



**Thrombosis** Canada  
**Thrombose** Canada

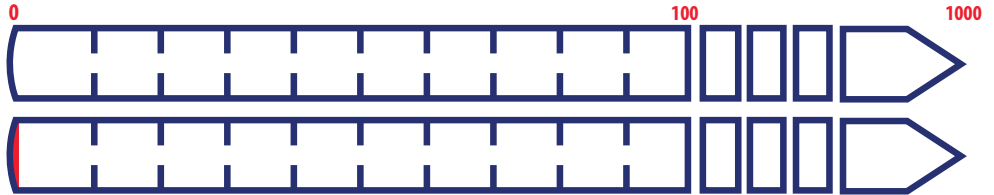
# You Have Heterozygous Factor V Leiden (FVL)

## What is Factor V Leiden?

- 1 in 1000 people per year may form blood clots in their veins

No risk of clot

1 in 1000 risk of clot



- Factor V (5) is something that helps to clot your blood
- You can be born with a genetic condition (passed down in families) where you have too much Factor V. This genetic condition was first described in Leiden, Netherlands
- Heterozygous = 1 gene (passed down from mom *or* dad) = common
  - About 5 in 100 (1 in 20) people have this
- Homozygous = 2 genes (from mom *and* dad) = rare
- Information on this sheet focuses on people who have heterozygous Factor V Leiden

## What is my risk of a first time clot?

Increased risk from 1 in 1000 per year to 3-10 in 1000 per year



- *This is weak risk factor for clot. Most people with FVL do not have clots*

## What is my risk of clot on estrogen (birth control/hormone replacement)?

5 in 1000 women on estrogen per year will get a clot



- *If you or your family has had clots, talk to your doctor about birth control options*

## What is my risk of clot during pregnancy?

21 in 1000 (about 2 in 100) women per pregnancy will get a clot



- *Ask if you need anticoagulants ("blood thinners") during pregnancy to prevent clot*

## What is my risk of clot with surgery?

18 in 1000 (about 2 in 100) people per surgery will get a clot



- *You should receive anticoagulants ("blood thinners") after surgery to prevent blood clots*

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