

Table 3: How to Prevent Blood Clots

- Take breaks and stretch legs when traveling long distances;
- Stay well hydrated (during and after a strenuous sporting event and travel);
- Know the symptoms of DVT and PE and seek early medical attention if they occur;
- Realize that DVT and PE can occur in the athlete;
- Know the risk factors for blood clots (see table 1);
- Know whether you have a family history of blood clots;
- In case of major surgery, trauma, prolonged immobility, or when in a cast: ask your doctor whether you should receive DVT prophylaxis and, if yes, for how long.