

# DEEP VEIN THROMBOSIS



PARTNERSHIP TO ADVANCE  
**Cardiovascular  
Health**



Deep vein thrombosis (DVT) occurs when a blood clot forms in the deep veins of the body, usually in the legs. This can cause leg pain or swelling. Sometimes it has no noticeable symptoms. DVT can occur if a person has certain blood clotting conditions, or if a person doesn't move for a long time—on a flight, for example. It can be life-threatening because the clot can travel through the bloodstream to the lungs and block blood flow—this is called a pulmonary embolism (PE).

## KEY TAKEAWAYS



DVT costs an average of **\$20,000 per treated patient per year**, totaling \$5-8 billion annually.



Black Americans have the **highest rates of DVT and PE**.



DVT requires testing to diagnose and then treatment focused on prevention, creating **insurance access barrier** for timely approvals.

## FINANCIAL BURDEN

It is estimated that DVT costs an average of \$20,000 per treated patient per year.

- This totals a cost of \$5-8 billion annually.
- These costs come from both direct treatment and indirect treatment.
- Some indirect costs come from disability claims and a loss of productivity from those with DVT, as they have to rest, cannot work for certain periods of time, etc.

## POPULATION STATISTICS

There are many risk factors of DVT, including:

- Age (being older than 60 increases risk)
- Injury or surgery
- Pregnancy
- Birth control pills or hormone replacement therapy
- Being overweight or obese
- Heart failure
- A family history of DVT

## DEMOGRAPHIC STATISTICS

- DVT rates significantly increase as a person ages, with 2-3 incidents per 10,000 people age 30-49 and 20 incidents per 10,000 people at age 70-79.
- Women are more likely to experience DVT if they are on birth control, are pregnant, or are recently post-partum.
- Black Americans have the highest rates of DVT and PE.

## ACCESS ISSUES

**DVT requires testing to diagnose and then treatment focuses on preventing the clot from getting bigger or traveling to the lungs.** Tests include a d-dimer blood test, an ultrasound or an MRI. Treatment may include medication like blood thinners and/or compression socks or stockings to reduce swelling.

Research is clear, under-represented populations are at greater risk for under treated or untreated CVD conditions with clotting conditions making the list. Research demonstrates that DVT affects the American black population at a much higher rate than the white population.