

# Activity decreases bleeding risk from anticoagulation meds

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physical activity.

"A high level of physical activity is associated with a decreased risk of [major bleeding](#) in [elderly patients](#) receiving [anticoagulant therapy](#)," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
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(HealthDay)—For elderly patients on anticoagulant therapy, a high level of physical activity is associated with a decreased risk of major bleeding, according to a study published online Nov. 18 in the *Journal of Thrombosis and Haemostasis*.

Pascal M. Frey, M.D., from Bern University Hospital in Switzerland, and colleagues assessed self-reported [physical activity](#) level in 988 patients aged ≥65 years receiving anticoagulants for venous thromboembolism. Patients were prospectively evaluated for first major bleeding (including fatal bleeding, symptomatic bleeding in a critical site, or bleeding causing a fall in hemoglobin or leading to transfusions).

The researchers found that over a mean follow-up of 22 months, patients with a low, moderate, and high physical activity level had an incidence of major bleeding of 11.6, 6.3, and 3.1 events per 100 patient-years, respectively. The corresponding incidences of clinically relevant non-major bleeding were 14.0, 10.3, and 7.7 events per 100 patient-years. There was a significantly lower risk of major bleeding associated with a high physical activity level (adjusted sub-hazard ratio 0.40). For non-major bleeding, there was no association with

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