Blood clots in the veins cause death from a pulmonary embolism. Blood clots in the arteries cause heart attacks and stroke.

Every 37 seconds someone in the western world dies from a Venous Thromboembolism (VTE).

1 in 20 people in the UK will have a blood clot.

TOP TIPS TO PREVENT BLOOD CLOTS

- Drinking plenty of water so you do not become dehydrated
- Eating a healthy and varied diet that includes plenty of fruit, vegetables, beans, pulses and fish
- Maintaining a healthy weight
- Keep moving, take regular exercise - walking round the golf course is great.
- If you sit at a desk for work get up and move around for a few minutes every two hours
- If you smoke STOP

Learn more about how to help prevent blood clots at: www.anticoagulationuk.org