How Long Should Patients with DVT be Kept on Anticoagulation?

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Disclosures

• Company: BMS/Pfizer, Janssen
  • Relationship: Consulting, grant funding

• Company: Portola
  • Relationship: Consulting

VTE - Provoked vs Unprovoked

Not all Provoking Events are Equivalent

Weak Provoking Factor

- Travel >8 hours
- Pregnancy/peripartum
- Estrogen use
- Lower limb trauma with transient impaired mobility
- Acute medical illness w/o immobility

Strong Provoking Factor

- Chronic inflammatory diseases
- Chronic medical conditions
- Lower extremity paralysis
- Obesity
- Family history of VTE

Not all Provoking Events are Equivalent

Risk of Recurrent VTE

Recurrence Risk: Provoked vs Unprovoked

Arch Int Med 2010;170:1710-1716
Blood 2002; 100:3484-8
**D-Dimer**

Positive D-Dimer → 8.9%/year

Negative D-Dimer → 3.5%/year


**Length of Anticoagulation**

On Anticoagulation

28%

Positive D-Dimer

4 weeks without Anticoagulation

Blood 2010; 115: 481–488

CMAJ 2008; 179: 417–426

**Chronic VTE Treatment**

Relative Risk Reduction vs Placebo

Warfarin (estimated)

Dabigatran

Rivaroxaban

Apixaban

Aspirin

-100%

-90%

-80%

-70%

-60%

-50%

-40%

-30%

-20%

-10%

0%

**My Approach**

Predictive Factors:

- Provoked
- D-Dimer
- Gender

Vasc Med. 2015;20:143-152
Thank you!