



COVID-19, Clotting and Anemia – implications to the HHT community

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Clotting and Bleeding concerns

Does COVID-19 infection increase risk for clotting?

- ▶ Early reports estimated a risk of 20-30% in critically ill COVID-19 patients admitted to the ICU . Rates are lower in non-ICU hospitalized patients (~7%)
- ▶ Predominantly clots in the lungs (pulmonary embolism or thrombosis) but DVTs and strokes (<5%) also reported
- ▶ Mechanism of thrombosis is complex, inflammation is a big component of it

YES, but not as much as was initially feared

Does COVID-19 infection increase risk for bleeding?

- ▶ Bleeding is uncommon in patients with COVID-19 infection
- ▶ Critically ill patients may have an increased bleeding risk
 - ▶ ~ 4.8% reported in one study
- ▶ COVID-19 infection can cause low platelets, which can add to bleeding risk

Concern primarily in critically ill patients and/or those with low platelets

Approaches to decrease clotting complications

- ▶ Preventive dose blood thinners are recommended in all hospitalized patients with COVID-19
- ▶ The benefits of preventive dose blood thinners in non-hospitalized individuals, during hospitalization, and for 30 days after discharge from hospital is being evaluated in ongoing clinical trials (ACTIV-4 trials)

Implications to the HHT community

- ▶ Primarily in regards to medications people may be on to decrease bleeding or other HHT related complications
 - ▶ Estrogens
 - ▶ Tamoxifen
 - ▶ Antifibrinolytics [tranexamic acid (lysteda) or aminocaproic acid (amicar)]
 - ▶ Bevacizumab (Avastin, Mvasi)
 - ▶ Pomalidomide
 - ▶ Pazopanib

Should I stop my HHT medications?

- ▶ NO
- ▶ Discuss with your doctors what medication(s) you are on
- ▶ Exception: in patients admitted to the hospital with COVID-19 infection, these medication may be temporarily held for a few weeks

Anemia
management

Should I delay my infusions?

- ▶ NO
- ▶ We recommend continuing planned treatments for anemia (iron infusions, bevacizumab infusions, blood transfusions, etc.)
- ▶ While this increases interaction with the healthcare system, the infusions clinics follow strict guidelines to prevent exposure/transmission