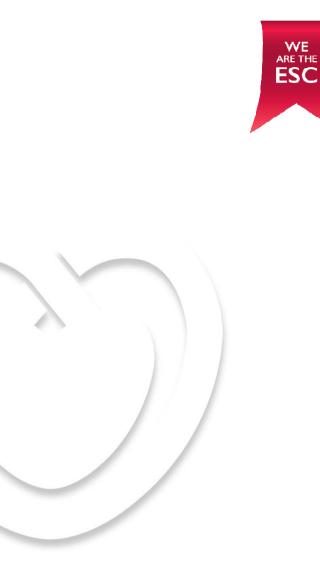
HERDOO2 Rule to Guide Treatment Duration for Unprovoked Venous Thrombosis: The REVERSE II Study

Marc A. Rodger MD from The Ottawa Hospital on behalf of the REVERSE II Study Investigators

Funded by France (PHRC) and Biomerieux





Declaration of Interest

- Research contracts (Biomerieux provided grant funding for this investigator initiated academic r search institute (OHRI) sponsored research project)



#esccongress

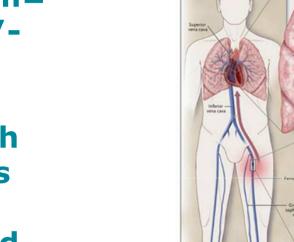
www.escardio.org/ESC2016

Background

Venous Thromboembolism= Deep Vein Thrombosis +/-Pulmonary Embolism

Short term treatment with blood thinners saves lives

Most clots are unprovoked



Guidelines: continue blood thinners lifelong

BUT, if untreated <50% get recurrent blood clots



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"Men Continue blood thinners and HERDOO2"

- Women with 2 or more HERDOO points and all Men
 - ~14% risk of recurrent blood clots in year after stopping
 - Should continue blood thinners

Women with 0 or 1 HERDOO point

- ~1.6% risk of recurrent blood clots in year after stopping
- Could stop blood thinners
- Safe to discontinue if risk at 1 year after stopping is <5%

HERDOO Points in

+1 Hyperpigmentation Edema or Redness (HER)

in either leg

- +1 D-Dimer (Vidas) blood test
- +1 Obesity, $BMI \ge 30$
- **+1 O**lder age ≥ 65

____ HERDOO points

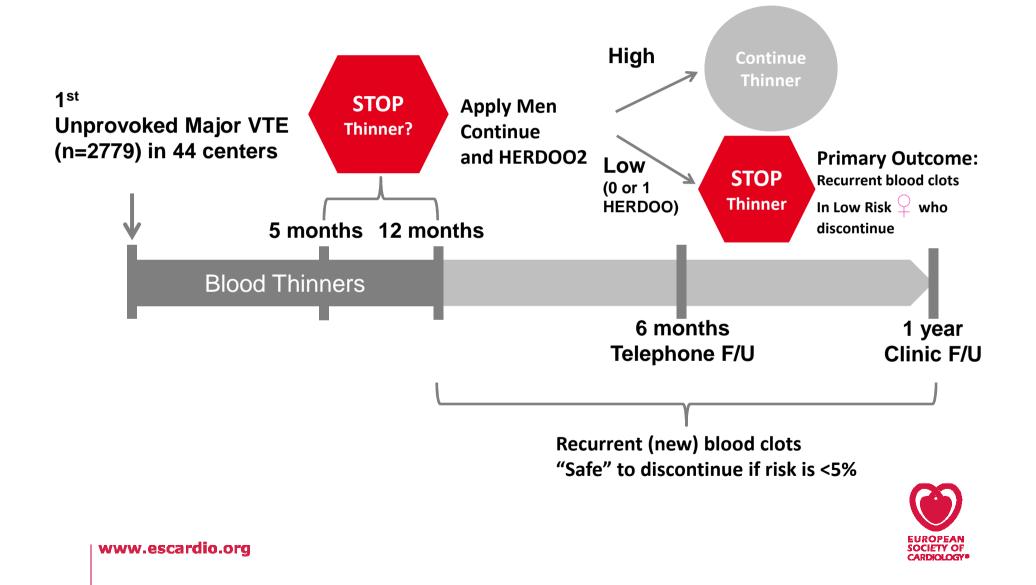
Rodger, CMAJ, 2008



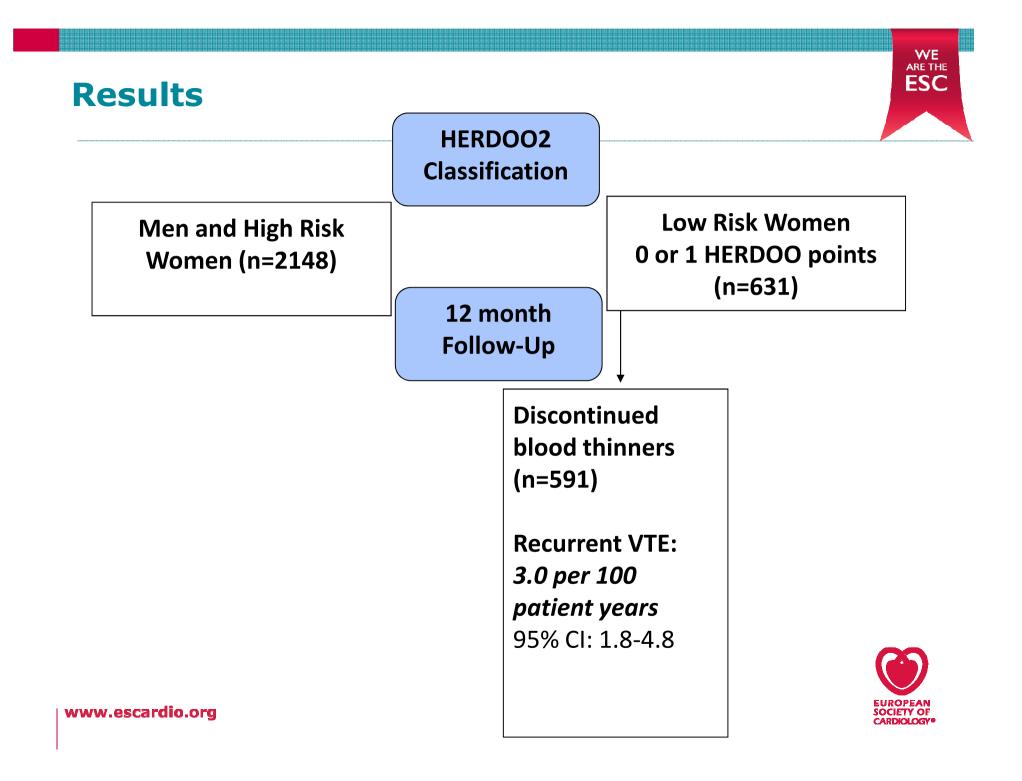
REVERSE II Validating "Men Continue and HERDOO2"

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			HERDOO2 Classification			
	Women (l High Risk 2 or more) 2148)	12 month Follow-Up		Low Risk Women 0 or 1 HERDOO points (n=631)	
Continued blood thinners (n=1802)		Discontinued blood thinners (n=323) Recurrent VTE:		Discontinued blood thinners (n=591)		Continued blood thinners (n=31) Recurrent VTE:
Recurrent VTE: <i>1.6 per 100</i> <i>patient years</i> 95% CI: 1.1-2.3		8.1 per 100 patient years 95% CI: 5.2-11.9		Recurrent VTE: <i>3.0 per 100</i> <i>patient years</i> 95% CI: 1.8-4.8		None





Women with 0 or 1 HERDOO points can safely stop blood thinners

50% of women with unprovoked vein blood clots can be spared lifelong blood thinners

