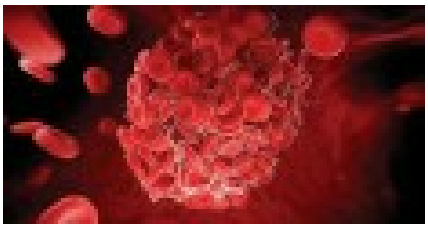
WAYS TO REDUCE YOUR RISK OF GETTING A BLOOD CLOT

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Clots form when platelets and proteins in your plasma work together to stop bleeding by forming a clot at the site of an injury. When you have a cut, for example, a clot helps prevent blood loss and stops infections getting inside your body.



However, clots can form on the inside of blood vessels cutting down the blood supply to vital organs. So what can you do to reduce your risk?

- Healthy diet. Eat lots of fruit, vegetables and whole grains and limit salt and red meat.
- Exercise. Do at least 30 minutes of moderate intensity exercise five times a week.
- Healthy weight. Being overweight is linked to type 2 diabetes and furring up of arteries.
- Reduce stress. Continuous stress can lead to high blood pressure.
- Stop smoking. Try the NHS'S quit smoking service. nhs.uk/ smokefree