

Het voorkómen van trombose bij jong en oud

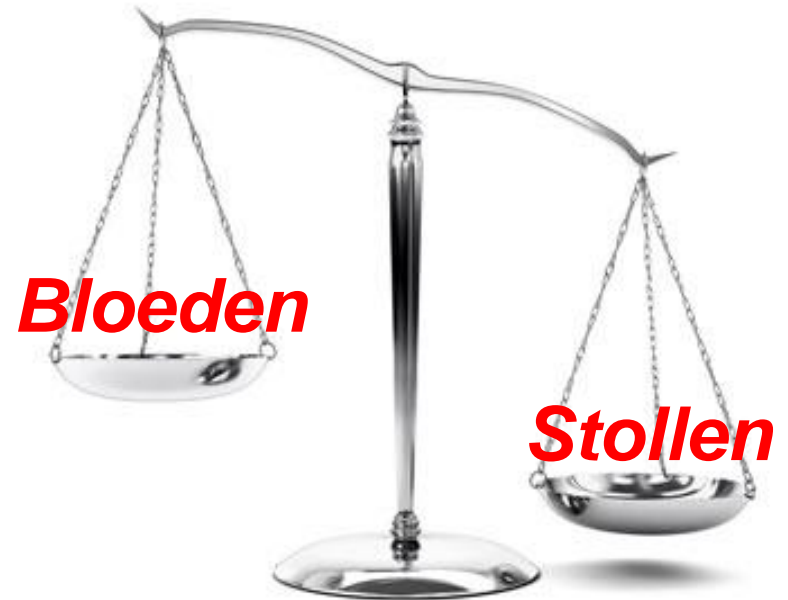
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Wereld Trombose Dag 2023

Take home messages



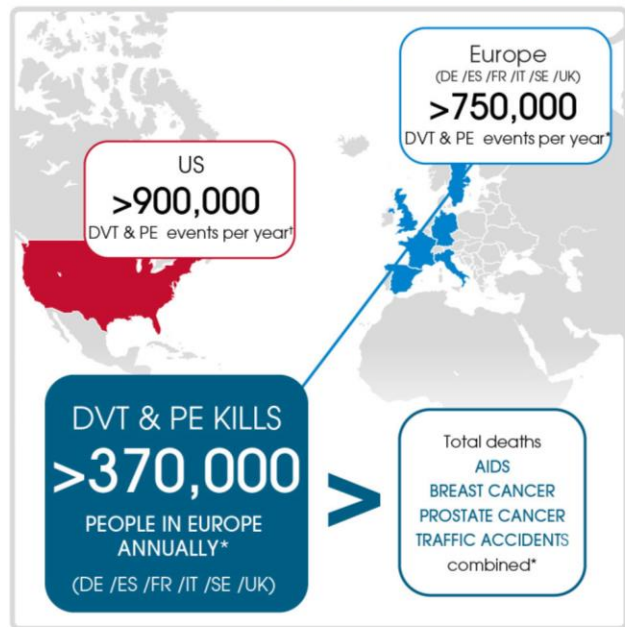
Opbouw presentatie

1. Voórkomen (incidentie) van trombose bij jong en oud
2. Waarom voorkómen?
3. Incidentie en preventie van trombose
 - Bij jongeren
 - Bij vrouwen
 - Bij kanker
 - Bij ouderen en chirurgie

1. Incidentie van trombose bij jong en oud

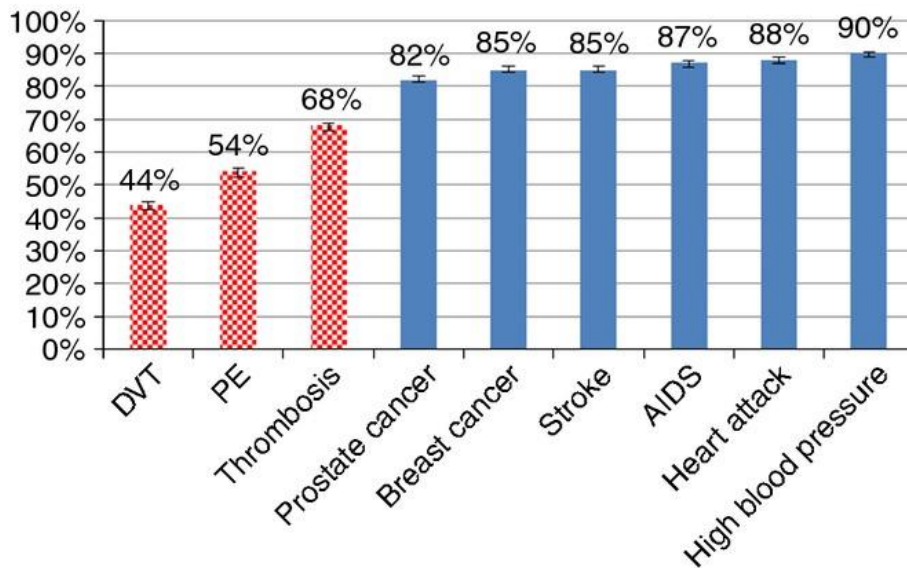
- Trombose is een veelvoorkomend fenomeen, maar minder bekend

How common are DVT & PE ?

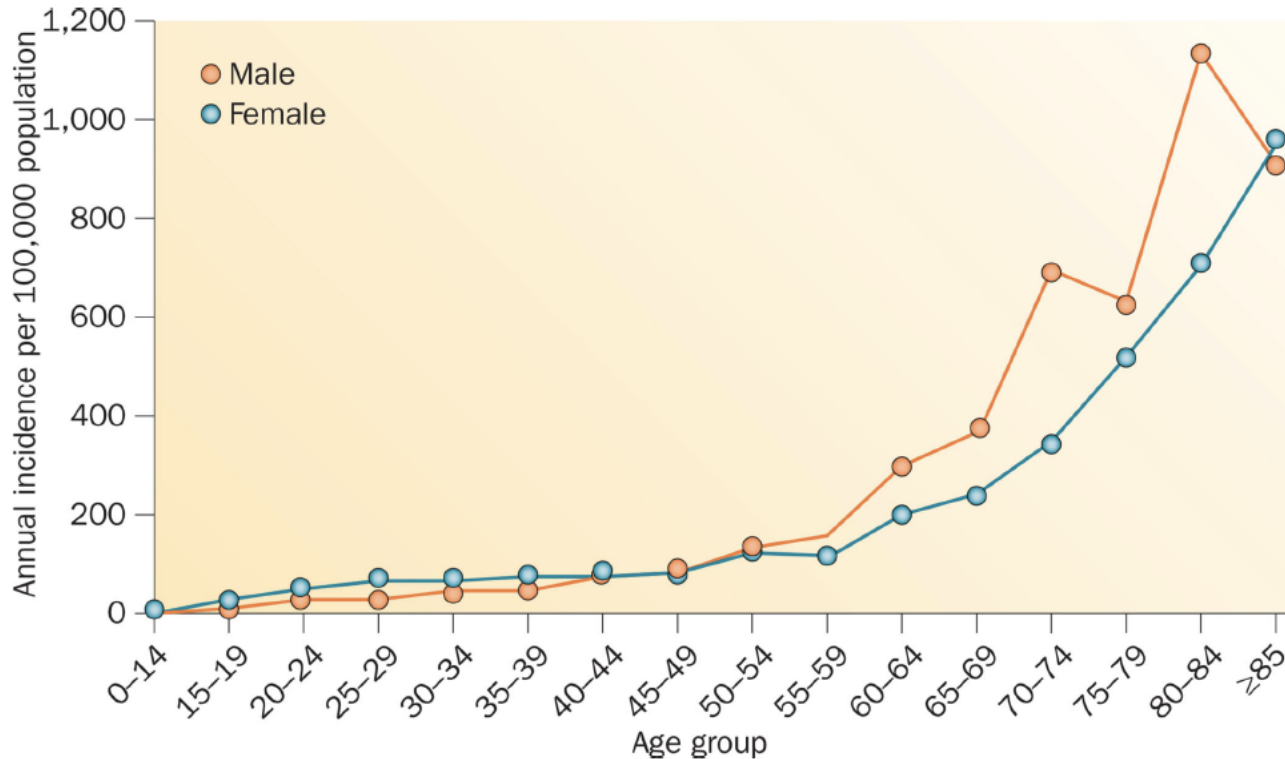


* Roger VL et al. *Circulation*. 2012;125(1):e2-e220.
* Cohen AT, et al. *Thromb Haemost*. 2007;98:756-64.

Awareness van trombose

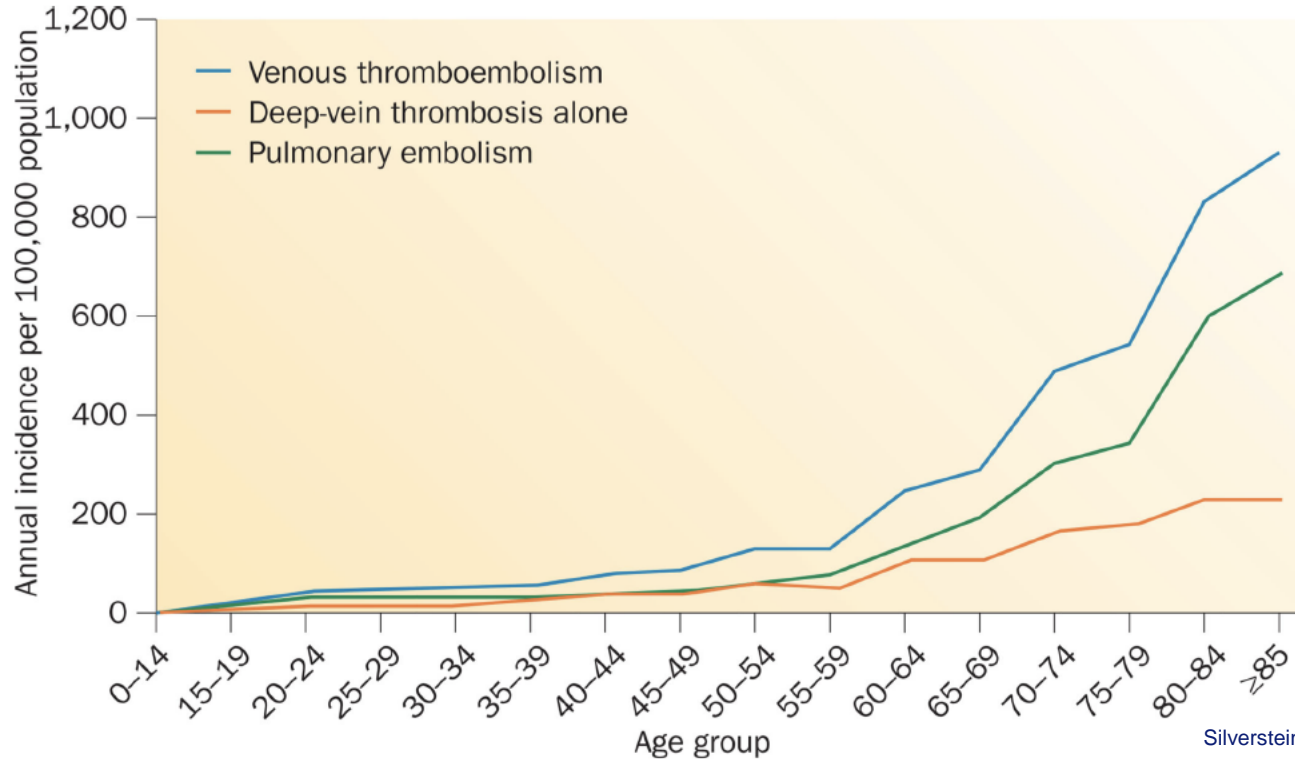


Incidentie van trombose neemt toe met leeftijd



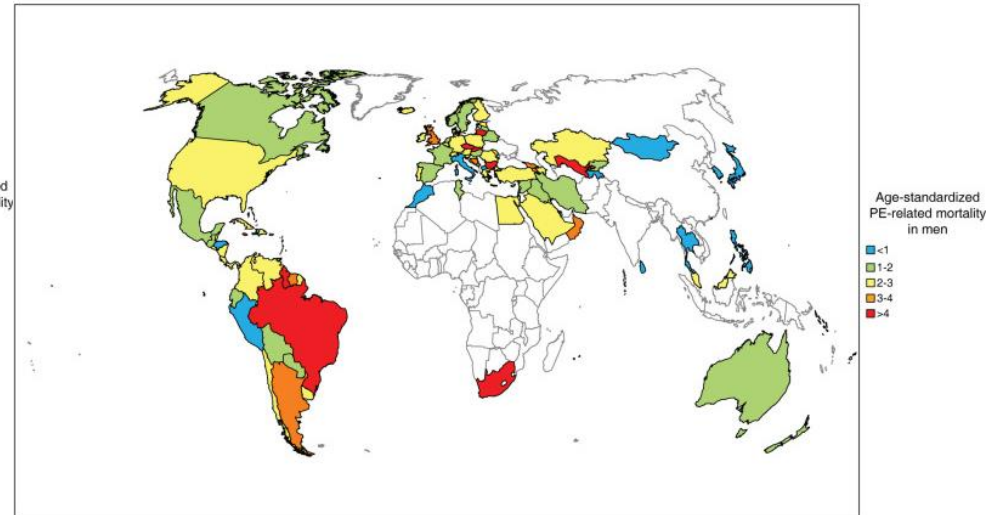
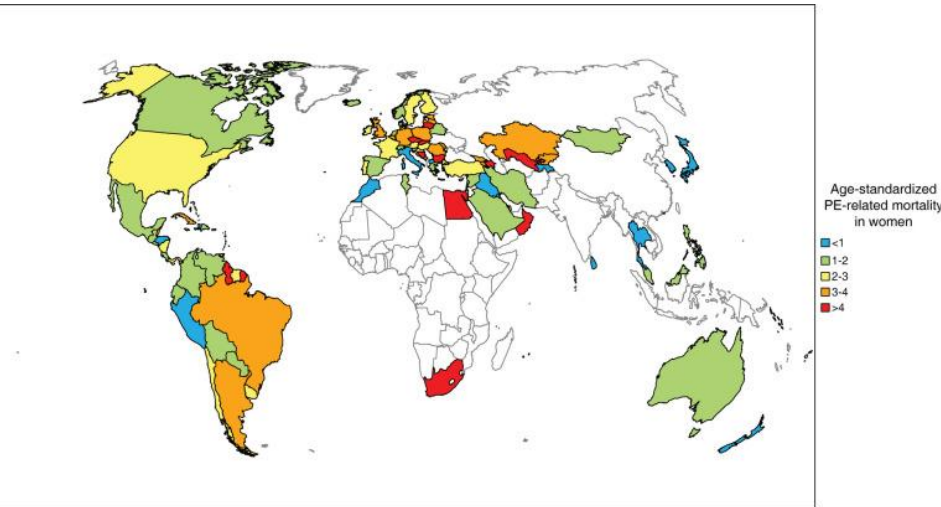
Incidentie van trombose neemt toe met leeftijd

- Geldt voor zowel DVT als longembolie



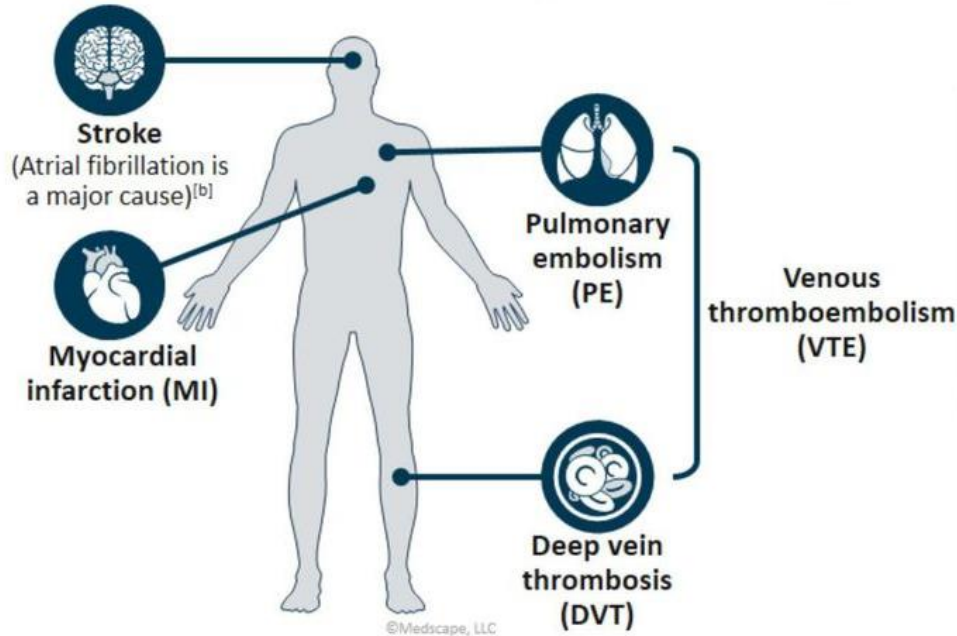
Mortaliteit van longembolie wereldwijd

- Juist ook in Westerse landen
- Data van sub-Sahara Afrika helaas onbekend



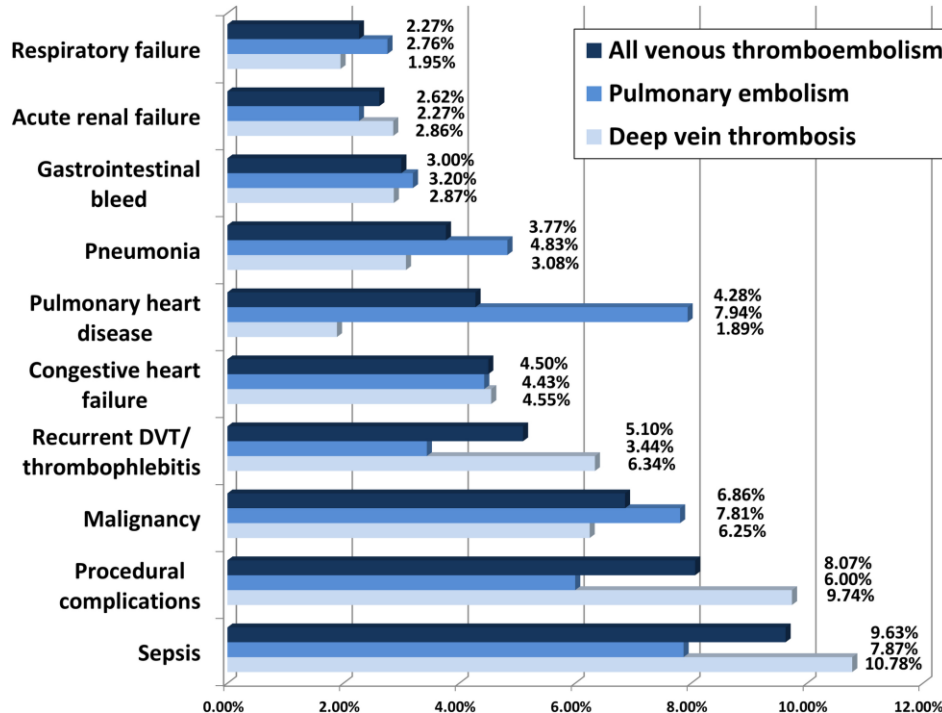
2. Waarom voorkomen?

- Trombose veroorzaakt 1 op 4 doden wereldwijd



Waarom voorkomen?



- Belangrijke oorzaak heropnames en dus ziekenhuis kosten



Waarom voorkómen?


- Toename risicofactoren voor trombose
 - Mensen worden ouder
 - Toename incidentie van kanker
 - Toename obesitas

Everyone Is at Risk. Some Factors Can Increase This Risk.



Hospitalization and Surgery





One-half of blood clots occur during or soon after a hospital stay or surgery.



Being Immobile

Not moving for long periods of time (for example, extended bed rest or extended travel).

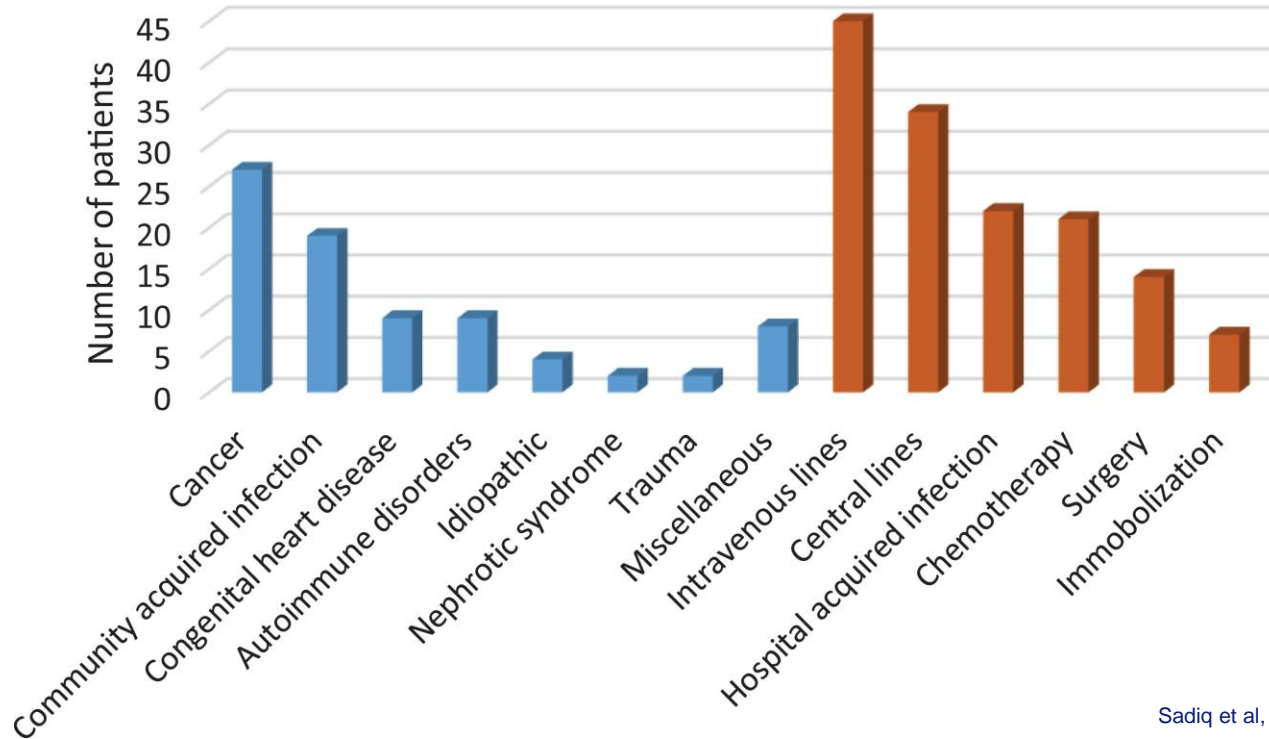
..... **Other Risk Factors**



- Older age
- Overweight or obese
- Family history of VTE
- Recent or recurrent cancer
- During and just after pregnancy
- Estrogen-based medicine such as hormonal birth control or hormone replacement therapy
- Injury and trauma

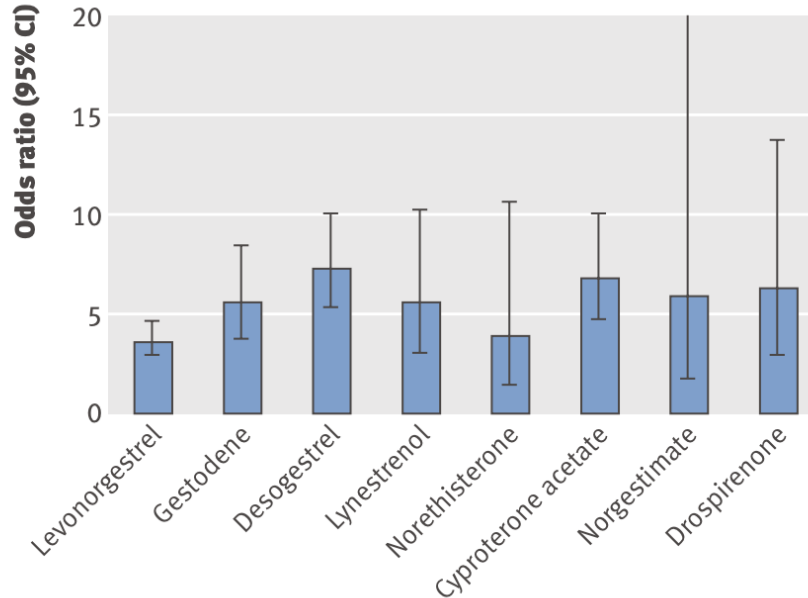
3. Preventie van trombose

- Trombose bij kinderen / jongeren; >90% uitgelokt



Trombose bij vrouwen

■ Orale anticonceptie gerelateerde trombose

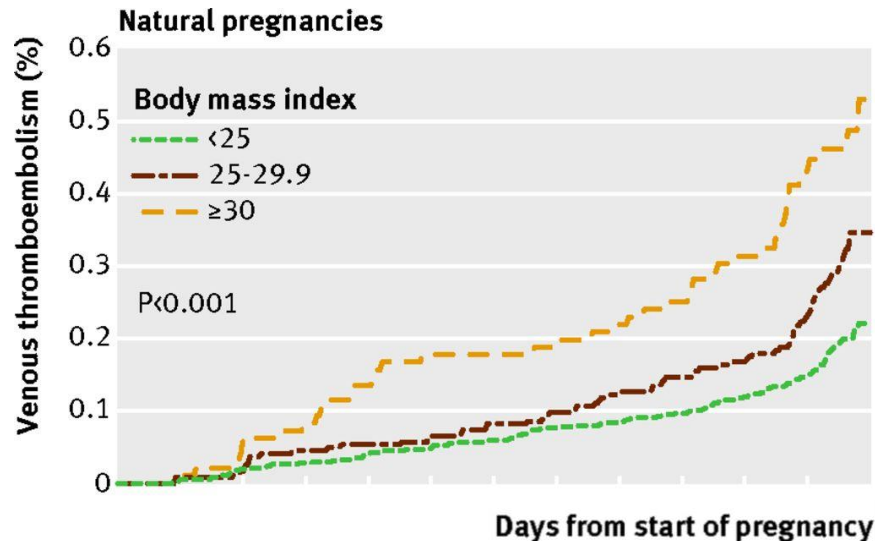
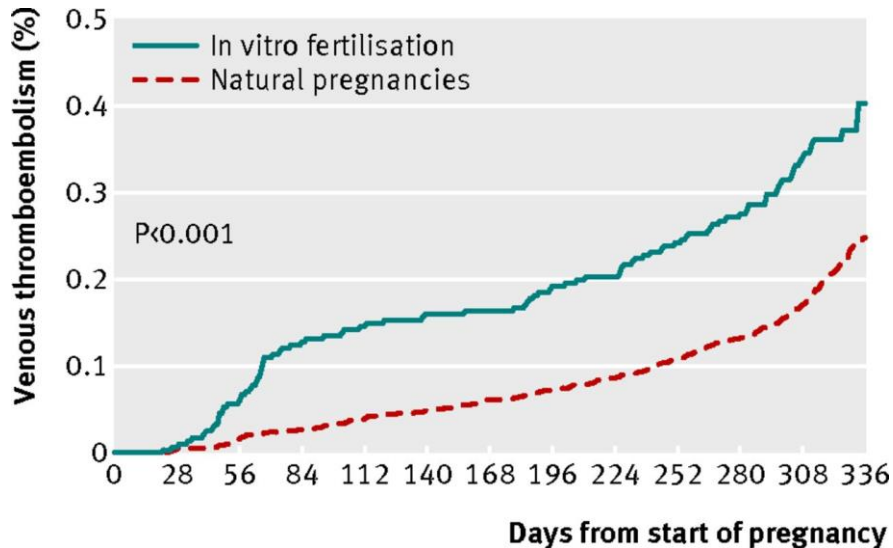


Type of progestogen	Thrombosis patients (n=1524)	Controls (n=1760)	Odds ratio (95% CI)*
Levonorgestrel†	485 (31.9)	373 (21.2)	3.6 (2.9 to 4.6)
Gestodene†	119 (7.8)	67 (3.8)	5.6 (3.7 to 8.4)
Desogestrel†	289 (19.0)	108 (6.2)	7.3 (5.3 to 10.0)
Lynestrenol†	44 (2.9)	19 (1.1)	5.6 (3.0 to 10.2)
Norethisterone	11 (0.7)	7 (0.4)	3.9 (1.4 to 10.6)
Cyproterone acetate	125 (8.2)	62 (3.5)	6.8 (4.7 to 10.0)
Norgestimate	9 (0.6)	4 (0.2)	5.9 (1.7 to 21.0)
Drospirenone	19 (1.2)	14 (0.8)	6.3 (2.9 to 13.7)
No oral contraceptive (reference)	421 (27.7)	1102 (62.8)	1

Risk of venous thrombosis associated with different types of progestogens in combined oral preparations

Preventie van trombose bij vrouwen

- Zwangerschapsgerelateerde trombose; hoger met IVF en hoger BMI



Preventie van trombose bij vrouwen

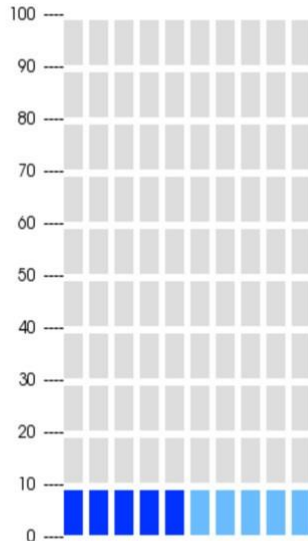
- Preventie zwangerschapsgerelateerde trombose

Without LMWH

If 100 women like you do not take LMWH

Between 5-10 women will experience a blood clot as indicated by the blue rectangles

Since 5-10 women will experience a blood clot, that means between 90-95 will not

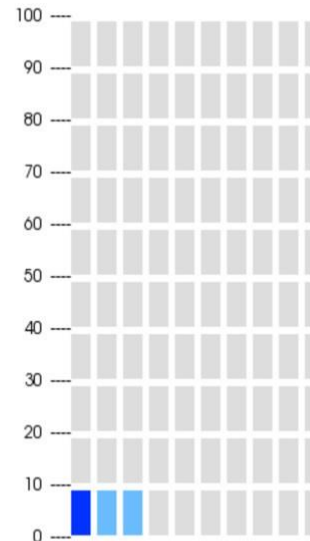


With LMWH

If 100 women like you take LMWH

Between 1-3 women will experience a blood clot as indicated by the blue rectangles

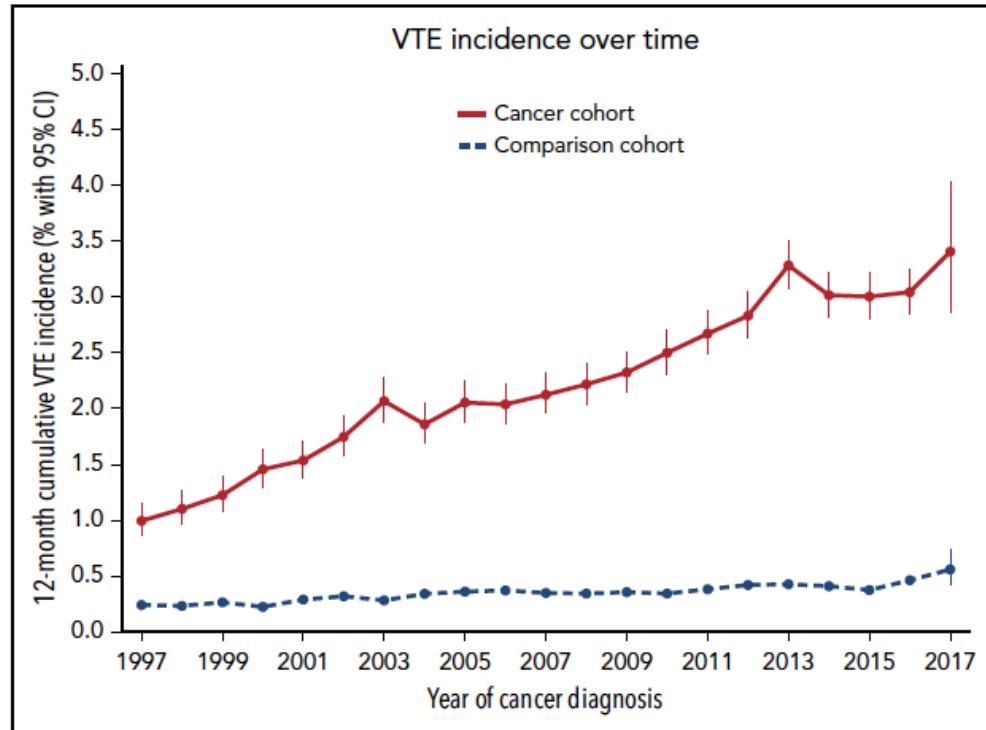
Since 1-3 women will experience a blood clot, that means between 97-99 will not



There may be an increase in the risk of major bleeding, osteoporosis, and heparin-induced thrombocytopenia with preventative blood thinning. If there is an increased risk, it is likely to be very small and less than 1 in 100.

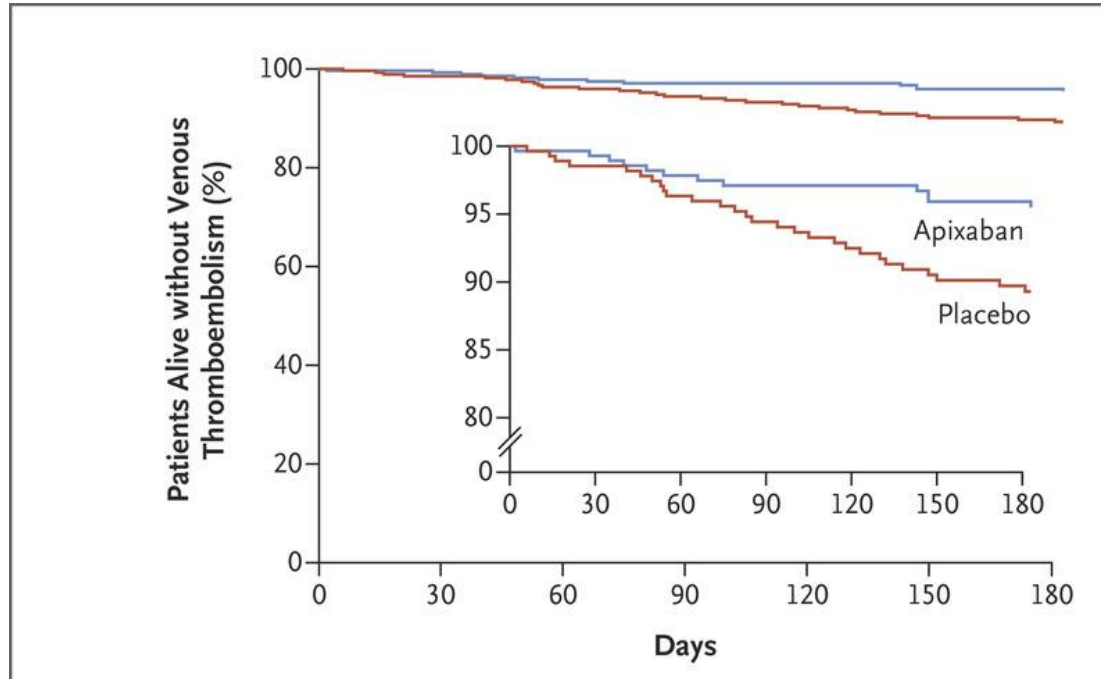
Trombose bij kanker

- Incidentie hoger dan zonder kanker, en neemt toe



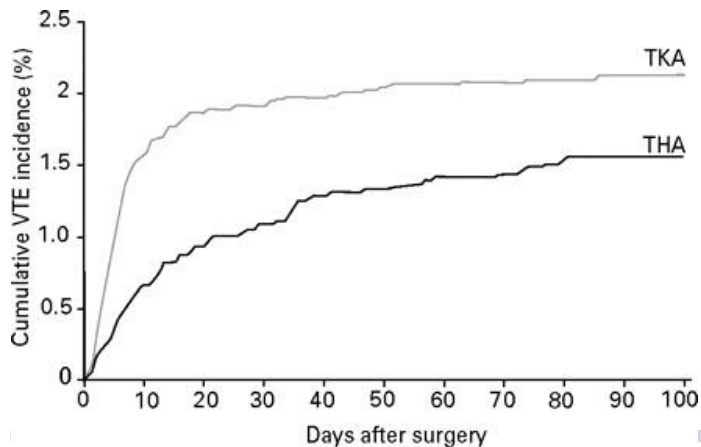
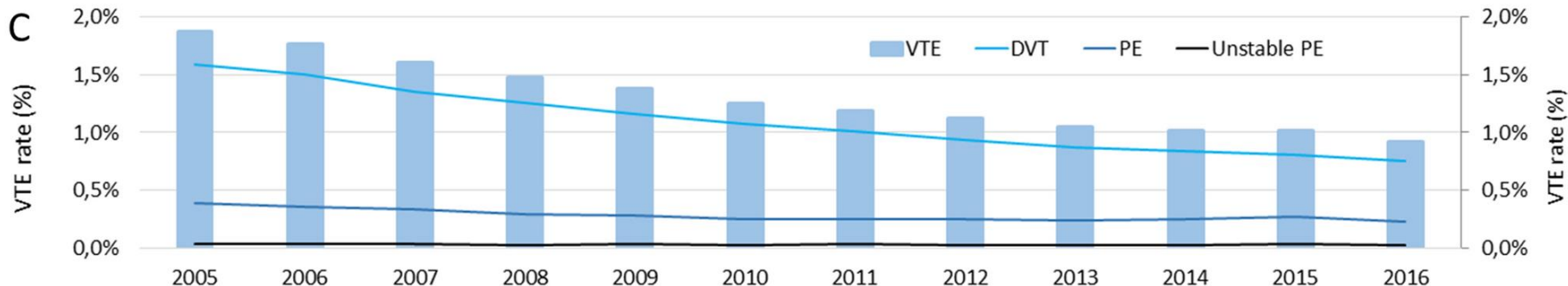
Preventie van trombose bij kanker

- Antistolling (LMWH, DOAC) helpt trombose voorkomen



Trombose bij ouderen en chirurgie

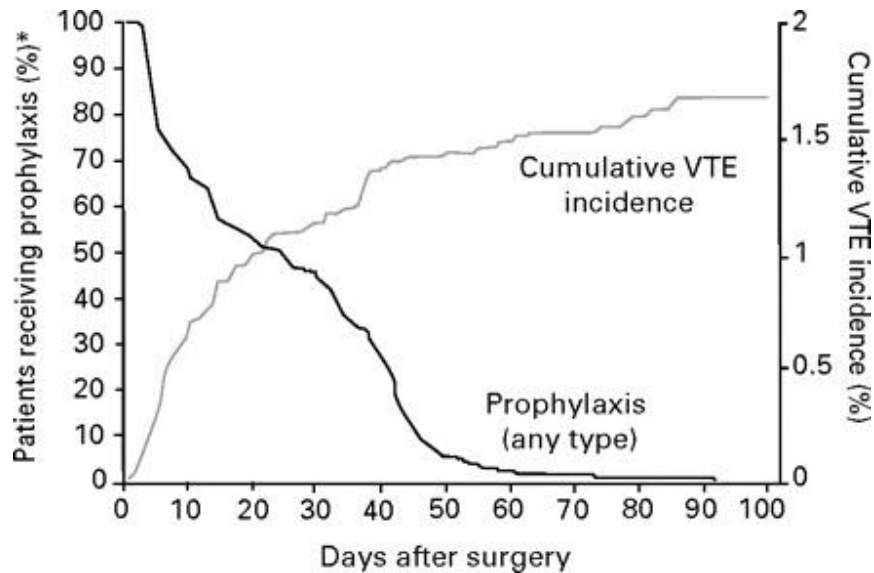
- Trombose komt vaak voor na totale knieprothese en heupprothese



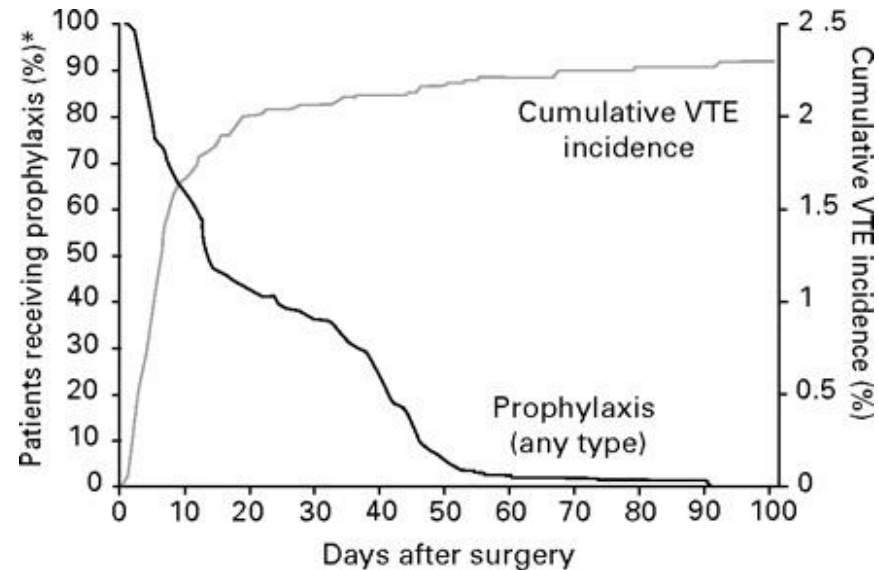
Trombose bij ouderen en chirurgie

- Spectaculaire reductie trombose na tromboseprofylaxe

heupprothese

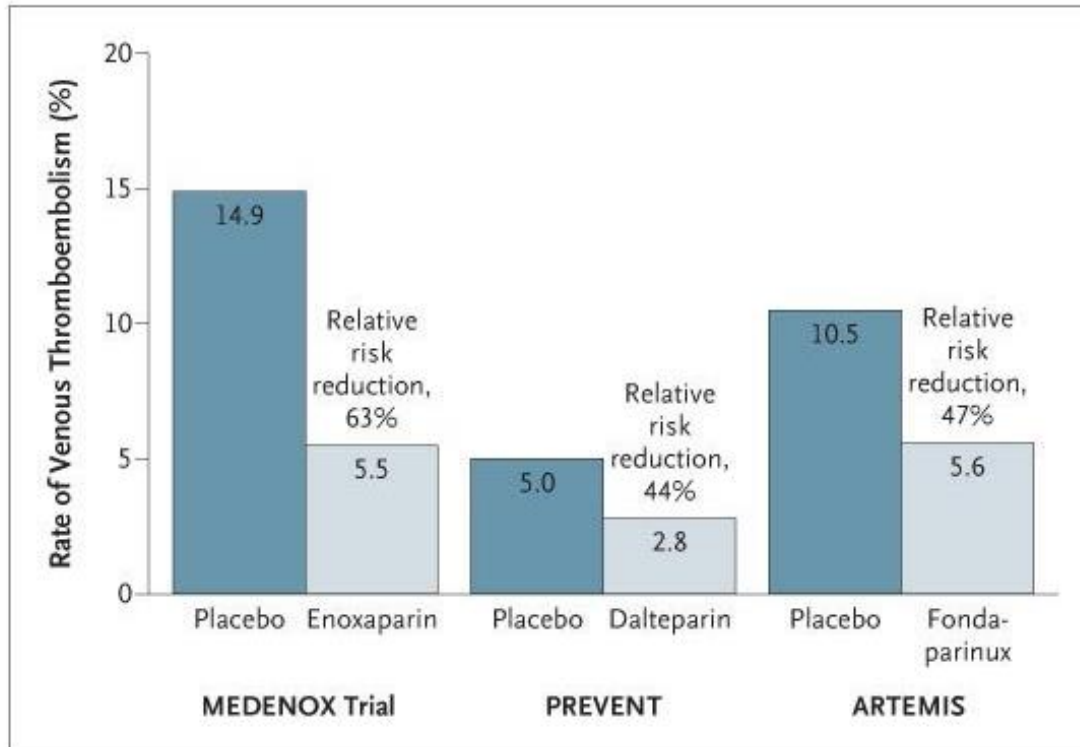


knieprothese



Trombose bij ziekenhuisopnames

- Reductie van trombose met tromboseprofylaxe bij opgenomen patiënten



Hoe kunnen we trombose beter voorkomen?

Tools for preventing VTE deaths



Mobility



Intermittent Pneumatic
Compression Devices



Chemical
Prophylaxis



Awareness

Take home messages

