What is a Blood Clot?

A **blood clot** is when your blood changes from a **liquid** to a **solid**.

**This is usually a good thing but sometimes is a bad thing.**

A blood clot is a good thing because it stops the bleeding when you cut or hurt yourself.

Blood clots can develop in your veins (v-ay-n-s) or arteries (art-er-ees) which are the pipes that carry your blood back and forth to your heart. Sometimes blood clots form in places they are not supposed to; this is called a **bad blood clot** or “throm-bo-sis”.

**How Does Blood Clot?**

There are **proteins** (pro-teens) in your blood that are so small you cannot see them without a special magnifying glass. These **proteins** work together to make sure your body makes a clot when you need it. Some of these **proteins** are called **factors**. These **factors** act like dominos. Some of the things that cause your body to make a blood clot are seen in the bubble in the picture. When these things happen to you, your blood clotting system gets ‘turned on’ like tapping the dominos. When each **protein** gets **turned on** it works like a tapped domino and falls on to the next one or two, causing them to fall. Like dominos, each **protein will turn on the next one** and on and on. When the last factor falls it makes a scab to stop the bleeding within minutes.

The **proteins** work together to balance blood clotting so that your blood does not make a clot when it does not need one.

Other important **proteins** have names like **C** and **S** or **AT**. The workmen are acting like **S** and their slow signs like **C**. The dogs are acting like **AT** and get in the way of the dominos falling. These **proteins** **C**, **S** and **AT** work to **slow** down the falling domino like blood clotting system. The workmen (**S**), slow signs (**C**) and dogs (**AT**) are very important to make sure your blood does not **clot** when your body does not need one.
What is AT Deficiency?
The workmen’s dogs in the picture act as AT. You can see how they get in the way of many of the dominoes as they fall. This slows them down and stops them from falling. AT gets in the way and slows blood clotting down. AT works with the workmen (S) and their slow sign (C). When (S), (C) and AT work together they make sure you don’t get blood clots in the wrong place or when you don’t need one.

Some people don’t have enough AT. That means they cannot slow blood clotting down enough. Sometimes bad clots may form when they shouldn’t.

The bad clots usually form in the pipes that carry the blood back to the heart. These pipes are called veins (v-ay-ns). Arteries (ar-ter-ees) are the red pipes. Arteries carry the blood from your heart to your body.

What Would a Bad Clot Feel Like?
Sometimes your body makes a blood clot when it does not need one. This is a bad blood clot and is called deep vein thrombosis. If your body makes a bad blood clot you will have pain and puffiness in the area where the blood clot is even when you haven’t hurt that area, OR you may find it hard to breathe even if you do not have asthma or a cold.

What Does Low AT Mean For You?
Having low AT does not mean you did something wrong. You will always have low AT. It does not mean you are sick or that you will get sick one day. Some of the things that cause bad clots when you have low AT are seen in the picture.

You should tell your doctor if any of these things happen to you. Your doctor may give you a small dose of medicine to help slow down your blood clotting. This medicine is called a blood thinner.

Blood thinners help stop your body from making blood clots when it does not need one. If your body makes a blood clot when it does not need one for when you are in situations like those in the bubble, your doctor can give you AT through a needle in your vein.

Girls with low AT are special. When you have low AT and are ♀ you have a bigger chance of getting a bad blood clot.

Some girls take pills to stop them from having a baby. These pills are made of estrogen and will give you an even bigger chance of getting a bad blood clot. You should talk to your doctor before you take these pills. When you do decide to have a baby, tell your doctor that you have low AT.
How Did You Get It?

Building a person is not magic. Building a person requires a set of instructions. Tiny cells in your body store those instructions in a long, twisted particle called DNA.

The DNA controls everything about you, from the colour of your hair, to how tall you are, to the size of your feet. Your body carries billions of cells and each has 2 copies of DNA instructions.

When you are born some DNA instructions come from your mom and some from your dad. You won’t know which DNA instructions for AT you will get until you are born.

Let’s say you are one of the children in the box, pick one. One parent is blue the other parent is blue/green.

The blue/green parent has DNA instructions for low AT. The blue parent has instructions for lots of AT. If you have green DNA instructions for AT you may not have as much as you need.

Did you pick the blue-green child? You could just as easily have picked the blue child. You had the same chance of picking the low AT child as you had for picking the blue child BUT you cannot pick your DNA instructions.
Preventing Blood Clots!

Have You Had a Bad Blood Clot?
The bad clots form in the pipes that carry the blood back to the heart. These blue pipes are called veins (v-ay-ns).

Arteries (ar-ter-ees) are the red pipes. Arteries carry the blood from your heart to your body.

If you have had a bad blood clot and you are in any of the situations pictured in the bubble + , your doctor may give you a small amount of medicine called a blood thinner so that your body will not make another clot when it does not need one.

Did the Doctors Operate to Help your Heart Work Better?

Some children have hearts that are not able to pump the blood through the pipes of their bodies.

The surgeon operates to fix their heart. Sometimes when a heart is fixed, it may be more likely to make a blood clot when it shouldn’t. Your doctor may give you a small amount of medicine called a blood thinner so that your heart will not make a clot when it shouldn’t.

Important Things To Know If You are Taking a Blood Thinner
1. Blood thinners will cause you to bruise and may cause bleeding.
2. You must wear a helmet when you are riding a bike, roller-blading, skateboarding or skiing.
3. If you fall and hit your head, you must tell your mom or dad.
4. If you cut yourself, hold the cut tight for 10 minutes.
5. If you are having any surgery that may cause bleeding tell your doctor or nurse who helps you with your blood thinner.

How Does a Blood Thinner Work?
A blood thinner slows down the time it takes for your blood to make a clot. The blood thinner helps S, C and AT slow down the dominoes when they fall. This means it will take longer for your blood to make a clot. If you cut yourself when you are taking a blood thinner, it takes about 2-3 times longer for you to stop bleeding.

OR

‘Anti’ means against, ‘co-ag’ means clot, “anticoagulant” is a blood thinner