

Table 1. Who in My Family Should Consider Getting tested for Thrombophilia?

My Thrombophilia	Men in My Family		Women in My Family	
	My Sons	My Brothers	My Daughters	My Sisters
Factor V Leiden (1 mutation) or Prothrombin (1 mutation)	Not recommended	Not recommended	Not recommended	Not recommended
Factor V Leiden (2 mutations) or Prothrombin (2 mutations)	Not recommended	Can be considered	Not recommended	Recommended
Factor V Leiden and Prothrombin (1 mutation of each)	Can be considered	Can be considered	Recommended	Recommended
Protein C deficiency, Protein S deficiency, or Antithrombin deficiency	Can be considered	Can be considered	Recommended	Recommended

Mutation

A genetic change that causes the gene not to function properly. One can have zero, one (= heterozygous) or two (= homozygous) mutations in the genes above.

Not recommended

Knowing their status would not lead to any change in lifestyle or medical management.

Can be considered

One could consider a “blood thinner” at times of airline travel, casts, non major surgery. Also one could consider longer than usual prophylaxis with “blood thinners” after major surgery.

Recommended

Women would be advised against taking birth control or hormone replacement therapy that contains estrogens, and would be given “blood thinners” during and after pregnancy.