Written by
John Puetz, MD
Assistant Medical Director
Hemophilia/AIDS/Thrombophilia
Diagnostic and Treatment Center
Department of Pediatrics
Saint Louis University Health Sciences Center
Cardinal Glennon Children's Hospital

Illustrated by
Ling H. Yang, MAMS
Medical Illustrator
Saint Louis University

This book was supported by a grant from
the Adolph B. Hill Foundation
There once was a factor named Leiden
Who decided to go into hidin'.
When his parents left home
He started to roam,
And hoped that no one would find him.
Yes, Leiden was one angry dude
His Mom put him in a bad mood.
She got on his case
About washing his face,
And not eating one certain food.
"You must eat all your Protein C."
His mother would say to him. Eating it made him mad, 'cause it tasted real bad and that's why he decided to flee.
Protein C will keep clots away.
That is what his mother would say.
"If you don't eat a lot,
you're sure to get a clot,
and then what a price you will pay."
So Leiden decide on this day
That he would run away.
He looked for a spot
That wasn't too hot,
But still would allow him to play.
"What a wonderful place I did find"
As he sat himself on his behind.
"I can sit here
for many a year
And never see one of my kind."
You see Leiden was a Factor Five,
So in order to stay alive
Protein C must be eaten
To keep from being beaten
By clots that soon would arrive.
Most Fives eat Protein C like they should,
Because to them it tastes so good,
But to Leiden it tastes
Like a muddy paste
mixed with broccoli and charred wood.
But Leiden didn't know any of this, what happens when Protein C is missed. And soon there would start A clot in his heart Because Protein C he dismissed.
Soon Leiden got hungry for meat,
So he got up on his feet.
Quiet as a mouse,
He left his new house
And captured a bouth to eat.
He was excited as could be, to eat something without protein C.
He opened his mouth,
And chewed up the bouth
And was pleased it was so darn tasty.
He headed back to his new spot
And fell asleep on his new cot.
But he didn't know,
Something started to grow
In his leg vein there was a clot.
In the morning when he awoke,
He thought his leg must be broke.
Something was the matter,
'cause his leg was much fatter,
clearly this must be some sort of joke.
As he got out of his bed,
A warfrin flew over his head.
The warfrin did yelp
"Looks like you need help!
There's a clot in your leg" he said.
"A clot in my leg. What is that?"
The Factor asked from where he sat.
"A plug in your vein
That causes great pain,
And makes your leg swell and get fat."
"How did this happen to me?"
"Did you eat all your Protein C?
If you forgot
That would start a clot
Deep down in your veins you see."
"What can I do about it?"
Said Leiden while he did sit.
"You should go home
To be with your own
And start heparin from the kit."
Leiden left his hiding place
To return to his home base.
When he got there,
They started to stare
While Leiden turned red in his face.
When he arrived at his house,
His mother was chasing a mouse.
She saw him there
And kissed his hair.
Poor Leiden felt like such a louse.
"Leiden, what happened to your leg? It has swelled up like a keg."

"I have a clot that hurts a lot. Please won't you forgive me I beg?"
"Of course Leiden I forgive you. But I must look up what to do To keep that clot Located in this spot From making your leg turn deep blue."
"It says before starting heparin,
One must insert this small pin.
The clot will then shrink
As fast as you blink.
The drug makes your blood really thin."
Soon Leiden returned to good health, and promised this unto himself.

"I'll eat Protein C, Just wait and you'll see
And never leave home by myself."
The End