



MEDIA RELEASE

Time2Move on World Thrombosis Day

Read time: 3 minutes (545 words)

Diarise the 13th of October, World Thrombosis Day, and make Time2Move as Bayer HealthCare and the South African Society of Thrombosis and Haemostasis join in a global campaign to raise awareness of blood clots and their risk factors.

Also known as thrombi, blood clots are responsible for the top three causes of cardiovascular death: heart attack, stroke and venous thromboembolism. In Europe alone, blood clots kill twice as many people as transport accidents, prostate cancer, AIDS and breast cancer combined – actually, every 37 seconds someone in the Western world dies because of a clot restricting blood flow.

A clot in the leg (deep vein thrombosis – DVT), or a clot in the lung (pulmonary embolism – PE), can happen to anyone at any age. DVT and PE are also collectively referred to as venous thromboembolism (VTE): a potentially deadly condition in which a clot generally forms in the groin, arm or deep veins of the leg, and then travels to the lungs where it gets lodged.

Tragically, thrombosis is often overlooked and dismissed by communities the world over.

While it simply has to become a household word, too many are unaware of what thrombosis is and how it affects society at large. As one of our most pressing global health problems, it should be highlighted to the same degree as diabetes, tuberculosis or cancer.

The good news is that blood clots can be prevented and treated. But for lives to be saved, there first needs to be greater awareness of this silent killer prowling inside unsuspecting bodies.

World Thrombosis Day was launched in 2014 by the International Society on Thrombosis and Haemostasis (ISTH) with Bayer HealthCare as the founding global partner. Since its early days the *Time2Move* initiative has achieved considerable success through increasing awareness across continents.

This year, Bayer is again encouraging all South Africans to not take the threat of thrombosis sitting down. And to keep moving...

Staying seated for more than 90 minutes reduces blood circulation behind your knee by 50%. In fact, for every hour spent seated, your risk of developing a DVT increases by 10%.

Besides long periods of inactivity, or travelling long distances without allowing proper blood flow, you have a higher risk for developing blood clots if you:

- have undergone major surgery
- are pregnant
- use medication which contains oestrogen
- are overweight
- are at an advanced age
- have specific medical conditions, such as haemophilia, sickle cell disease or cancer, among others

- have a family history of blood clots

People who are active on a daily basis or who exercise regularly are less likely to experience blood clots, while those who do not exercise at all are at great risk, because blood can pool in the body's deep veins, particularly those of the legs.

By creating global awareness of thrombosis, its causes, risk factors, and signs and symptoms, and through educating on prevention and treatment, the campaign ultimately aims to reduce the staggering global number of cardiovascular deaths.

With World Thrombosis Day approaching, South Africans are urged to regularly make *Time2Move* and to spread the word on the dangers of blood clots, if only to motivate others to raise the discussion with their doctor, family and friends.

Please visit ThromboCoach.com to find out more.

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