



Blood Clots

What every Floridian should know

Learn more in Florida's Statewide VTE Surveillance Report, FY 2024 to 2025

Behind every number is a Floridian. Someone admitted, discharged, returned, or remembered. This baseline exists not just for measurement, but to guide improvements in how Florida can prevent, treat, and respond to blood clots.

What are blood clots?

A blood clot, clinically a thrombus, is a gel-like clump of blood that forms inside a blood vessel. Clotting is normal and necessary to stop you from bleeding when you get a cut. However, when a clot forms in the wrong place or fails to dissolve, it can block blood flow and cause serious harm. The two main types are: **deep vein thrombosis (DVT)**, usually a clot in the leg, and **pulmonary embolism (PE)**, a clot that breaks loose and travels to the lungs.

What Florida learned from a one-year analysis



96,416

Blood clot encounters

across hospitals, ERs, and surgery centers statewide.



1 in 8

Resulted in hospice or death

of all inpatient blood clot stays ended in transfer to hospice or death.



45%

Almost half came back

of hospitalized patients had another blood clot encounter within 15 days of discharge.

Blood clots rarely come alone

Among Floridians hospitalized for a blood clot, these conditions were often present too:



39%

High cholesterol



36%

High blood pressure



36%

Already on blood thinners



22%

Heart disease



22%

History of smoking

1 in 3 hospitalized patients were already on blood thinners. This shows that even with treatment, clots can still happen. This is not a reason to stop prescribed medication. It is a reminder that prevention, awareness, and follow up care matter for everyone.

Warning signs

In a leg or arm (DVT)

Swelling, pain, warmth, or redness in one limb, especially if it appears suddenly or one side feels different from the other.

In the lungs (PE) call 911

Sudden shortness of breath, sharp chest pain, racing heartbeat, lightheadedness, or coughing up blood. PEs are life threatening within hours.

What you can do



Know your risk

Surgery, long hospital stays, long trips, pregnancy, cancer treatment, smoking, and family history all increase the chance of developing a clot.



Move when you can

On long trips, stand up, stretch, or flex your calves every couple of hours. After surgery, follow your care team's instructions on walking.



Speak up early

Unexplained swelling, chest pain, or sudden shortness of breath? Tell your doctor or go to the ER. Blood clots are treatable when caught early.