Protein S deficiency

Protein S deficiency is a disorder of blood clotting. People with this condition have an increased risk of developing abnormal blood clots.

Individuals with mild protein S deficiency are at risk of a type of clot called a deep vein thrombosis (DVT) that occurs in the deep veins of the arms or legs. If a DVT travels through the bloodstream and lodges in the lungs, it can cause a life-threatening clot known as a pulmonary embolism (PE). Other factors can raise the risk of abnormal blood clots in people with mild protein S deficiency. These factors include increasing age, surgery, immobility, or pregnancy. The combination of protein S deficiency and other inherited disorders of blood clotting can also influence risk. Many people with mild protein S deficiency never develop an abnormal blood clot, however.

In severe cases of protein S deficiency, infants develop a life-threatening blood clotting disorder called purpura fulminans soon after birth. Purpura fulminans is characterized by the formation of blood clots within small blood vessels throughout the body. These blood clots disrupt normal blood flow and can lead to death of body tissue (necrosis). Widespread blood clotting uses up all available blood clotting proteins. As a result, abnormal bleeding occurs in various parts of the body and is often noticeable as large, purple skin lesions. Individuals who survive the newborn period may experience recurrent episodes of purpura fulminans.

Frequency

Mild protein S deficiency is estimated to occur in approximately 1 in 500 individuals. Severe protein S deficiency is rare; however, its exact prevalence is unknown.

Causes

Protein S deficiency is caused by mutations in the PROS1 gene. This gene provides instructions for making protein S, which is found in the bloodstream and is important for controlling blood clotting. Protein S helps block the activity of (inactivate) certain proteins that promote the formation of blood clots.

Most mutations that cause protein S deficiency change single protein building blocks (amino acids) in protein S, which disrupts its ability to control blood clotting. Individuals with this condition do not have enough functional protein S to inactivate clotting proteins, which results in the increased risk of developing abnormal blood clots. Protein S deficiency can be divided into types I, II and III based on how mutations in the PROS1 gene affect protein S.
Inheritance Pattern
Protein S deficiency is inherited in an autosomal dominant pattern, which means one altered copy of the \textit{PROS1} gene in each cell is sufficient to cause mild protein S deficiency. Individuals who inherit two altered copies of this gene in each cell have severe protein S deficiency.

Other Names for This Condition
- hereditary thrombophilia due to protein S deficiency

Diagnosis & Management

Genetic Testing Information
- What is genetic testing? /primer/testing/genetictesting
- Genetic Testing Registry: Protein S deficiency

Other Diagnosis and Management Resources
- MedlinePlus Encyclopedia: Congenital Protein C or S Deficiency
  https://medlineplus.gov/ency/article/000559.htm
- MedlinePlus Encyclopedia: Necrosis
  https://medlineplus.gov/ency/article/002266.htm
- MedlinePlus Encyclopedia: Protein S
  https://medlineplus.gov/ency/article/003660.htm
- MedlinePlus Encyclopedia: Purpura
  https://medlineplus.gov/ency/article/003232.htm

Additional Information & Resources

Health Information from MedlinePlus
- Encyclopedia: Congenital Protein C or S Deficiency
  https://medlineplus.gov/ency/article/000559.htm
- Encyclopedia: Necrosis
  https://medlineplus.gov/ency/article/002266.htm
- Encyclopedia: Protein S
  https://medlineplus.gov/ency/article/003660.htm
- Encyclopedia: Purpura
  https://medlineplus.gov/ency/article/003232.htm
- Health Topic: Blood Clots
  https://medlineplus.gov/bloodclots.html
• Health Topic: Deep Vein Thrombosis
  https://medlineplus.gov/deepveinthrombosis.html

• Health Topic: Pulmonary Embolism
  https://medlineplus.gov/pulmonaryembolism.html

Genetic and Rare Diseases Information Center
• Protein S deficiency
  https://rarediseases.info.nih.gov/diseases/4524/protein-s-deficiency

Additional NIH Resources
• National Heart Lung and Blood Institute: Deep Vein Thrombosis
  https://www.nhlbi.nih.gov/health-topics/venous-thromboembolism

• National Heart Lung and Blood Institute: Pulmonary Embolism
  https://www.nhlbi.nih.gov/health-topics/venous-thromboembolism

Educational Resources
• MalaCards: protein s deficiency
  https://www.malacards.org/card/protein_s_deficiency

• Merck Manual Home Edition for Patients and Caregivers: Thrombophilia
  https://www.merckmanuals.com/home/blood-disorders/excessive-clotting/excessive-clotting

• Orphanet: Severe hereditary thrombophilia due to congenital protein S deficiency
  https://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=743

Patient Support and Advocacy Resources
• National Blood Clot Alliance
  https://www.stoptheclot.org/

Scientific Articles on PubMed
• PubMed
  https://www.ncbi.nlm.nih.gov/pubmed?term=%28Protein+S+Deficiency%5BMAJR%5D%29+AND+%28protein+S+deficiency%5BTIAB%5D%29+AND+english%5BLa%5D+AND+human%5Bmh%5D+AND+%22last+1080+days%22%5Bdp%5D

Catalog of Genes and Diseases from OMIM
• THROMBOPHILIA DUE TO PROTEIN S DEFICIENCY, AUTOSOMAL DOMINANT
  http://omim.org/entry/612336
Sources for This Summary

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/18695379

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/17849042

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/19630792

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/19466456 
  Free article on PubMed Central: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3774415/

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