



Meet Olivia—

Diagnosed at birth with hereditary factor X deficiency

“...Because my periods weren’t controlled, that’s what spiraled everything else out of control...”

Check out the facts below about factor X deficiency in women

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 – In Women and Girls

- 1. Hereditary factor X deficiency is a serious bleeding disorder** that can occur in anyone—including women and girls¹
- Hereditary factor X deficiency makes up about **8% (1 in 12) of rare bleeding disorder cases**²
- Most women with hereditary factor X deficiency have **heavy menstrual bleeding (heavy periods)** but may wait years before finding out it **is caused by a bleeding disorder**. In fact, up to 30% of all women with heavy menstrual bleeding have some type of hereditary bleeding disorder^{3,4}
- Factor X deficiency can cause **complications during pregnancy or childbirth**^{5,6}
- 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**^{1,7}
- Symptoms of factor X deficiency can show up at any age – **newborn, child, teen, or adult**¹
- 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^{7,8}
- Factor X deficiency can interrupt lives **with nosebleeds, gum bleeds, easy bruising, or excessive bleeding** after injury⁷
- 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.bre.2021.100833. **2.** Palla R, et al. *Blood*, 2015;125(13):2052-2061. **3.** Kulkarni R, et al. *J Thromb Haemost*. 2018;16:849-857. **4.** James PD. *Hematology, Am Soc Hematol Educ Program*. 2020;1:547-552. **5.** Brown DL, et al. *Haemophilia*. 2008;14(6):1176-1182. **6.** Shapiro A. *Expert Opin Drug Metab Toxicol*. 2017;13(1):97-104. **7.** Hermann FH, et al. *Haemophilia*. 2006;12:479-489. **8.** Tarantino MD. *Haemophilia*. 2021;00:1-13. doi: 10.1111/hae.14223.