




Obesity as a risk factor for deep venous thrombosis: a case report

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Introduction: Deep vein thrombosis is a multifactorial disease, and obesity as a global public health problem is associated with many pathological conditions of the organism, including deep vein thrombosis.¹ There are also numerous diseases that increase the risk of deep vein thrombosis, such as diabetes mellitus type 2, coronary artery disease, hypertension, obstructive sleep apnea syndrome, malignant diseases, stroke.² Deep vein thrombosis is the third most common cardiovascular disease resulting from the interaction of acquired and genetic risk factors. One of the acquired risk factors is obesity, which is associated with inactivity, and the risk of developing deep vein thrombosis is even greater when obesity interacts with other risk factors.

Case report: 33-year-old patient was hospitalized at the Department of Cardiovascular Diseases with a diagnosis of deep vein thrombosis. The patient came to the emergency because of pain and edema of the left leg. The patient had symptoms for the past 7 days and had previously consulted a family medicine physician. Otherwise, the patient suffers from diabetes mellitus type 2 and arterial hypertension. The patient has degree 3 obesity (BMI 56.7 kg/m², body weight 162 kg, height 169 cm). After admission to the department, the patient underwent basic laboratory findings, as well as laboratory findings related to blood clotting disorder and lipid profile. In addition to the cardiologist, the patient's treatment includes a transfusion specialist, a diabetologist and an endocrinologist. The patient was started on low molecular weight heparin treatment. During hospitalization, the patient was educated about life-style changes, introduction of physical activity, weight loss, all with the aim of controlling deep vein thrombosis, obesity and associated diseases.

Conclusion: Obesity is on the rise all over the world, and studies have shown that obese people have twice the risk of developing deep vein thrombosis, while obese patients under the age of 40 have almost five times the risk of those who are not obese. Obesity is a global health problem that has reached the level of a pandemic, and this case highlights the role and importance of early treatment of obesity and its complications, given that there is strong evidence of an association between obesity and deep vein thrombosis.

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LITERATURE

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