

WOMEN'S HEALTH AND CLOTTING

There are numerous risk factors for blood clots. In women's health, there are several risks directly linked to three important life stages that women experience. Estrogen is the common factor among these life-stages.



FAMILY PLANNING & BIRTH CONTROL

Estrogen is one of the hormones commonly used in many forms of birth control (including the pill, patch, and ring) to help prevent pregnancy.

A woman's risk for a blood clot is up to 9 times greater with hormonal versus nonhormonal contraception.

If you're considering your birth control options, discuss your clotting risks with your healthcare provider, especially if you have a family history of clotting or clotting disorders.

PREGNANCY & CHILDBIRTH

Estrogen is a pregnancy hormone that causes women's bodies to clot more easily, which helps to lessen blood loss during labor and delivery.

A woman's clotting risk is five times greater when she is pregnant and in the three months following delivery of her baby.

If you're pregnant now or planning to get pregnant in the near future, talk to your healthcare provider about how you can manage your clotting risks.



MENOPAUSE & HORMONE THERAPY

Hormone therapy, which is used to treat the symptoms of menopause, can increase a woman's risk for blood clots.

In fact, one study found that women who take hormone replacement pills were 58% more likely to develop a blood clot within three months of starting therapy.

Talk to your healthcare provider about your blood clot risks, as well as the nonhormonal options for treating menopause symptoms.



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