Press Release

Thrombosis cases have shown a four-fold increase in the last 10 years

The condition is a leading cause of disability worldwide

New Delhi, 02 November 2017: Thrombosis is a condition that affects 1 in 1000 people in India. However, only 5% of those with the condition are aware of it, indicate estimates. Thrombosis is a leading cause of death and disability worldwide, but not many people are aware of how fatal it can be to life. Thrombosis-related complications have increased three- to four-fold in the last 10 years in the country. Studies also indicate that women who give birth through the cesarean route are more prone to venous blood clot.

Thrombosis is the process of a blood clot forming in a blood vessel. This can block or obstruct blood flow in the affected area, as well as cause serious complications if the clot moves to a crucial part of the circulatory system, such as the brain or the lungs. It can be classified as venous or arterial thrombosis, depending on where the thrombus presents in the body.

Speaking about this, Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement, said, “Venous thrombosis occurs in the veins and is categorized further according to where it is located. Arterial thrombosis, due to its association with atheroma rupture, occurs in the arteries. The blood stasis caused by atrial fibrillation may also cause this type of thrombosis. Some causes for stroke include ischemia, hemorrhage, and embolus in the brain. Stroke due to a blood clot in the brain usually builds gradually around an atherosclerotic plaque. A thrombus in the coronary artery may also cause a myocardial infarction and is associated with ischemia. The reduced oxygen supply to the heart cells, due to the blockage, results in cell death and myocardial infarction. The three main causes of thrombosis include hypercoagulability, injury to the endothelial cells of the blood vessel wall, and abnormal blood flow.”

The most common complication of this condition is blockage of the venous artery. In certain cases, the blood clot may break free and travel around the body. This is known as embolization and obstructs the blood flow to essential organs.
Adding further, Dr Aggarwal, said, “While there is no definitive mechanism to identify those asymptomatic affected individuals who are destined to develop a thrombosis, prophylactic measures should be utilized in asymptomatic individuals in situations that place them at increased risk for thrombosis. Some examples include pregnancy, hormone replacement therapy, surgery/trauma, dehydration, sepsis, and congestive heart failure. Once a patient is diagnosed with thrombosis, anticoagulants are used to decrease the ability of the blood to clot. The commonly used anticoagulants include unfractionated heparin (UFH); low molecular weight heparin (LMWH), warfarin, and Fondaparinux.”

Some tips for managing thrombosis include the following.

- Maintain an active lifestyle and exercise regularly. Walking, swimming and cycling are all great forms of exercise.
- Maintain a healthy weight with exercise as well as a healthy diet.
- Quit smoking right away.
- Report any family or personal history of blood-clotting problems to your doctor.
- Discuss alternatives to birth control pills or hormone-replacement therapy with your doctor.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

For further information please contact:
Sanjeev Khanna - 9871079105
Md Adib Ahmad – 9873716235
mediaimahq@gmail.com
IMA Public & Media Advocacy Cell