

## Effects and Causes of Deep Vein Thrombosis

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### DESCRIPTION

Deep vein thrombosis (also called venous thrombosis) occurs when a thrombus (blood clot) forms in a vein deep in the body because the vein is damaged or has poor blood flow. A blood clot can partially or completely block blood flow through a vein. Deep vein thrombosis is a preventable but serious condition. Most commonly, these blood clots are seen in the lower leg, thigh, or pelvis. It is the third most common vascular disease after heart attack and stroke. It can also affect your arms, but these aren't the only parts of the body that feel the effects of DVT, it may also affect the heart. DVT is just one type of blood clot that can occur in the cardiovascular system. Blood clots in arteries are called arterial thrombosis instead of DVT. Treatment includes medication, compression stockings, and surgery. However, blood clots that form within blood vessels can restrict blood flow, called thrombosis, which can cause trouble. When a blood clot melts in an artery and travels through the circulatory system, it can cause blockages that can affect and stop the heart, lungs, and other organs from working. Venous thromboembolism, pulmonary embolism, coronary thrombosis are the three types. Venous thromboembolism can occur in veins or arteries, most commonly in the legs. When a blood clot travels to the lungs and blocks an artery, it is called a pulmonary embolism. A coronary artery thrombosis is a blockage of an artery in the heart that causes a heart attack. Some of the causes of DVT which are related to heart disease are heart failure, where the heart muscle is too weak or damaged to pump well, and slowing blood flow.

This makes the blood more likely to clot than necessary. Atrial fibrillation, or fluttering, and irregular heartbeats are associated with an increased risk of DVT, because it affects the way blood flows through the heart. Things other than the heart can also increase the risk of DVT, they are hereditary disease where certain genetic disorders associated with proteins needed for blood to clot or substances that dissolve clots or slow the clotting process can increase the risk of DVT. Taking contraceptives or hormone replacement therapy, these drugs can slow blood flow and can cause clotting. Keeping your body in one position for long periods of time (for example, recovering from surgery or injury, or long car or plane trips) can cause blood clots. It also increases the risk of blood clotting if the person is diabetic, pregnant, suffering with cancer, overweight or obese, and having hereditary (genetic) conditions, etc.

### CONCLUSION

Duplex venous ultrasound, is the most common type of test used to diagnose DVT because it is non-invasive and widely used. Venography is the invasive test, in which a doctor numbs the skin in the neck or groin and uses a catheter to inject a special dye (contrast agent) into a vein so that the blood clot which partially or completely blocks blood flow through the vein can be seen clearly. Magnetic Resonance Imaging (MRI) or Magnetic Resonance Venography (MRV), MRI displays images of organs and structures inside the body. Computed Tomography (CT) scan is a type of X-ray that shows structures inside the body.

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**Received:** 06-Dec-2022; Manuscript No. AOA-22-21147; **Editor assigned:** 08-Dec-2022; PreQC. No. AOA-22-21147 (PQ); **Reviewed:** 22-Dec-2022; QC. No. AOA-22-21147; **Revised:** 29-Dec-2022; Manuscript No. AOA-22-21147 (R); **Published:** 05-Jan-2023, DOI: 10.35248/2329-9495.23.S3.005.

**Citation:** Yosipovitch G (2023) Deep Vein Thrombosis Related to Heart. Angiol Open Access. S3:005.

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