

**Mayo Clinic Medical Edge**  
**Preventing Recurrent DVT**

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ONE IN THREE. NOT BAD ODDS IF YOU'RE TRYING TO PICK THE WINNER OF A HORSE RACE. BUT IF YOU'VE EVER BEEN A VICTIM OF DEEP VEIN THROMBOSIS – A BLOOD CLOT IN A VEIN – ONE IN THREE ARE NOT THE ODDS YOU WANT TO HEAR.
<b>John Heit, M.D.</b>	“ABOUT 30-PERCENT OF PATIENTS WHO DEVELOP A DEEP VEIN THROMBOSIS WILL GET A SECOND ONE, IN THE SUBSEQUENT TEN YEARS OR SO.”
	THAT'S WHY DR. JOHN HEIT, DIRECTOR OF COAGULATION LABORATORIES AT MAYO CLINIC

	<p>SAYS DEEP VEIN THROMBOSIS SHOULD BE TREATED AS A CHRONIC DISEASE.</p>
<b>Dr. Heit</b>	<p>“WARFARIN OR COUMADIN IS THE CURRENT TREATMENT FOR PREVENTING RECURRENT BLOOD CLOTS IN VEINS... OF COURSE THE PROBLEM WITH WARFARIN IS THAT IT NOW MAKES YOU A BLEEDER.”</p>
	<p>WARFARIN IS ALSO NOT RIGHT FOR ALL PATIENTS. DR. HEIT SAYS THERE ARE SOME THINGS YOU CAN DO ON YOUR OWN, TO CUT THE RISK OF A NEW CLOT. KEEP YOUR WEIGHT DOWN AND STAY ACTIVE. EXERCISES LIKE WALKING BICYCLING AND SWIMMING ARE EXCELLENT ACTIVITIES.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>