

# Hereditary Factor X Deficiency Awareness Day is 10/10/22



## 10 Fast Facts About Hereditary Factor X Deficiency

- 1. Hereditary factor X deficiency is a rare bleeding disorder** affecting about 1 in a million people<sup>1,2</sup>
- Factor X deficiency can cause severe, life-threatening symptoms such as **bleeding that is hard to stop**, or **bleeding in the brain or stomach or intestines**<sup>3,4</sup>
- Most women with factor X deficiency have **heavy menstrual bleeding (heavy periods)**. Some women wait years before finding out their heavy bleeding is due to a bleeding disorder<sup>5</sup>
- Factor X deficiency often causes **joint pain and swelling** from tiny bleeds inside the joints. These bleeds can cause joint damage over time and disability, if not treated<sup>3,6</sup>
- Factor X deficiency can interrupt lives with **nose bleeds**, excessive **bruising**, or excessive **bleeding after injury**<sup>3</sup>
- 6. Unexpected bleeding** can occur over a **broad range of factor X deficiency (0–40% of normal)**<sup>4</sup>
- 7. Family members** (including parents, brothers/sisters, or children) may be undiagnosed or they may be carriers. **Up to 1 in 500 people are carriers**<sup>1</sup>
- 8. Prolonged PT and aPTT blood tests** suggest that testing for factor X deficiency may be appropriate<sup>2,4</sup>
- 9. A single blood test (plasma coagulation factor X activity assay)** will diagnose factor X deficiency<sup>4</sup>
- 10. Prophylactic treatment is available to help prevent bleeds** in anyone diagnosed with factor X deficiency<sup>4</sup>

Note: Factor X deficiency is written using the Roman numeral "X", which means "10". It is spoken as "factor ten deficiency".

PT = prothrombin time; aPTT = activated partial thromboplastin time

**References:** **1.** Brown DL, et al. *Haemophilia*. 2008;14(6):1176-1182. **2.** Palla R, et al. *Blood*. 2015;125(13):2052-2061. **3.** Hermann FH, et al. *Haemophilia*. 2006;12:479-489. **4.** Peyvandi F, et al. *Blood Reviews*. 2021;50. doi: 10.1016/j.blre.2021.100833 **5.** Kulkarni R, et al. *J Thromb Haemost*. 2018;16:849-857. **6.** Tarantino MD. *Haemophilia*. 2021;00:1-13. doi: 10.1111/hae.14223.