

## Walk with Us for Blood Clot Awareness

The Mount Airy Baptist Church is sponsoring a Walkathon this month. This walkathon is in honor and remembrance of our dear late member Cicily Blackmon.



The walk will **start at the church at 8am**. There will be a light breakfast and then a very important discussion and presentation on blood clots. For those who can, we will then walk to a rally point, go on to the National African American Museum of History and Culture and then back to the church.

In addition to honoring Cicily, our church is happy to support the mission of the National Blood Clot Alliance(NACA) dedicated to advancing the prevention, early diagnosis and successful treatment of life-threatening blood clots, such as deep vein thrombosis, pulmonary embolism and clot provoked stroke.

The National Blood Clot Alliance wants us to know the following: Blood clots can happen to anyone —



people from all walks of life — and no one person is any less important than another. People should consider the question: "Could I be at risk for a blood clot?" The answer most certainly is, "Yes, anyone can be affected by blood clots." Blood clots do not discriminate.

Tragically, too many lives are affected by blood clots, and too many lives are lost because public awareness about life-threatening blood clots is so low. Study after study has shown that fewer than 1 in 4 people have any recognition of blood clots or their signs and symptoms.

Consider this:

On Average, 274 People die every day from blood clots  
— 900,000 cases per year are now suggested by recent scientific modeling and public health statistics.

— 100,000 to 300,000 deaths from blood clots occur each year, which is greater than the total number of people who lose their lives each year to AIDS, breast cancer, and motor vehicle crashes combined.

— 600,000 non-fatal cases of deadly blood clots occur each year, of which 40% are blood clots in the lungs and 60% are blood clots in the legs

— 547,596 hospitalizations due to blood clots occurred from 2007 – 2009.

On average, one person dies every six minutes from a blood clot. Don't be one of them. Blood Clots Can Be Prevented.

Understand the risks. Know the signs & symptoms. "

<https://www.stoptheclot.org/index/blood-clots-in-the-united-states.htm>

Know your risk for blood clots!



Again, the National Blood Clot Alliance wants us to protect ourselves from life-threatening blood clots; to do this, we need to learn of the risk factors. According to the Alliance we all need to be aware of these factors that can lead to blood clots. Even hospitalization can lead to blood clot formation and be a risk to our lives. See the list below for some of the most common risk factors for blood clots. Know your risk:

- Hospitalization for illness or surgery
- Major surgery, particularly of the pelvis, abdomen, hip, knee
- Severe trauma, such as a car accident
- Injury to a vein that may have been caused by a broken bone or severe muscle injury
- Hip or knee replacement surgery
- Cancer and cancer treatments
- Use of birth control methods that contain estrogen, such as the pill, patch or ring
- Pregnancy, which includes the six weeks after the baby is born
- The use of hormone therapy, which contains estrogen
- A family history of blood clots
- Obesity
- Confinement to bed
- Sitting too long, especially with legs crossed

If you have any of the above, see your health care provider to get checked for blood clots.

**Join us! Even if you cannot walk, you can come to learn more about blood clots;** you can also donate to help the Alliance help us and others to raise awareness of this issue



Dr. Robin Kelley, Health Education Leader  
Dr. Phyllis J. Mayo, Christian Education Ministry Leader  
Dr. L.B. West, Senior Pastor