



ABOUT HUGHES SYNDROME

What are the symptoms of Hughes/antiphospholipid syndrome?

Hughes/antiphospholipid syndrome can cause both low-grade symptoms and potentially fatal conditions as a result of blood clots.

In pregnancy, Hughes/antiphospholipid syndrome is the most common, potentially treatable cause of recurrent miscarriage, and is also associated with other complications such as pre-eclampsia, premature birth and stillbirth.

The typical low-grade symptoms of Hughes/antiphospholipid syndrome are:

- Headache and migraine
- Memory problems
- Dizziness and balance difficulties
- Visual disturbances
- Blotchy skin (livedo reticularis)
- Arthralgia (joint pain)
- Fatigue

The common acute conditions caused by Hughes/antiphospholipid syndrome are:

- Thrombosis – DVT
- Strokes and mini-strokes (Transient Ischaemic Attacks)
- Heart attacks
- Pulmonary embolism (blood clot on the lung)

The brain is particularly susceptible in Hughes/antiphospholipid syndrome patients, as the 'sticky blood' can impair circulation and limit oxygen which can result in a variety of low-grade neurological symptoms.

As Hughes/antiphospholipid syndrome is a blood disorder and blood flows throughout the entire body, nearly any organ can be affected. Consequently, the brain, eyes, ears, lungs, heart, kidneys, liver, bowel, skin, nails, bones and joints can potentially all be affected to varying degrees.

Some people are affected by symptoms more than others, while others do not develop blood clots and/or have pregnancy complications. As of yet, we simply don't know the reason why as much research still needs to be carried out. Remember - it is not necessary to have all the symptoms to be diagnosed with Hughes/antiphospholipid syndrome.