



**Inactive or immobile**

**Could you be at risk?**

**Ask about blood clots**

**FOCUS ON THROMBOSIS**

Sitting for 90 minutes or longer reduces your blood flow by 50%

Pulmonary Embolism (PE)  
- blood clots in the lungs

Deep Vein Thrombosis (DVT)  
- blood clots in the deep veins, most often in the limbs