

Risk factors for venous thromboembolism

Risk Factor	RR*
Genetic	
Antithrombin (AT) deficiency	15-20
Protein C deficiency	15-20
Protein S deficiency	15-20
Factor V Leiden mutation	5-7
Prothrombin G20210A mutation	2-3
Acquired	
Increasing age	1-∞
Malignancy	7-20
Lupus anticoagulant	3-10
Systemic lupus erythematosus	3-8
Inflammatory bowel disease	3-4
HIV	3-10
Nephrotic syndrome	3-10
Renal transplant recipients	3-8
Environmental	
Surgery, trauma, immobilisation	5-50
Pregnancy and puerperium	3-5
Oral contraceptives	4-7
Hormone replacement therapy	2-5
Air travel	1.5-3

*Relative risk for first venous thrombosis compared to the general population.

Adapted from Lijfering WM, Rosendaal FR, Cannegieter SC. Risk factors for venous thrombosis - current understanding from an epidemiological point of view. *British Journal of Haematology*. (2010) Jun; 149(6):824-33.