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8 Warning Signs Of Deep Vein Thrombosis

Deep vein thrombosis that can affect anyone, although it is more likely to occur in smokers, overweight people, or those over 60. It is a painful condition that, when left untreated, can be dangerous.

With quick treatment, DVT can be managed. Read on to learn the causes of deep vein thrombosis and what warning signs you should look out for.

What causes DVT?

[Deep vein thrombosis occurs](#) when a blood clot develops, blocking veins and stopping blood from circulating as it should. Blood clots can occur for a number of reasons, including:

- **Surgery:** in some cases, surgical operations can cause blood clots through accidental damage to the blood vessels. Increased time in bed while recovering from surgery, combined with low mobility, can further increase the risk of blood clots forming.
- **Injury:** any injury sustained in daily life that damages a blood vessel's wall can cause blood clots. It may prevent blood from flowing properly, in turn causing blood clots to form.
- **Cancer:** both cancer and treatment for cancer can increase your risk of developing blood clots, which in turn cause DVT.

- **Hormone replacement therapy:** HRT contains oestrogen, which can increase the risk of women developing blood clots during treatment.
- **Sedentary activity:** people who live a sedentary lifestyle, often as a result of old age or disability, are more prone to developing blood clots. Blood builds in the legs during long periods of inactivity, causing clots to develop as a result.

The above are just a few potential causes of deep vein thrombosis. If you feel you might be at risk of DVT, speak to a medical professional.

One of the leading causes of blood clots is decreased mobility, for instance after surgery or extended periods of immobility. Consequently, you might find it difficult to leave the house and visit a medical professional. In this case, reach out to a reliable online pharmacist for advice.

If you are concerned that you or a loved one is at risk of DVT, it is important you speak to your doctor or pharmacist. If you are struggling to see a local doctor or pharmacist, there are online services approved by the Care Quality Commission (CQC) providing doctors and pharmacists who can offer expert advice and support.

[The Independent Pharmacy, for instance](#), offers an online consultation service. You can speak to a qualified medical professional by email, live chat, or telephone. If you feel you are at risk due to mobility issues, stay at home and speak to a professional online.

Common signs of lower extremity DVT

About [half of deep vein thrombosis sufferers](#) don't experience warning signs. However, those that do might get the following:

Leg swelling

A common sign of deep vein thrombosis is a swelling that usually occurs in the leg, ankle or foot. This typically appears on one side of the aforementioned places.

On its own, this symptom can be mistaken for something else, such as an insect bite. But combined with other signs and when it occurs on one side of the leg, it can be an indicator of deep vein thrombosis.

Enlarged, sore veins and cramping

The leg swelling above is often accompanied by visibly swollen veins. These will feel painful or hard to the touch.

Along with swelling, sufferers of deep vein thrombosis might also experience sharp, painful cramps in the leg. These usually start in the calf before spreading to the rest of the leg.

Foot or ankle pain

Sufferers of deep vein thrombosis may also experience sudden and severe pain in their ankle or foot. Similar to the aforementioned cramping but otherwise a separate symptom, this is often sharp and unexplained.

Warmth and discolouration in the skin

Some deep vein thrombosis sufferers may feel a warm sensation in their skin, typically in their leg area. This warmth occurs where the clot is in your body, and is noticeable by the difference in temperature between the affected patch and surrounding areas.

This affected area may also become a pale colour, usually a red or blue shade.

Common signs of upper extremity DVT

Like those suffering from deep vein thrombosis in their leg, people who have DVT in their upper limbs may also not notice any signs. However, those that do might experience the symptoms below.

Neck and shoulder pain

The most noticeable sign of deep vein thrombosis in the upper limbs is a sharp pain around the neck and shoulders. This might make movement difficult or impact your sleep.

Moving pain in the arms

As well as localised pain in the neck and shoulders, sufferers of deep vein thrombosis may also notice a pain in their arms too. This typically starts in the upper arm, before moving to the forearm with time.

Arm swelling

Similar to sufferers of DVT in their legs, patients might also experience swelling in their hands or arms. This is also typically unexplained, occurring suddenly and without an obvious cause.

Colour changes and weakness in the affected areas

DVT may cause the area the clot appears to become discoloured, generally with a pale blue hue. This might also be accompanied by weakness in said area. A sufferer may struggle to pick up objects, open doors, or perform other basic actions.

Anyone can be at risk of deep vein thrombosis, so it's important to [be aware of the factors](#) that increase your chances of developing DVT. Learn to recognise the warning signs and prevent deep vein thrombosis from becoming an issue.