What Causes Hemostasis?

Your body naturally monitors itself for injuries, and when it detects one, it reacts quickly to take control of the situation. Without normal hemostasis, even minor injuries could cause dangerous blood loss. An example of this is hemophilia, a condition where hemostasis doesn't work properly and blood can't clot effectively. Any break in your skin is also a risk for germs to enter your body. Clots help reduce that risk by sealing the injury.

What potential health problems can happen with hemostasis?

Hemostasis refers to normal blood clotting in response to an injury. However, your body can also have too much clotting, known as hypercoagulability. That can cause many blood clots to form spontaneously and block normal blood flow. When blood clots form inside your blood vessels, this is known as thrombosis. When you have thrombosis that happens repeatedly, that's a condition called thrombophilia.

Thrombophilia (hypercoagulability or too much clotting)

Hypercoagulability is when your blood clots too much or too easily. This is dangerous because those clots can develop or get stuck in different places in your body and cause severe, life-threatening problems. Examples of these problems include:

- Stroke.
- Deep vein thrombosis (DVT), which can then cause a pulmonary embolism.
- Heart attack.

Many types of cancer can cause hypercoagulability, and some rare conditions that cause hypercoagulability are also genetic. That means they are either inherited from your parents or happen because of a random mutation in your DNA. People with these conditions have thrombophilia. A few examples of conditions like this include:

- Protein C deficiency.
- Prothrombin gene mutation.
- Factor 5 Leiden mutation.

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