

## UNDERSTANDING INHERITED BLOOD CLOTTING DISORDERS

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Your test shows that you have a genetic change, which makes it more likely that you will develop a blood clot. These clots often form in veins deep in your leg. A clot in your leg may break off and move to your lungs.

Most people who have this genetic change will not develop blood clots during their life.

### What Should You Do?

- Know the signs of a blood clot
- See your doctor right away if you think you may have a blood clot
- Talk to your doctor about ways to lower your chance of getting a blood clot.
- Share your test results with all of your doctors:
  - especially if you have surgery or if you are pregnant
- Share your test results with your family. Your family members may have the same genetic change and be more likely to develop blood clots.

### Signs of Blood Clots

A blood clot in your **leg** may cause:

- Swelling in one leg only
- Tenderness
- Warm skin
- Pain
- Redness
- May feel like a strained muscle

A blood clot in your **lung** may cause:

- Sudden onset of sharp chest pain
- Tenderness of chest wall
- Coughing up blood
- Sudden onset of shortness of breath
- Fast heartbeat and breathing
- May feel like a heart attack or pneumonia

### What You Can Do to Lower Your Risk for a Clot?

The more risk factors you have, the higher your chance of getting a blood clot.

To lower your chance of getting a blood clot, avoid some of these risk factors. If you cannot avoid them, talk to your doctor before you decide to get pregnant, take birth control pills, or have surgery.

### Risk factors for blood clots include:

Surgery	Being overweight	Sitting for more than 4 hours at a time
Smoking	Oral contraceptives (the pill)	Pregnancy
Cancer	Hormone replacement therapy	Age – Risk goes up the older you get

### Who in Your Family is at Risk?

- Each of your children has a 50/50 chance of having the same genetic change as you.
  - We do not usually test children for this change, as it will not change their medical care.
  - However, you should tell their doctor about your test results.
- You most likely got this genetic change from one of your parents. They may want to be tested to find out if they are more likely to get a blood clot.
- If one of your parents has the genetic change, your brothers and sisters have a 50/50 chance of having the same change. If your siblings do not have the genetic change, they cannot pass it on to their children.