Meet John—

"As someone living with hereditary factor X deficiency, I want everyone to be more aware of this rare disease and why it's so important to get care and treatment. The first step is getting the facts, so check out the list below and help me spread the word!"

10X10
Hereditary Factor X Deficiency
AWARENESS DAY

Hereditary Factor X Deficiency Awareness Day is 10/10/23

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[1,2]
2. 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**[3,4]
3. 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[5]
4. 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[3,6]
5. Factor X deficiency can interrupt lives with **nose bleeds**, excessive **bruising**, or excessive **bleeding after injury**[3]
6. **Unexpected bleeding** can occur over a **broad range of factor X deficiency (0–40% of normal)**[4]
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**[1]
8. **Prolonged PT and aPTT blood tests** suggest that testing for factor X deficiency may be appropriate[2,4]
9. **A single blood test (plasma coagulation factor X activity assay)** will diagnose factor X deficiency[4]
10. **Prophylactic treatment is available to help prevent bleeds** in anyone diagnosed with factor X deficiency[4]

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.

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