

## Pulmonary Embolism: A Systematic View

Pravasini Sethi \*

Msc, Department of Microbiology, OUAT, Odisha, India

### Abstract

Pulmonary embolism cause due to the blockage of one of the pulmonary arteries in lungs. blood clotting is in most cases another reason of this where blood clots that travel to the lungs from deep veins in the legs or, rarely, from veins in other parts of the body (deep vein thrombosis). Because the clots block blood flow to the lungs, pulmonary embolism can be life-threatening. However, there is treatment that greatly reduces the risk of death. Precautions to prevent blood clots in legs will help in protection against pulmonary embolism. Here by certain important things to know about the diseases.

Keywords: Pulmonary embolism; Blood clots; Thrombosis; Treatment

### Introduction

Pulmonary embolism is a very critical health condition and its symptoms can vary depending on involvement of lung, clots size, whether a person is has underlying lung or heart disease. Accordingly it followed by certain symptoms in body which indicates the presence of pulmonary embolism.

### Symptoms

The list of symptoms mostly seen in persons having heart problems. It can lead to Shortness of breath which typically appears suddenly and gets worse with exertion followed by Chest pain. The person may feel like having a heart attack. when breathe deeply the pain is often sharp and felt. It causes difficulties in taking deep breath. It can also be felt during cough, bend or stoop. The cough may produce bloody or blood-streaked sputum. Other signs and symptoms that can occur with pulmonary embolism includes: Rapid heartbeat, Lightheadedness or weakness in body, sweating excessively, Fever, Swelling or leg pain, It caused by a deep vein thrombosis usually in the case of calf.

Cyanosis is another symptom in which a person suffer from clammy or discolored skin. Pulmonary embolism occurs when a blood clot, gets wedged into an artery in your lungs. These blood clots most commonly come from the deep veins of leg, which is a health condition known as deep vein thrombosis (DVT).

Multiple clots are involved in pulmonary embolism in most of the cases. pulmonary infarction can also happen in which the portions of lung served by each blocked artery are robbed of blood and may die, Which result in difficulties providing oxygen from lungs to the rest of your body.

### Causes

The Blockages in the blood vessels are caused by some other substances other than blood clots, such as: Fat from the marrow of a broken long bone, Part of a tumor or air bubbles.

### Diagnosis

It can be difficult to diagnose PE. It can be diagnosed by knowing patient's medical history, including knowing the symptoms and risk factors for pulmonary embolism. Physical exam including various imaging tests and possibly some blood tests also can detect PE.

### Treatments of Pulmonary Embolism (PE)

Medical treatment on emergency level should be done. The treatment is to break up blood clots and help keep other clots from forming. Treatment options include medicines and procedures.

**Correspondence to:** Pravasini Sethi, Msc, Department of Microbiology, OUAT, Odisha, India, Tel:6309495312, Email:prava.little@gmail.com

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**Medicines:** The most often drugs uses in treatment are Anticoagulants, or blood thinners which helps in keeping blood clots from getting larger and stopping new clots. A person can take them as an injection, pill, through IV (intravenous). Aspirin can cause bleeding. Thrombolytics are medicines to dissolve blood clots. You may get them if you have large clots that can cause severe symptoms and complications. Thrombolytics can cause sudden bleeding, that can be life-threatening

**Procedures:** Catheter-assisted thrombus removal uses a flexible tube to reach a blood clot in your lung. Your health care provider can insert a tool in the tube to break up the clot or to deliver medicine through the tube. Usually you will get medicine to put you to sleep for this procedure.

Vena cava filter can be used in place of blood thinners for some patients who can't take vena cava filter. In which a filter get inserted inside a large vein called the vena cava and the filter catches blood clots before they travel to the lungs, which prevents pulmonary embolism. But new blood clots forming remains unaffected.

## Prevention

One of the most important things regarding preventing pulmonary embolism is preventing new blood clots. Prevention may include taking blood thinners. Regular checkups with the provider is important, to make sure that the dosage of your medicines is working to prevent blood clots and to make sure its not causing bleeding. Healthy lifestyle changes, such as healthy eating, regular exercise, quite and using compression stockings to prevent deep vein thrombosis (DVT) helps a lot. Moving your legs when sitting for long periods of time during long trips, Physical exercise and healthy lifestyle is the key.

## References

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