Title: **The Role of Primary Prophylaxis in Asymptomatic Patients with Antiphospholipid Antibody (aPL+): a Meta-Analysis**
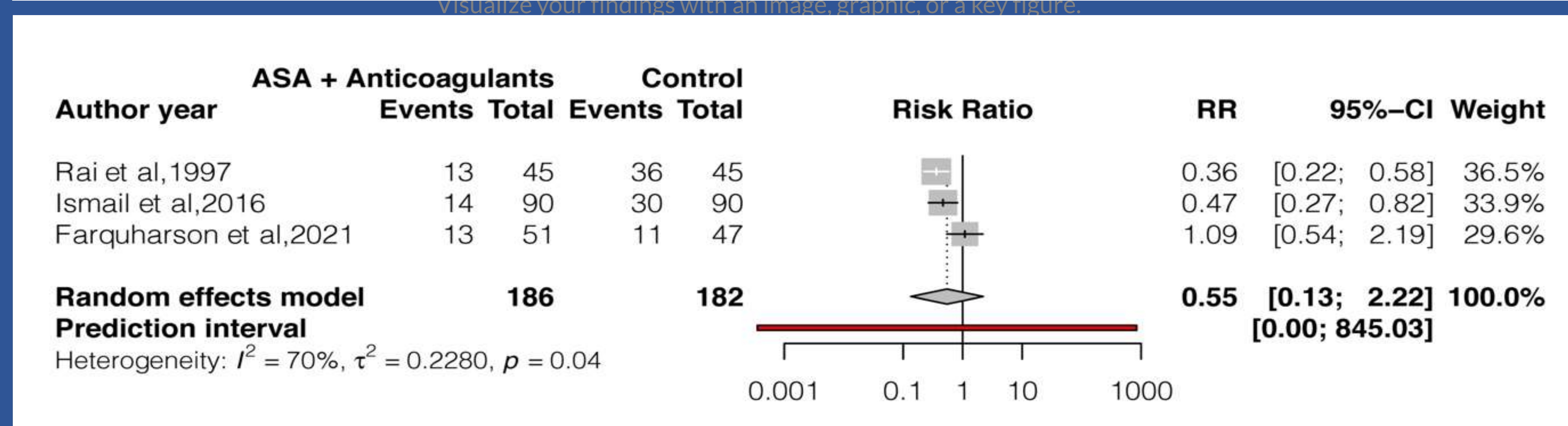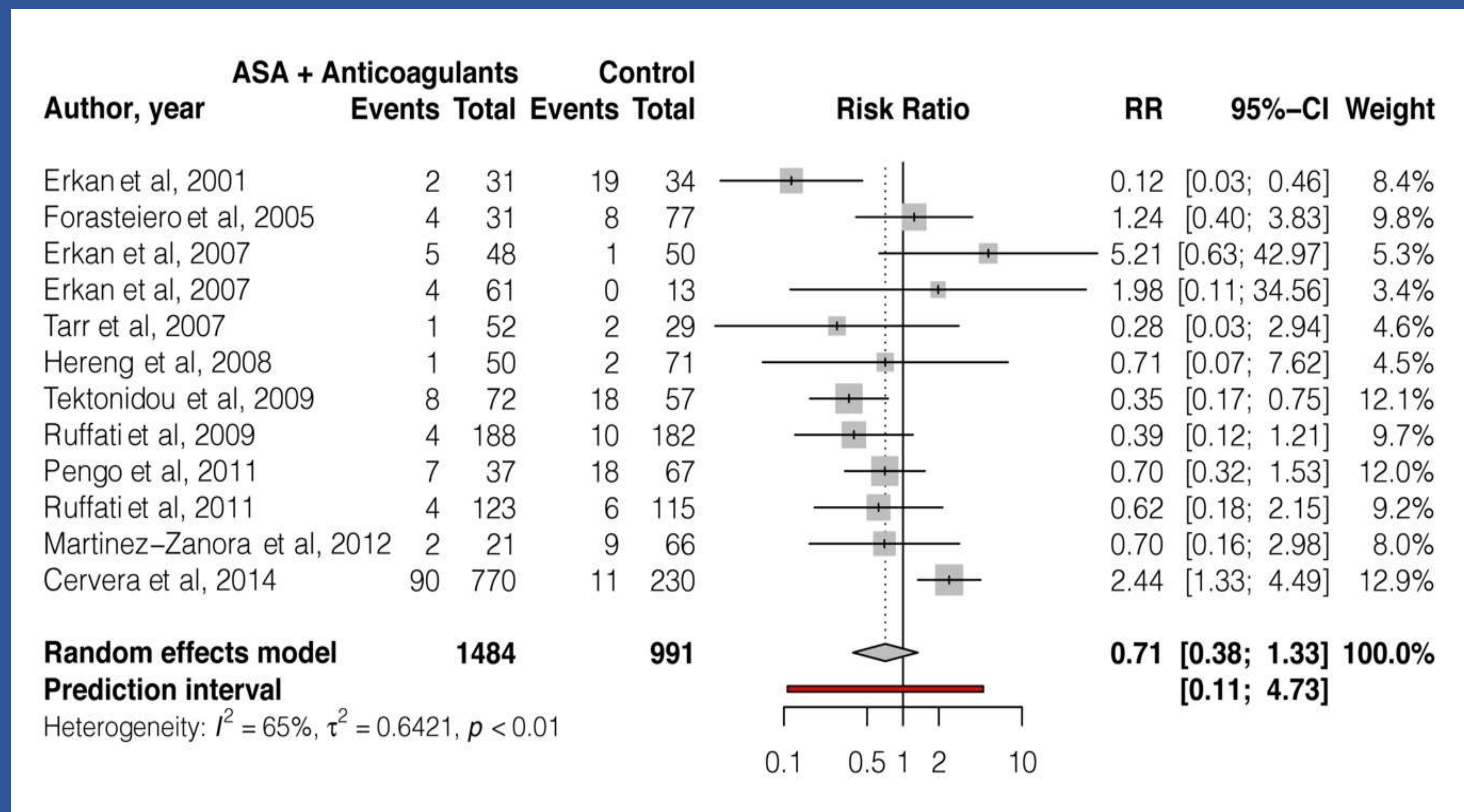
PRESENTER:
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BACKGROUND: To determine whether primary prophylaxis has a significant protective effect on risk of thrombosis among patients with antiphospholipid antibodies (aPL+).

METHODS:

- We analysed the effects of the treatments in the studies using the following combinations: aspirin only versus placebo or aspirin with anticoagulant versus placebo or other treatment.
- Total of 12 primary studies (9 prospective and 4 retrospective cohort studies and 4 randomized controlled trials) were included.
- The two outcomes namely, thrombosis and fetal loss in patients without any prior history of these in aPL+ patients were studied.

The risk of first thrombotic event and fetal loss does not decrease by the use of low dose aspirin or anticoagulants among asymptomatic individuals with antiphospholipid antibody

RESULTS:

We found an overall RR of 0.71 for the risk of first thrombosis (95% CI: 0.38 to 1.33) and RR of 0.55 for the risk of fetal loss (95% CI: 0.13 to 2.22) in asymptomatic aPL+ patients treated with aspirin and anticoagulants vs the control group.

DISCUSSION:

- EULAR guidelines recommend use of low-dose aspirin as primary thromboprophylaxis.

- Need to determine optimal prognostic markers and associated risk factors to use therapeutic intervention for prevention of the important complications of APS.

- Need for more RCTs

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