

The next 9th of June is the world's APS day.

It's a celebration day, for a cause, for a fight; a day to remember we have to fight not only in an individual level, not only as association, but with the help of professionals, scientist and doctors trying to know more and better about this disease.

This disease is a challenge. An enigmatic challenge.

If we try to situate where APS has a context in Medicine history, we have to look in the last century, when some patients are identified as "false positive" to syphilis; also, patients that in the context of Lupus, they suffer cerebral strokes. Although, with some characteristics which differs to label them with other autoimmune diseases.

Then Graham V R Hughes studied this entity not only a laboratory level, also in a benchside level at Hammersmith Hospital. The first definition of this entity was "Anticardiolipine Syndrome", being around 1983 when APS is well defined and established.

The first conference was held in 1984, and it showed to the world what was APS.

In 1986 St Thomas Hospital was established as one of the most important world references in this context of autoimmune diseases.

APS is also known as Hughes Syndrome, due to Dr Graham V R Hughes, the doctor who established this entity.

APS is defined as a systemic autoimmune disease characterized with a prothrombotic state that can cause arterial and venous thrombosis. Also, is associated with pregnancy lost and there are antibodies specific related to APS. These antibodies are: anticardiolipin antibodies; anti- β_2 glycoproteína I and lupus anticoagulant. New antibodies related in one or another way to APS are expected to be discovered in near future.

So time goes on, and the reality of this enigmatic entity has changed not only in a lab level, also in a social level.

APS is a well established disease, it is studied, but sometimes is unknown in the Medicine field, being this point one of the hardest to fight. Trying to explain our disease to a doctor is not fair. We look for a social compromise with us as patients and human beings.

In a patient's level it is a challenge. New symptoms, far from thrombosis, related or not to APS. Not only a prothrombotic state, also inflammatory, creating a new reality, a new personal reality, with pains, wounds, neurologic problems and pathologies more complex related to APS.



It is specially worry, the new entity in the cotext of APS, called Catastrophic APS, with a low prevalence but lethal in its consequences. It requieres fast therapeutic intervention, with different kind of treatments and techniques. It is an entity ith low mediacd and scientific evidence.

From our association SAF España, we have the ilussion and responsibility to show our disease and our reality. Our day to day, our fears, our commitment to fight for our diagnose, our care, and trying to know better this entity in a molecular level to discover new therapeutical targets to have a better quality life.

Loads of stories and emotions have their place in our association.

So after some years with loads of symptoms, situations, developed through the time we created our life motto:

“SAF NO SOLO TROMBOS”.

“APS IS NOT ONLY CLOTS”.