

# antiphospholipid syndrome

## **what is antiphospholipid syndrome?**

Antiphospholipid syndrome is an autoimmune disorder where your body's immune system attacks proteins bound to phospholipids. Phospholipids are a kind of fat in cells in your body. When this happens, your cells get damaged. These damaged cells can cause blood clots in your arteries and veins. Females are five times more likely to have antiphospholipid syndrome than males.

## **what are the symptoms of antiphospholipid syndrome?**

- Blood clots (symptoms include shortness of breath, chest pain, pain, redness and swelling in your arm or leg, headaches)
- Repeated miscarriages
- Low blood platelet levels
- Anemia (low red blood cell count)
- Lace-like reddish or purplish pattern on your skin
- Heart valve abnormalities

## **how is antiphospholipid syndrome diagnosed?**

- Medical history
- Family history
- A series of blood tests, must have two consecutive abnormal levels three months apart

## **risk factors for developing clots when you have antiphospholipid syndrome**

- High blood pressure
- Obesity
- Smoking
- High cholesterol
- Inactivity or bedrest
- Surgery
- Pregnancy

It is important to talk to your hem/onc provider anytime your child has one of these factors.

## **how is antiphospholipid syndrome treated?**

Antiphospholipid syndrome is treated with blood thinners as needed, when the risk of developing a blood clot is high.

