



Meet John—

“... I was diagnosed with hereditary factor X deficiency when I was a year old. When I was 29 years old, I got my left hip replaced... after a long life of many, many hip bleeds. Through the years, I’ve had to go to the hospital about a hundred and fifty times.”

10X10
Hereditary Factor X Deficiency
AWARENESS DAY

Hereditary Factor X Deficiency Awareness Day is 10/10/24

10 Fast Facts About Hereditary Factor X Deficiency

- 1. Hereditary factor X deficiency is a serious bleeding disorder** that can occur in women or men, and makes up **about 8% (1 in 12) of rare bleeding disorder cases**^{1,2}
- Factor X deficiency may cause severe, life-threatening symptoms such as **bleeding that is hard to stop, or bleeding in the brain or stomach or intestines**^{1,3}
- Factor X deficiency often causes **joint pain and swelling** from tiny bleeds inside the joints. If not treated, these **bleeds can cause joint damage** over time and disability^{3,4}
- Most women with factor X deficiency have **heavy menstrual bleeding (heavy periods)**. Women may wait years before finding out their **heavy menstrual bleeding is due to a bleeding disorder**⁵
- Factor X deficiency can cause **bleeding complications during pregnancy or childbirth**^{6,7}
- Factor X deficiency can interrupt lives with **nosebleeds, gum bleeds, easy bruising, or excessive bleeding** after injury³
- Symptoms of factor X deficiency can show up at any age—**newborn, child, teen, or adult**¹
- Symptoms of factor X deficiency in newborns include **bleeding in the brain or gastrointestinal system, abnormal bruising or bleeding, and bleeding from the umbilical stump or circumcision site**^{3,4}
- A simple blood test** (plasma coagulation factor X activity assay) can identify deficient factor X levels¹
- Prophylactic treatment is available to help prevent bleeds** in anyone diagnosed with factor X deficiency¹

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

References: **1.** Peyvandi F, et al. *Blood Reviews*. 2021;50. doi: 10.1016/j.blre.2021.100833. **2.** Palla R, et al. *Blood*. 2015;125(13):2052-2061. **3.** Hermann FH, et al. *Haemophilia*. 2006;12:479-489. **4.** Tarantino MD. *Haemophilia*. 2021;00:1-13. doi: 10.1111/hae.14223. **5.** Kulkarni R, et al. *J Thromb Haemost*. 2018;16:849-857. **6.** Brown DL, et al. *Haemophilia*. 2008;14(6):1176-1182. **7.** Shapiro A. *Expert Opin Drug Metab Toxicol*. 2017;13(1):97-104.