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FACTOR V LEIDEN AND THROMBOEMBOLISM

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AREVIATIONS

TE, Thromboembolism; **OC**, oral contraceptives; **FVL**, factor V leiden; **APC**, activated protein C; **APC-R**, activated protein C resistance; **GP**, Glycoprotein; **VTE**, Venous thromboembolism; **PE**, Pulmonary embolism; **BCS**, Budd-Chiari syndrome; **PVT**, portal vein thrombosis, **CAD**, coronary artery disease; **aPTT**, activated partial thromboplastin time; **PCR**, Polymerase chain reaction; **RFLP**, Restriction fragment length polymorphism;

Introduction

Thromboembolism (TE) is a multicausal disease that includes a combination of one or more of certain genetic defects that produce hypercoagulable state with one or more of the well known acquired risk factors like inactivity, trauma, malignancy, inflammation, pregnancy, birth, oral contraceptive (OC) use or autoimmune disease. Hereditary thrombophilia is the genetic predisposition to thrombosis. Most of these thrombophilic defects act either by enhancing a pro-coagulant reaction or jeopardize an anticoagulant mechanism, leading to hypercoagulable state. Factor V leiden (FVL) mutation [Activated Protein C Resistance

(APC-R)], prothrombin polymorphism (G20210A) and hyperhomocysteinemia are the most common causes of hereditary thrombophilia while deficiency of protein C, protein S and anti thrombin and elevated factor VIII come next in frequency. Knowledge of FVL mutation (and other genetic defects leading to TE will affect patient management including the duration of anticoagulant treatment, the use of clotting factor replacement therapy, the need of prophylactic antithrombotic agents and counseling involving the relative risks of pregnancy and use of OC drugs or hormonal replacement. A clinical review of FVL

mutation and its effect on TE has, thus, been attempted.

Historical Review

Egeberg¹, in 1965, was the first who described hereditary thrombophilia in members of a family suffered from recurrent venous thrombosis with an autosomal dominant inheritance and reduced plasma antithrombin III. Stenflo, in 1976² was, then, able to purify and characterize a vitamin K-dependent anticoagulant factor that eluted in the third peak (peak C), from an anion exchange column from bovine plasma and, thus, he called it protein C. Later on, the first patients with hereditary protein C deficiency and thrombosis were described by Griffin and Colleagues³. In 1989, an abnormally poor response to activated protein C (APC) was described caused by the presence, in the plasma, of antibodies interfering with the expression of APC activity⁴ and causing an "activated protein C resistance (APC-R)". In 1993, Dahlback and co-workers reported venous thrombosis in three unrelated families with familial APC-R and no acquired identifiable defect⁵. In May 1994, the underlying genetic defect causing familial APC-R was independently identified by three laboratories to involve a mutant form of factor V, one of them was that of Bertina and Colleagues in Leiden, thus the mutant factor was called factor V Leiden⁶⁻⁸ which was postulated, later, to arise in a single Caucasian founder some 21000 to 34000 years ago⁹ and had expanded to Europe during the Neolithic Period from a probable Anatolian Center of origin in Turkey¹⁰.

Genetics and molecular biology

FACTOR V: Human factor V is a high molecular weight (330000) single chain glycoprotein (GP) consisting of 2196 amino acids¹¹. The gene controlling its synthesis and function is located on

chromosome 1q21-25¹² and containing 25 exons¹³. Factor V is activated after several proteolytic cleavages by thrombin¹⁴ or activated factor X (Xa)¹⁵. Both factors, Va and Xa form the prothrombinase complex, which, on the phospholipids (PL) membrane of platelets and in the presence of Ca⁺⁺, catalyzes the conversion of prothrombin to thrombin. The exclusion of factor V from the complex reduces thrombin generation by four orders¹⁶. Factor V is synthesized in the liver¹⁷ and by megakaryocytes¹⁸. Its plasma concentration is about 7 mg/L¹⁹ with half life of about 12-36 hrs²⁰. It is inactivated by APC through limited proteolysis in the presence of protein S, Ca⁺⁺ and either platelets or endothelial cell membrane PL²².

PROTEIN C: Protein C is a natural anticoagulant GP with a MW of 62 kDa that is synthesized in the liver. It has a plasma concentration of 4 mg/L with a half life time of 6 hrs²². Protein C gene, comprising nine exons and eight introns, is located on chromosome 2q14-21²³. It is converted to an active serine protease, (APC) due to a cleavage by thrombin at the Arg169-Leu170 peptide and in a Ca⁺⁺-dependent reaction that is accelerated by orders of magnitude by thrombomodulin²⁴.

PATHOPHYSIOLOGY: The genetic defect underlying FVL is a substitution of a guanine (G) with adenine (A) at nucleotide position 1691 in exon 10 of the factor V gene causing a substitution of arginine at position 506 by glutamine (Arg 506 Gln), thereby providing resistance to proteolytic cleavage by APC⁶⁻⁸. Gln 506-factor Va variant is inactivated 10 times slower than the normal Arg 506-F Va²⁵. It is an autosomal dominant defect²⁶ that contributes to >90 % of cases of hereditary APC-R²⁷, thus APC-R should not be used as a synonym for FVL mutation. The variant factor Va shows

only a partial resistance to APC because cleavage at Arg306 in factor Va also occurs, causing complete loss of factor Va activity. This finding, along with the incomplete penetrance of FVL helps to explain why APC-R due to Gln506-factor Va is rather mild risk factor for VTE and suggests the importance of other contributing factors, genetic (prothrombin 20210A mutation) or acquired (vascular damage, stasis, OC, etc) in the pathogenesis of thrombus formation^{25,28,29}.

INCIDENCE

Factor V Leiden mutation is the most common inherited risk factor for thrombosis in Caucasians³⁰, accounting for 3 to 12 % of population³¹. There is a significant ethnic distribution as it is rare in Asians and Chinese³²⁻³³, while in Cyprus it shows a peak incidence¹⁰. However, in Arab Countries it shows a high prevalence: Syria 13.6 %, Lebanon 14.4 %, and Jordan 12.3 %³⁴.

CLINICAL FEATURES

Factor V Leiden is a risk factor for venous TE (VTE). Deep and superficial venous thromboses are the most common manifestations, while pulmonary embolism (PE) and thromboses in unusual sites appear to be relatively less frequent than in subjects with deficiencies in antithrombin, protein C or protein S³⁵. It leads to a seven fold increased risk of VTE with a relative risk of 10.6 in heterozygous carriers^{36,37}, while homozygous carriers have an odds ratio for VTE of 50-100³⁸.The prevalence of FVL in VTE patients is around 71 % with higher prevalence among younger age groups (below 45 years)³⁹. First degree relatives of symptomatic carriers of FVL develop thrombosis at a rate of 0.45 / year⁴⁰.

Factor V Leiden has been found to be associated with a higher and significant incidence of early graft perfusion defects, acute graft rejection, usually within 7 days, delayed graft function and chronic

graft dysfunction after renal transplantation⁴⁰⁻⁴². It is the most common risk factor for Budd-Chiari syndrome (BCS) and/or portal vein thrombosis(PVT)(relative risks 11,3 &1.4 respectively), where it precipitates thrombosis mostly when combined with another risk factor⁴³⁻⁴⁵. In patients with polycythemia vera, and essential thrombocythemia, carriership of FVL was associated with VTE with prevalence of 3.6 % in symptomatic patients, 6.9 % in patients with single episode of VTE and 18.1 % in patients with recurrent VTE⁴⁶. It is highly prevalent in patients with postthrombotic venous ulcers⁴⁷, ulcerative colitis⁴⁸ and it is attributed for 17.3 % of all thromboses in patients with central venous catheters⁴⁹. It is reported as a risk factor for retinal vein occlusion⁵⁰. In patients with malignant diseases, there is a significant effect of FVL on thrombosis. Most thromboses occur during the first month after tumor diagnosis⁵¹. Coronary artery thrombosis has been notably associated with FVL mutation in young women⁵² and men⁵³. The relative risk of myocardial infarction in FVL carriers from the Netherlands is 1.4 which increases to 3 to 6 folds if other risk factors such as obesity, smoking, hypertension or diabetes are present⁵⁴. However, other studies failed to reveal a relationship between FVL mutation and CAD or acute MI development³⁹.

FACTOR V LEIDEN AND OBSTETRICAL COMPLICATIONS

Factor V Leiden mutation is the most common cause of primary and recurrent VTE in pregnancy. Combined with the prothrombotic state of pregnancy, it predisposes to many pregnancy complications like recurrent pregnancy loss and still birth, severe and early onset preeclampsia (PE), placental abruptions and possibly intrauterine growth restriction²⁶. The risk increases in homozygous carriers and if accompanied

by other thrombophilic abnormalities like G20210A prothrombin mutation^{55,56}. Women on OC pills and FVL mutation carriage have a significantly increased risk of thrombosis⁵⁷. It increases the risk of early onset gestational hypertension and HELLP syndrome (**H**emolysis, **E**levated **L**iver enzymes, **L**ow **P**latelets)⁵⁸. It has been shown that there is a high prevalence of FVL in mothers of growth retarded neonates (7.2 %) and in mothers of premature infants (18 %)⁵⁹.

PREDISPOSING FACTORS FOR THROMBOSIS IN SUBJECTS WITH FVL MUTATION

Despite its association with a relatively mild hypercoagulable state, FVL mutation will greatly have a magnified thrombotic phenomenon when other prothrombotic disorders also exist. These risk factors can be hereditary (protein C deficiency or prothrombin gene mutation), acquired (antiphospholipid syndrome), physical (inactivity or surgery), due to other diseases (malignancy or inflammation) or hormonal (OC or pregnancy)⁶⁰. Multiple hereditary thrombophilic defects (gene-gene interactions) are quite common and found in up to 15 % of patients presenting with VTE⁶¹.

LABORATORY DIAGNOSIS

Coagulation assays and DNA-based assays are now available for the identification of FVL mutation. Plasma coagulation tests are often used for screening patients, followed by confirmation of positive results with the DNA assays. Only DNA tests can distinguish homozygous from heterozygous FVL mutation.

Plasma-based coagulation tests depend on the relative prolongation of activated partial thromboplastin time (aPTT) or other coagulation screening tests caused by the addition of purified APC. Individuals with APC-R have less prolongation of aPTT than normal. Although an aPTT assay was used,

current tests use factor V-deficient plasma to make the test more suitable for screening⁶². A Pro-C Global assay has been developed by Dade Behring based on the ability of endogenous APC generated from protein C by an extract from Agkistrodon contortrix contortrix venom to prolong aPTT³⁰. The STA-STACLOT APC-R test (Diagnostica Stago) is based on the specific activation of factor X by Crotalus viridis helleri snake venom. The results are given as clotting time in seconds of patient's plasma in the presence of venom and activated protein C. Normal range is 136.4-174.7 sec. Clotting time < 136 sec is seen in FVL carriers with the homozygous showing time < 66 sec while the heterozygous > 80 sec⁶³.

Many DNA-based assays for the FVL polymorphism are now available. Genomic DNA is isolated, amplified by polymerase chain reaction (PCR), subjected to restriction fragment length polymorphism (RFLP) analysis and analyzed for G or A at nucleotide 1691⁸. PCR-independent methods for DNA analysis had been developed, one uses a homogeneous invader micro titer plate fluorescence resonance energy transfer (FRET) assay which gives results 100 % concordant with PCR-based methods as well as it's being more simple⁶⁴. Another method developed, using single tube bi-directional allele-specific amplification and ultra thin agarose gel electrophoresis⁶⁵.

MANAGEMENT & COUNSELING

Patients with FVL mutation who develop a DVT or PE are initially treated with heparin or LMW heparin for the acute illness and warfarin for the long term protection. Warfarin dose should be adjusted to give an INR range of 2-3 with an optimal duration of 6 months following a thrombotic event⁶⁶. Prophylactic oral anticoagulant therapy is usually not warranted in subjects with FVL mutation discovered on routine

family testing or for another reason and who have not yet developed a thrombotic event as the risk of hemorrhage due to warfarin (about 1.3 % per year) outweighs the risk of thrombosis (about 0.4 % per year in asymptomatic carriers). In contrast, long term antithrombotic treatment is needed for all with recurrent thrombosis and having especially more than one hereditary or acquired hypercoagulable states. An alternative approach, if oral anticoagulant therapy is not used, is to use intensive antithrombotic prophylaxis (eg LMWH), for events with a high risk of thrombosis such as surgery, infections (eg pneumonia), or inflammatory diseases (eg inflammatory bowel disease) or prolonged periods of inactivity. This should reduce the risk of thromboembolism by half since about 50 % of thromboses in patients with hereditary hypercoagulable states can be attributed to a known provoking factor⁶⁷. Screening for the Leiden mutation is advisable in women with previous pregnancy complications and carriers of such a

mutation should be given the appropriate counselling⁶⁸. VTE that occurs during pregnancy requires therapeutic doses of heparin for the remainder of the pregnancy, followed by postpartum anticoagulants for at least 4 weeks⁶⁹. All women attended to be put on estrogen replacement or OC therapy should be screened for FVL mutation which is a relative or absolute contraindication to give ERT or OC because of the increase risk of VTE^{70,71}. In October 1997, an elective liver transplantation was performed and it has led to the disappearance of APR-R (hereditary, caused by FVL mutation or acquired, since IgG anticardiolipin antibodies were found to be negative since then). It proved especially effective if Budd–Chiari syndrome is the outcome since liver transplantation not only treats the chronic disease but also it cures the state of thrombophilia since factor V is mainly synthesized in the liver⁷².

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