

HERDO02 Rule to Guide Treatment Duration for Unprovoked Venous Thrombosis: The REVERSE II Study

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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 research institute (OHRI) sponsored research project)



Background

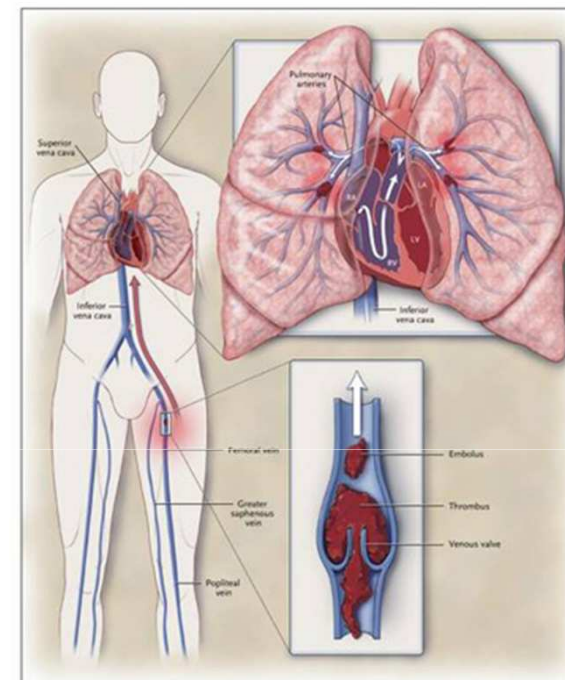
**Venous Thromboembolism =
Deep Vein Thrombosis +/-
Pulmonary Embolism**

**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



“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%**

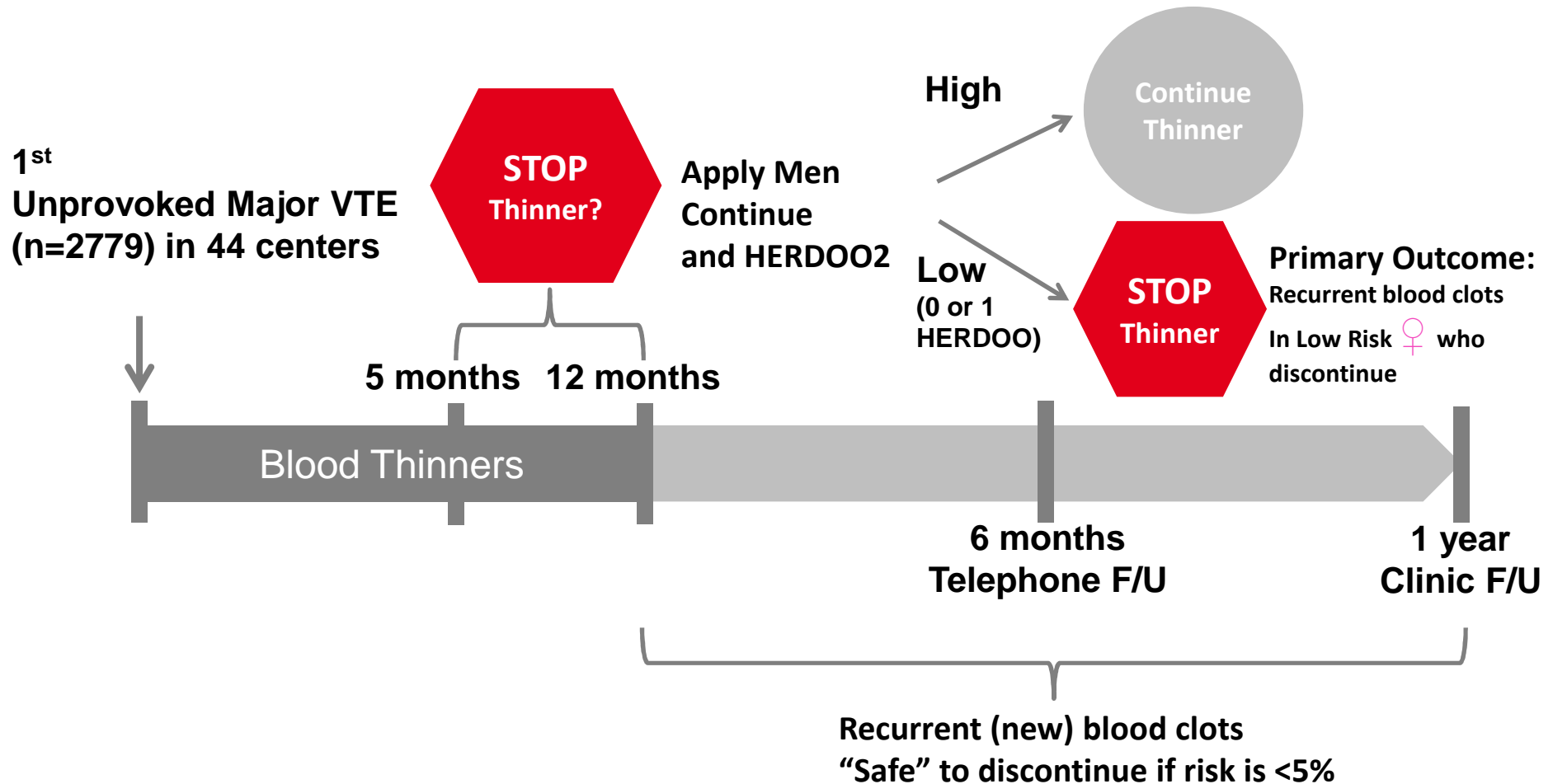
<u>HERDOO Points in</u> ♀	
+1	H yperpigmentation E dema or R edness (HER) in either leg
+1	D -Dimer (Vidas) blood test
+1	O besity, BMI ≥ 30
+1	O lder age ≥ 65
= ____	HERDOO points

Rodger, CMAJ, 2008

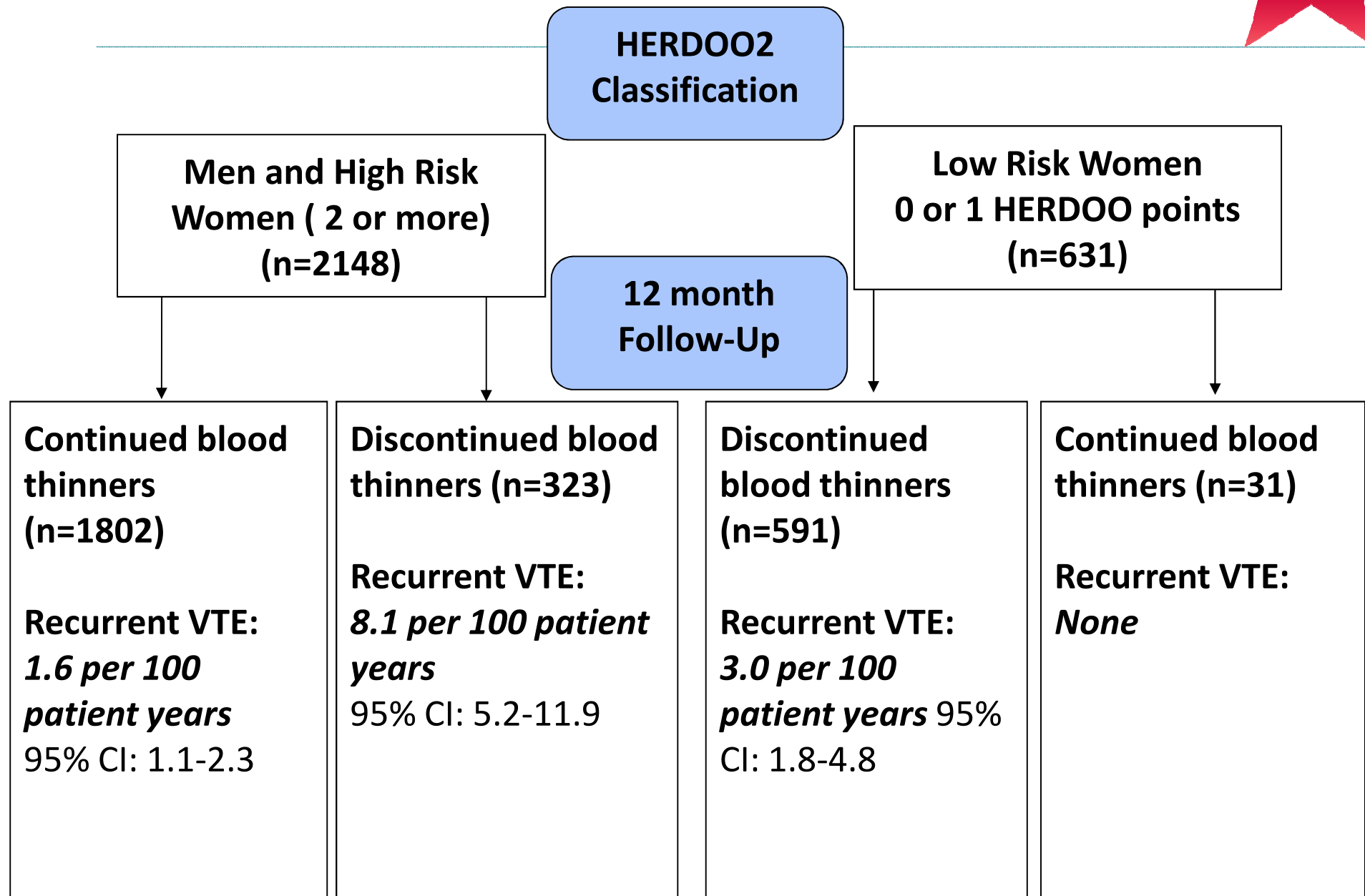
REVERSE II

Validating “Men Continue and HERDOO2”

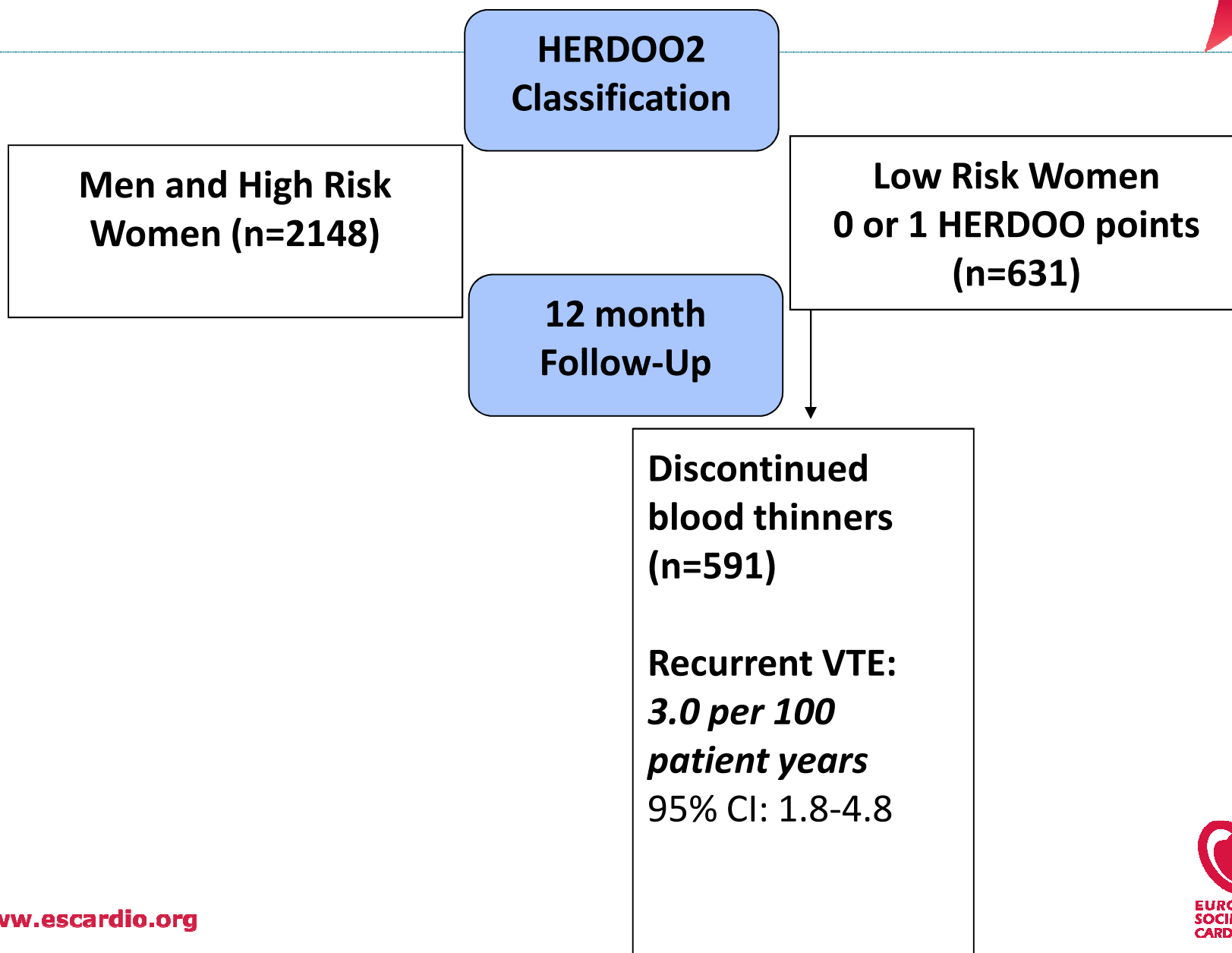
WE
ARE THE
ESC



Results



Results



Conclusions

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