

## What is APS?

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The Antiphospholipid Syndrome (APS) is associated with the following features:

- Young Strokes
- Thrombosis
- Multiple Miscarriage / Stillborn

Some other symptoms of APS may include phlebitis and pulmonary thromboembolism (blockage of an artery found in the lung due to a clot that has traveled from a vein). It is also associated with low platelets or blood elements that prevent bleeding.

Recently, however, even more diseases have been linked with APS including premature heart attack, migraine headaches, various cardiac abnormalities, skin lesions, diseases that mimic multiple sclerosis, and vascular diseases of the eye that can lead to visual loss and blindness.

## How Can You Help?

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There are many ways you can help the APS Foundation of America, Inc. (APSFA). We welcome volunteers in the areas of fundraising, advocacy, support group experiences, monetary donations, or the purchase of APS Gear through our website at [apsfa.org](https://apsfa.org) or through our CaféPress store at [cafepress.com/apsfoundation](https://cafepress.com/apsfoundation). The APSFA is a nonprofit organization. Without your generous donations, the APSFA could not continue to provide APS patients and their families with the information on our foundation page and social media pages, support Antiphospholipid Syndrome (APS) research – both adult and pediatric, obtain education on APS and related disease through various mediums and share that with the APS community and the general community as a whole. In addition, we are developing a strategic plan for the future course of the APSFA and plan to raise money towards our long term goals.

Thank you in advance for your support and time.

APS Foundation of America, Inc

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## APS Foundation of America, Inc

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*Antiphospho.....WHAT?!?!?!?*

## Our Goals

Founded in 2005, the APS Foundation of America, Inc. is dedicated to fostering and facilitating joint efforts in the areas of education, public awareness, research, and patient services for Antiphospholipid Syndrome (APS) in an effective and ethical manner. Our goals are to:

- Offer understanding and support to individuals, family, friends, and care givers of Antiphospholipid Syndrome.
- Offer information about and education on Antiphospholipid Syndrome.
- Support research regarding Antiphospholipid Syndrome by keeping the latest information available and referring people to such agencies who do research.
- Raise funds to provide information and education through public donations, grants, fundraisers, sponsorship, and bequests.
- Bring national focus to Antiphospholipid Syndrome in the United States.

## Our Mission

The APS Foundation of America, Inc. (APSFA) is the only United States nonprofit health agency dedicated specifically to bringing national awareness to Antiphospholipid Syndrome (APS), the major cause of multiple miscarriages, thrombosis, and young strokes and heart attacks. We are a volunteer-run, community-based, non-profit organization.

Women are more likely than men to be affected by APS. Some estimates say that 75% to 90% of those affected are women. For example, it has been estimated by some doctors that one third of all of young strokes (defined as under the age of 50) are due to APS.

The total number in obstetrics it is estimated by some doctors that up to 25% of all women with 2 or more spontaneous miscarriages have APS. Some doctors believe that 1 in 5 of all Deep Vein Thrombosis (DVT), Pulmonary Embolism (PE), and even worse, amputations are due to APS. And it is believed that 40-50% of patients with Lupus also have APS. Still, with these statistics, APS rarely is discussed as a women's health issue and is misdiagnosed often. As of 2019, it is estimated 1 in 2000 Americans are affected by APS.

Antiphospholipid Syndrome (APS) is an autoimmune disorder in which the body recognizes certain normal components of blood and/or cell membranes as foreign substances and produces antibodies against them. There are two known forms of APS. APS may occur in people with systemic lupus erythematosus, other autoimmune disease, or in otherwise healthy individuals. Sadly, when most people hear about APS and it being referred to as autoimmune disease, they incorrectly confuse the terms autoimmune with acquired immune deficiency syndrome (AIDS); or they think this is a form of cancer.

This lack of knowledge, awareness and joint effort results in needless suffering for persons with Antiphospholipid Syndrome due to misdiagnosis and / or delayed diagnosis, which usually results in damage to vital organs. The APS Foundation of America, Inc's vision is to bring national attention to APS as a common factor in multiple miscarriages, thrombosis, young strokes and heart attacks is vital in order to bring a joint effort to research, funding, early detection, and eventually, prevention and cure for APS.

