

1. What is Thrombosis?

Ans. Thrombosis occurs when blood clots block your blood vessels. There are 2 main types of thrombosis:

- **Venous thrombosis** is when the blood clot blocks a vein. Veins carry blood from the body back into the heart.
- **Arterial thrombosis** is when the blood clot blocks an artery. Arteries carry oxygen-rich blood away from the heart to the body.

2. What Is Venous Thromboembolism?

Ans. Venous thromboembolism (VTE), a term referring to blood clots in the veins, is an underdiagnosed and serious, yet preventable medical condition that can cause disability and death. It includes deep vein thrombosis and pulmonary embolism.

3. What is the difference between DVT and PE?

Ans. A deep vein thrombosis (DVT) occurs when a blood clot forms in a deep vein, usually in the lower leg, thigh, or pelvis leading to swelling and pain

A pulmonary embolism (PE) occurs when a clot breaks loose and travels through the bloodstream to the lungs. A pulmonary embolism can cause sudden chest pain and shortness of breath.

4. What are the risk for acquiring VTE?

Ans. You may be vulnerable to get VTE based on the following:

Almost anyone can have a DVT. However, certain factors can increase the chance of having this condition. The chance increases even more for someone who has more than one of these factors at the same time. Following is a list of factors that increase the risk of developing DVT:

- Injury to a vein, often caused by:
 - Fractures,
 - Severe muscle injury, or
 - Major surgery (particularly involving the abdomen, pelvis, hip, or legs).
- Slow blood flow, often caused by:
 - Confinement to bed (e.g., due to a medical condition or after surgery);
 - Limited movement (e.g., a cast on a leg to help heal an injured bone);
 - Sitting for a long time, especially with crossed legs; or
 - Paralysis

- Increased estrogen, often caused by:
 - Birth control pills
 - Hormone replacement therapy, sometimes used after menopause
 - Pregnancy, for up to 3 months after giving birth

- Certain chronic medical illnesses, such as:
 - Heart disease
 - Lung disease
 - Cancer and its treatment
 - Inflammatory bowel disease (Crohn's disease or ulcerative colitis)

- Other factors that increase the risk of DVT include:
 - Previous DVT or PE
 - Family history of DVT or PE
 - Age (risk increases as age increases)
 - Obesity
 - A catheter located in a central vein
 - Inherited clotting disorders

5. **Is there any treatment available for VTE ?**

Ans.The treatment of thrombosis does not differ from that of pulmonary embolism, since both are manifestations of the same disease, VTE. Without treatment, VTE can restrict or block blood flow and oxygen, which can damage the body's tissue or organs proving fatal. Medications such as blood thinners or anticoagulant treatment aims to avoid the creation of new thrombi and, at the same time, ensuring that the risk of bleeding does not increase. Compression stockings and / or a compression sleeve / pump may be placed on the patient's legs or feet to help squeeze blood out and prevent clots from forming in case blood thinners cannot be advised.

6. **How can I Prevent VTE?**

Ans.Proactive protection such as frequent ambulation and simple leg exercises may help in preventing the occurrence of VTE.

A person who has already had an episode of VTE should avoid being in bed or sitting too long, he/she must walk as much as possible and avoid drugs that may induce a thrombosis

For patients with a high risk of suffering a post-operation VTE, can combine their anticoagulants with physical methods, in order to enhance their effects.

7. **What is i-RegVED ?**

ICMR's registry on Vascular thrombo-Embolic Disorders is an extensive hospital-based database contains information about people diagnosed with VTE and related manifestations.

8. What is the objective of i-RegVED ?

The objectives of the registry are :

To develop and establish online registry to record VTE and related manifestation through hospital based Surveillance

To study Clinical, epidemiological, laboratory and outcome characterization of VTE and its manifestation in selected hospitals in India

To observe and identify risk factors for VTE disease

9. What will be the benefits of i-RegVED ?

Registry would help in generating evidence on VTE prevalence for planning response, and strengthening healthcare facilities across different treatment settings. The data will be used for relevant and appropriate research and innovation. The registry shall contribute to improving patient management for VTE and related manifestations, and also guide policy and health planning.

10. How I can be part of it?

As a patient, you may get enrolled in the database at the specific registry sites based on the discretion of the attending physician.

11. Where I should contact for further queries?

You may write to vte.bms@gmail.com for any query regarding the registry.