About Your Blood Thinner - Common Medical Conditions

If you have any of the following medical conditions or are at risk for having them, your doctor may have given you a prescription for a blood thinner. A blood thinner helps your blood flow more easily and lowers your risk for developing blood clots in your body.

Atrial fibrillation. Atrial fibrillation (A-tre-al fi-bri-LA-shun), a type of irregular heartbeat, is a fairly common heart disorder that you may or may not feel. Sometimes your heart will beat too fast or out of rhythm and may cause blood clots. Sometimes atrial fibrillation is also called A-fib.

Blood clots in the lung. A blood clot that forms in another part of your body, such as in your leg, can break loose and move through the blood to your lungs. The clot then gets stuck within a blood vessel that brings blood to the lungs (called a pulmonary embolism, PULL-mun-ary EMbo- lizm). If the lungs cannot get enough blood, they will be damaged, and you could stop breathing.

Blood clots. Blood clots (DVT, deep vein thrombosis, throm-BO-sis) form in a vein. The veins deep inside your leg, especially the calf and thigh, are the most common areas where clots occur. Blood clots can lead to damage of the blood vessels in your leg and break loose and cause other organ damage.

Family history. Some people are more likely to get blood clots because of a family history. You may have a genetic condition that causes your blood to form potentially dangerous clots.

Heart attack. A heart attack is caused by a lack of blood supply to the heart. The lack of blood happens when one or more of the blood vessels pumping blood to the heart are blocked.

Heart valve disease. Heart valve disease is any problem in one or more of the four valves in the heart. Heart valves keep blood flowing in one direction. They act as a door that swings open, allowing blood to flow through the sections of the heart.

Heart valve replacement. There are many types of artificial valves that are used to replace your own heart valve. The material used to make these valves may cause blood to stick and form clots.

Stroke. A stroke is caused by a blood clot that blocks a blood vessel in the brain. This blockage cuts off the blood flow to a part of the brain and can cause problems with your speech, swallowing, or movement of different parts of your body. You may be at a higher risk for a stroke if you’ve had a heart attack.