

## How Can I Help?

There are many ways you can help the APS Foundation of America, Inc. We welcome volunteers in the areas of fundraising, advocacy, support group experiences, monetary donations, or the purchase of APS gear through our website at [www.apsfa.org](http://www.apsfa.org), or through our Café-Press store at [www.cafepress.com/apsfoundation](http://www.cafepress.com/apsfoundation). The APS Foundation of America, Inc. is a non-profit organization. Your donations are needed greatly to help us provide awareness, support, and education of this disease. We need your enthusiasm and monetary support to help our individuals, families, friends, and care givers battle the long-term consequences caused by APS. Thank you in advance for your support and time. Please contact us at [apsfa@apsfa.org](mailto:apsfa@apsfa.org) or at 608-782-2626 for more information.

Please send donations to:

**APS Foundation of America, Inc.**  
Post Office Box 801  
La Crosse, Wisconsin 54602-0801

We also accept Paypal donations via our website. The email that it is registered under is [donate@apsfa.org](mailto:donate@apsfa.org)

***We thank you for your support!***

## Our Sponsors:

### **APS Foundation of America, Inc.**

Post Office Box 801  
La Crosse, Wisconsin 54602-0801  
Phone: 608-782-2626 Fax: 608-782-6569

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*The APS Foundation of America, Inc. is not intended to replace standard doctor-patient visits, physical examination, and medical testing. Information given to members are only opinions. All information should be confirmed with your personal doctor. Always seek the advice of a trained physician, in person, before seeking any new treatment regarding your medical diagnosis or condition. Any information received from the APS Foundation of America, Inc. is not intended to diagnose, treat, or cure. This brochure is for informational purposes only.*

***If you think you may have a medical emergency, call your doctor or 911 immediately.***



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## 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 in an effective and ethical manner. Our goal is:

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

## Our Mission Statement

The APS Foundation of America, Inc. is leading United States nonprofit health agency dedicated specifically to bringing national awareness to Antiphospholipid Antibody Syndrome (APS), the major cause of multiple miscarriages, thrombosis, young strokes, and heart

attacks. We are a volunteer-run, community-based, 501(c)3 non-profit Public Charity 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.

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 (DVTs), Pulmonary Embolisms (PEs), and even worse, amputations are due to APS. And it is believed that 40-50% of patients with Lupus are believed to also have APS. Still, with these statistics, APS rarely is discussed as a women's health issue and is misdiagnosed often. Therefore the total number of people affected and true statistics are unknown really.

Antiphospholipid Antibody 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 and awareness results in needless suffering for persons with APS. Misdiagnosis and / or delayed diagnosis usually result in damage to vital organs. The need to bring a 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.

## What Is APS?

The Antiphospholipid Antibody Syndrome (APS), also known as Hughes Syndrome, is associated with the following features:

- Thrombosis
- Multiple Miscarriages
- Young Strokes

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 also is associated with low platelet or blood elements that prevent bleeding.

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