



APS Foundation of America, Inc. Frequently Asked Questions

Frequently Asked Questions about APS Answers to Questions 21-30

*This FAQ is adapted with permission by the [Rare Thrombotic Diseases Consortium](#).
Some answers were also provided by members of our [Medical Advisory Committee](#).*

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21. Can a cold or virus affect the test results?

No, a cold or virus will not affect the test results. [Back to top.](#)

22. What type of doctor(s) should I see?

The type of doctor a patient sees should be determined by the symptoms the individual patient is having, and any given patient may benefit from the input of several specialists. For patients with blood clots, a hematologist would be involved, often for management of the anticoagulant therapy (blood thinner). For patients with recurrent miscarriages, a high-risk obstetrician should be consulted. For patients who also have rheumatologic symptoms, such as symptoms of lupus, a rheumatologist would be important to see. Of course, all patients would benefit from having a single physician identified as their primary care provider, to help coordinate all of their healthcare needs. [Back to top.](#)

23. What is an anticardiolipin antibody?

The anticardiolipin antibody is one of the antiphospholipid antibodies. To find this antibody, a blood sample is mixed with an antibody against the anticardiolipin antibody. [Back to top.](#)

24. How do doctors test for antiphospholipid antibodies?

To test for antiphospholipid antibodies, your doctor will take some of your blood and test it for the lupus anticoagulant (LA) and anticardiolipin (aCL) antibodies. [Back to top.](#)

25. What kinds of problems can occur in patients with APS?

People with APS can also get blood clots in their arteries. If a blood clot reaches the brain, this is called a stroke. If the blood clot happens in the heart, this is called a heart attack or "myocardial infarction". People with APS can also get blood clots in their arteries. If a blood clot reaches the brain, this is called a stroke. If the blood clot happens in the heart, this is called a heart attack or "myocardial infarction". [Back to top.](#)

26. Does APS turn into Lupus?

See [Question # 11](#) for answer. [Back to top.](#)

27. What is an anticoagulant?

An anticoagulant is a medication that thins the blood, making the blood less likely to clot. Warfarin (Coumadin[®]), heparin, and low molecular weight heparins (for example, Lovenox) are all anticoagulants, or "blood thinners". [Back to top.](#)

28. What kinds of treatments are available for APS?

If a person gets a blood clot from APS, an anticoagulant is normally given. Blood thinners make it less likely that another blood clot will happen. [Back to top.](#)

29. What is a DVT?

People with antiphospholipid antibody syndrome (APS) are more likely to get blood clots. The clots may happen in the deep veins of the arms or legs. When this happens, these clots are called deep venous thrombosis or "DVT". [Back to top.](#)

30. What is a PE?

A blood clot can also happen in the lung. A blood clot in the lung is called a pulmonary embolism, or "PE". [Back to top.](#)

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