

May-Thurner Syndrome- MTS

May-Thurner Syndrome (MTS) is a rare condition where an artery in your pelvis compresses a vein preventing proper blood flow causing a narrowing of the vein and increasing your risk of deep vein thrombosis (DVT) or pulmonary embolus (PE). Although the exact prevalence of MTS is unknown, recent data suggests that it is more common than previously thought as most people do not develop a clot or become symptomatic. This condition is not an inherited or genetic condition.

Some risk factors can increase the likelihood of developing MTS

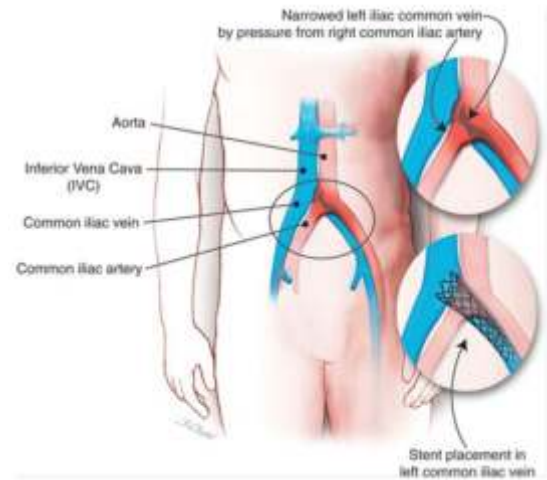
- female gender,
- scoliosis,
- radiation exposure
- active cancer/treatment.³
- long-haul flights,
- immobilization/surgery,
- pregnancy and use of the combined oral contraceptive pill.

Signs & Symptoms of May Thurner Syndrome

- Swelling, pain or heaviness in one leg.
- Pain on walking
- Skin Discolouration
- Engorged Varicose Veins (Veins that are very prominent)
- Signs of a DVT or PE (See signs below)

Diagnosis Of MTS

May Thurner Syndrome is diagnosed based on clinical symptoms and imaging – in most cases an ultrasound of the pelvis can visualize the narrowing of the vein or locate the clot. In some cases further imaging might be required to determine the size and distribution of the clot.⁴



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Treatment of MTS

Treatment of a blood clot in association with May Thurner Syndrome is anticoagulation. Occasionally additional measures may be taken. This will be decided by your Haematologist.

Signs of a Deep Vein Thrombosis

- Tenderness in the Leg
- Redness
- Swelling and feeling of tightness
- Pain in the leg, usually in the calf or thigh

Signs of a Pulmonary Embolism

- Unexplained shortness of breath
- Chest pain (particularly when breathing deeply)
- Light-headedness or feeling faint
- Coughing up blood

Deep Vein Thrombosis (DVT) + Pulmonary Embolism (PE) = Venous Thromboembolism (VTE)

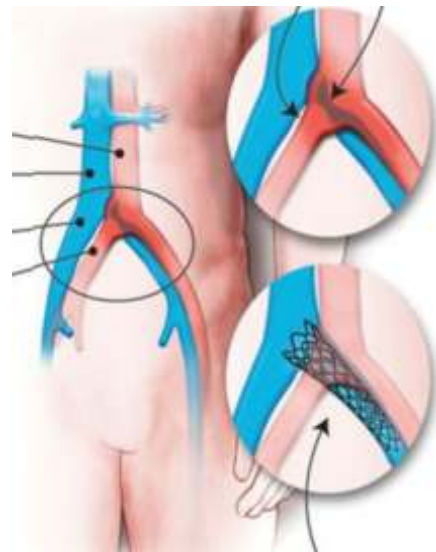
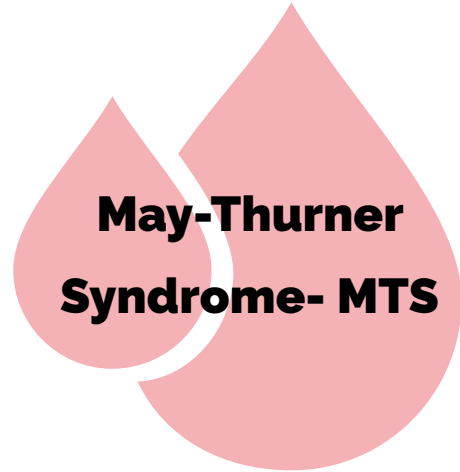
If you have one or more of these symptoms, you may have a clot and need urgent treatment.

References

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Author; Olamide Mozidat Bello,
Haematology Intern MMUH
under Prof. Fionnuala Ni Ainle



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Registered Charity
No: 20154240



Email: info@thrombosisireland.ie
www.thrombosisireland.ie
Phone: 087 363 4828
Mon. – Fri. 9am – 1pm