



NEWS RELEASE
For Immediate Release

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St. Luke's Boise Medical Center to Host Free Community Screening to Identify Those at Risk for Blood Clots

It's a silent killer that many people are not aware they're at risk for.

Each year, between 100,000 and 180,000 people die from the consequences of deep vein thrombosis or DVT. The disease causes dangerous blood clots to form in the leg veins. When those blood clots break loose, they can travel to the lung, blocking an artery and causing a pulmonary embolism, which can be fatal.

March is "National DVT Awareness Month." St. Luke's in cooperation with the American Venous Forum will be hosting a free community screening for DVT from 10 a.m. to 2 p.m., on Monday, March 29 in the St. Luke's Boise Medical Center Lobby, 190 E. Bannock St.

The screening will assess the risk of developing blood clots in the leg veins. Each participant will receive a DVT Risk Report Card, which they are encouraged to share with their primary care physician. Participants with abnormal findings will be told to contact their physicians as soon as possible.

DVT primarily affects people over the age of 40. The risk for DVT increases with these factors:

- Congestive heart failure
- Inflammatory bowel disease
- Acute infection
- Prior history of a DVT blood clot
- Surgery
- Varicose veins
- Cancer therapy
- Smoking
- Restricted mobility
- Obesity
- Intensive care hospital admission
- Age
- Estrogen use, oral contraceptives

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While awareness of heart disease has increased significantly, few people appreciate the seriousness of major venous diseases.

Diseases of the leg veins kill and cripple thousands of Americans every year. It's estimated that as many as 35 percent of adults have leg veins that do not work properly, and a half million Americans have ulcers in their legs caused by diseased veins.

Treatment options for DVT vary and can range from medication to self-care to surgery.

About St. Luke's Health System

St. Luke's Health System is Idaho's largest and only locally controlled health care system employing more than 7,800 people. With hospitals in Boise, Meridian, Ketchum and Twin Falls, St. Luke's provides patients with unmatched care in specialized medical fields including cancer, heart and vascular, obstetrics, women's services and children's health care. In 2009, Thomson Reuters named St. Luke's as one of the country's top 100 hospitals. To find out more, visit www.stlukesonline.org.

About the American Venous Forum

The American Venous Forum (AVF) is a non-profit medical society dedicated to improving the care of patients with venous and lymphatic disorders by providing a forum dedicated to clinical practice, education, and the exchange of information concerning basic and clinical research pertaining to the venous and lymphatic systems. To find out more, visit <http://veinforum.org/>.

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