rate irregularities must be properly treated.

The symptoms of DVT are likely to include swelling and tenderness to the touch in the affected extremity. However, some people with DVT do not show any clinical symptoms, allowing it to go on unnoticed and only adding to the dangerous nature of the condition. In the case of severe chest pain or problems breathing, one should immediately go to the emergency room and seek the help of a qualified physician, as this may indicate PE in which a clot has indeed traveled to the lungs.

While venous thrombosis is a serious condition with potentially fatal complications, understanding its processes and taking simple steps against its main causes will certainly help to prevent its formation and, if needed, to correctly treat blood clots prior to the development of their dreaded complications. If you have any reason to believe that you or your friends and family members have any of the diseases described above, or even if you just want to check your circulation, please contact an appropriate specialist as soon as possible.

ARE YOU SUFFERING FROM

- Achy, heavy or tired legs?
- Difficulties walking or standing?
- Muscle cramps or restless leg syndrome?
- Swelling, numbness, burning or itching?
- Varicose or spider veins?
- Blood clots, ulcers, bleeding, or infection?

CALL US TODAY!

121 E 69th St, Manhattan
(212) 575-8346
406 15th St, Brooklyn
(718) 372-8346

www.NY4VEIN.com

L. Khitin, M.D., F.A.C.S.

ARE YOU SUFFERING FROM

- Achy, heavy or tired legs?
- Difficulties walking or standing?
- Muscle cramps or restless leg syndrome?
- Swelling, numbness, burning or itching?
- Varicose or spider veins?
- Blood clots, ulcers, bleeding, or infection?

CALL US TODAY!

121 E 69th St, Manhattan
(212) 575-8346
406 15th St, Brooklyn
(718) 372-8346

www.NY4VEIN.com

L. Khitin, M.D., F.A.C.S.

ARE YOU SUFFERING FROM

- Achy, heavy or tired legs?
- Difficulties walking or standing?
- Muscle cramps or restless leg syndrome?
- Swelling, numbness, burning or itching?
- Varicose or spider veins?
- Blood clots, ulcers, bleeding, or infection?

CALL US TODAY!

121 E 69th St, Manhattan
(212) 575-8346
406 15th St, Brooklyn
(718) 372-8346

www.NY4VEIN.com

L. Khitin, M.D., F.A.C.S.

ARE YOU SUFFERING FROM

- Achy, heavy or tired legs?
- Difficulties walking or standing?
- Muscle cramps or restless leg syndrome?
- Swelling, numbness, burning or itching?
- Varicose or spider veins?
- Blood clots, ulcers, bleeding, or infection?

CALL US TODAY!

121 E 69th St, Manhattan
(212) 575-8346
406 15th St, Brooklyn
(718) 372-8346

www.NY4VEIN.com

L. Khitin, M.D., F.A.C.S.