



Emerging awareness group for Thrombosis

The Georgia Thrombosis Forum (GTF) is a group of dedicated, young volunteers who are promoting the awareness of thrombosis and pulmonary embolism (PE). The GTF is an affiliate of the North American Thrombosis Forum (NATF), and the President of NATF is Sam Goldhaber, MD, a World known authority on thrombotic disorders.

The founder of this noble organization is Dr. Atul Laddu, a retired physician who currently resides in the suburbs of Suwanee, Georgia. He has authored numerous medical publications and has over 25 years of experience. Rajan Laddu, Dr. Laddu's grandson, had suffered from two massive episodes of PE after a back surgery in May 2011 and again in November of the same year. After Rajan's treatment and recovery, Dr. Laddu realized how little the general population knew about these conditions. Once Dr. Laddu reached out to the NATF Board at the annual summit, the Georgia Group of Volunteers was born (now, GTF).

The five goals of GTF are:

- a) To work and enhance the mission of NATF
- b) To increase awareness of thrombosis in Georgia
- c) To network with various groups involved in thrombosis
- d) To train volunteers to write and present about thrombotic conditions
- e) To arrange publications involving our efforts in the community in various media

Over the past few years, our organization has blossomed, and is undertaking new challenges every day. For instance, volunteer membership has sprung from three to fourteen. Moreover, we have held booths at several public gatherings, such as the Suwanee Fest, the MMA Ganesh Festival, and at the Georgia State Capitol. We have also amassed proclamations of Thrombosis Awareness Month from nine counties, as well as one signed by Governor Nathan Deal himself. Some of our volunteers have even worked alongside renowned physicians! All of our activities are directed towards GTF's sole purpose of promoting the awareness of thrombosis.



By now, some may be wondering what exactly thrombosis is. Put simply, it is the formation of a thrombus, or blood clot in a vein. Deep Vein Thrombosis (DVT) most commonly occurs in the legs, and pulmonary embolism is the migration of a clot into the lungs. Keep in mind, however, that a clot can migrate to any part of the body. Risk factors, listed from weak to strong, include obesity, immobility for long periods of time, pregnancy, chemotherapy, genetic propensity, major trauma, and spinal cord injury. The most common indicator of DVT is abnormal swelling in the lower body, and for PE, it is shortness of breath accompanied by coughing up blood.

A total of 600,000 patients suffer from PE each year in the U.S., and a significant number of them succumb to this deadly condition. The approximate cost incurred on these patients on the U.S. is about \$8 billion per year !

Luckily, the medical world does have medications for those who contract thrombotic conditions. Physicians primarily use combinations of blood thinners, such as warfarin or heparin, over the course of a few months. However, at the GTF, we believe prevention is the best treatment that is offered. To steer clear of DVT and PE, drink plenty of water throughout the day, maintain a healthy diet, and avoid sitting still for long periods of time. Although thrombosis is deadly and can affect anyone, it is also easily preventable.

If you want to learn more about GTF, NATF, or thrombosis, please visit www.natfonline.org, and follow us on social media (Twitter/Instagram: @gathrombosis; Facebook Page: Georgia Thrombosis Forum).

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