

# Factor X Deficiency



## The Facts

- A person with factor X deficiency (pronounced as factor 10 deficiency) has blood that does not clot like it should.
  - It affects males and females equally.
  - Very rare condition with no cure.
  - It is a life-long condition.
- People with factor X deficiency do not bleed faster than normal but have a harder time stopping the bleeding.
- It may take intravenous and/or oral medicine to help control the bleeding.
- Bleeding can range from mild to severe.
- Some with more severe bleeding must take medicine to try to prevent bleeding episodes.



## Common Bleeding Issues

- Frequent and prolonged nosebleeds
- Gum bleeding
- Bleeding with small cuts and scrapes
- Joint and muscle bleeding
- Gastrointestinal bleeding
- Bleeding after invasive procedures
- Heavy bleeding during menses for females



## If You Suspect a Joint Bleed

- Ask the student if s/he is having a joint bleed. (The student is trained to identify bleeds.)
- Look for warmth, pain, lack of use or guarding.
- Contact the parent and school nurse.
- Allow student to give replacement factor by intravenous infusion if instructed to by the parent or physician.



### First Aid for Minor Bleeding

- Rest, Ice, Compression, Elevation
- **Cuts and scrapes:** clean, apply pressure, and bandage
- **Nosebleeds:** hold head straight (not back) and apply pressure
- **Mouth bleeds:** apply ice or cold compress
- **Headache (not from injury):** give Tylenol only. If not relieved in two hours or accompanied by other symptoms, contact the parent.

### Emergency Bleeding

- **Head:** nausea, vomiting, headache, confusion, blurred vision, loss of consciousness
- **Eye:** trauma and bleeding into and around the eye
- **Neck and throat:** pain, swelling, difficulty swallowing or breathing
- **Abdomen:** trauma to abdomen, acute tenderness, pain or swelling

### In an Emergency:

- Call 911.
- Inform the parent.
- Notify EMS the child has a bleeding disorder.
- Contact the Hemophilia Treatment Center.



## Benefits of Physical Activity

- Promotes overall physical fitness by improving
  - Cardiovascular fitness
  - Muscular fitness
  - Bone health
  - Body composition/weight
  - Cognitive function
  - Academic performance
  - Sleep
  - Self-esteem
  - Self-confidence
  - Energy
- Reduces feelings of anxiety and depression
- Reduces fatigue
- Increases balance and coordination
- Promotes a spirit of participation and involvement
- Lowers the risk of
  - Spontaneous joint bleeds
  - Heart disease
  - Stroke
  - High blood pressure
  - Type 2 diabetes
  - Colon cancer



## Which Sports Are Safe?

- **AVOID HIGH-IMPACT SPORTS** such as football, boxing, hockey, rugby, and wrestling.
- Encourage low-impact sports such as running, aquatics, and golf.
- Always consult parents regarding any participation in sports.
- Look for activity ratings in the Playing It Safe materials provided by the National Hemophilia Foundation.



*Bruising is  
a common  
occurrence for  
people with  
congenital  
bleeding  
disorders*

---

Hemophilia  
of Georgia 

Hemophilia of Georgia  
8607 Roberts Drive  
Suite 150  
Sandy Springs, GA 30350-2237

[www.hog.org](http://www.hog.org)