

Factor V Leiden

Patient Education and Genetic Counseling
Leonard A. Valentino, MD
Rush University Medical Center

Rush Hemophilia and Thrombophilia Center

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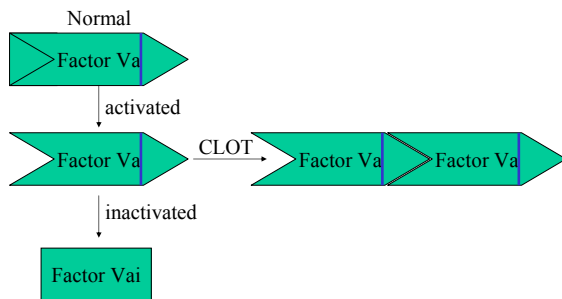
Factor V Leiden

- Normal blood clotting and Factor V Leiden
- Pathophysiology & mechanism
- Genetics & genetic counseling
- Epidemiology
- Risk of thrombosis
- Additional risk factors- genetic and acquired

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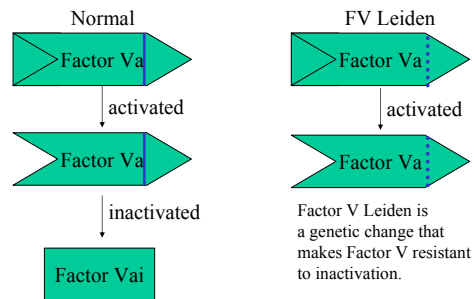
Normal Blood Clotting



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Factor V Leiden



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Genetics & genetic counseling

- Transmission
 - Autosomal dominant
 - 50:50 likelihood (flip of a coin)
- Screening those without blood clots
 - Siblings
 - Children
 - Parents

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Risk of thrombosis

- 7 fold greater than the baseline risk
 - thrombosis risk increased to approximately 35 fold with oral contraceptive pills and hormone replacement therapy
 - Other genetic risk factors
 - Acquired risk factors

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Increased risk of thrombosis

- Clinical settings associated with increased risk
 - Surgery
 - Pregnancy and estrogens (OCPs and hormones)
 - Major medical illness
 - Trauma
 - Travel

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Risk reduction during high risk situations

- Graduated compression stockings
- Intermittent pneumatic compression devices
- Pharmacological measures
 - Low dose, unfractionated heparin
 - Low molecular weight heparin
 - Coumadin
 - Aspirin

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Estrogen-progesterone oral contraceptive pills

- Benefits
- Risks
 - Myocardial infarction
 - Stroke
 - Venous thromboembolism- DVT and PE
 - Cerebral venous thrombosis

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Additional risk factors

- Tobacco use, smoking
- Obesity, BMI over 30
- Hyperlipidemia
- Impact of migraine headaches on the risk for stroke and the interaction of oral contraceptive pills and factor V Leiden.
- Varicose veins

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Signs and symptoms

- Myocardial infarction
- Stroke
- Venous thromboembolism
 - DVT
 - PE
- Cerebral venous thrombosis
- Appropriate action- 911 or local emergency room

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Maternal-Fetal Issues

- Blood clot during pregnancy or after delivery
- Fetal loss
- Pre-eclampsia
- Intrauterine growth retardation

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Recommendations

- Discourage the use of oral contraceptive pills either for contraception or hormone replacement therapy
- Exercise
- No tobacco use
- Maintain body weight (BMI less than 30)

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Alternative strategies

- For birth control
 - Depo-Provera
 - Progestin-only mini-pills
 - Progesterone patch

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Follow-up

- Annual visit to reinforce messages
- With major change in health status
 - Pregnancy
 - Cancer
 - Chronic disease

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Questions?

- Please call
877-787-4543
877-RUSH-KID
- Email
whybloodclots@comcast.net

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