

Can hydroxychloroquine be protective against COVID-19-associated thrombotic events?

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30 Abstract

Although SARS-CoV-2 is considered a lung-tropic virus, severe COVID-19 is not just a viral pulmonary infection, clinically it is a multi-organ pathology with major coagulation abnormalities and thromboembolism events. Recently, antiphospholipid (aPL) antibodies were found increased in a large number of COVID-19 patients. Elevated aPL have been well documented in antiphospholipid syndrome (APS), a systemic autoimmune disorder characterized by recurrent venous or arterial thrombosis and/or obstetrical morbidity. Among treatment regimen of APS, hydroxychloroquine (HCQ) is one of the molecules proposed in the primary prevention of thrombosis and obstetrical morbidity in those patients. Due to its antithrombotic properties documented in APS therapy, HCQ could be considered a good candidate for the prevention of thrombotic events in COVID-19 patients in association with anticoagulant and its repurposing deserves further evaluation.

56 Introduction

The 4-aminoquinoline drug hydroxychloroquine (HCQ) belong to the same molecular family 57 than chloroquine (CQ), an amine acidotropic form of natural quinine that was synthesised in 58 the early 1930s and emerged approximately 70 years ago as a substitute for quinine against 59 malaria. HCQ was reported to be as active as CQ against *Plasmodium falciparum* and less 60 toxic, allowing long periods of high dose therapy with very good tolerance ¹. Moreover, HCQ 61 has been widely used for many years in the therapy of autoimmune diseases as it acts as 62 immune modulator interfering with lysosomal activity and autophagy, modulating signaling 63 pathways (such as inhibition of Toll-like receptor signaling in dendritic cells, phospholipase 64 A2 activity and arachidonic acid production in platelets, nitric oxide production by endothelial 65 cells, antiphospholipid-\beta2 glycoprotein complexes on monocytes surfaces, inhibiting 66 cytokines production by T lymphocytes) and transcriptional activity ²⁻⁴. The antithrombotic 67 properties of HCQ was described as far as 1975⁵. In the context of autoimmune disease 68 (SLE), HCQ inhibits stimulated platelets at the arachidonic acid pathway and thromboxane 2 69 70 generation in activated platelets (an activator of platelets aggregation), which is associated with decreased circulating levels of endothelin-1, and allows improvement of endothelial 71 function ^{3, 6-8}. Interestingly, using network-based approach to prediction and population-based 72 validation of *in silico* drug repurposing it was found that the Healthcare registry data for 220 73 million people showed that HCQ intake (a series of 37,795 patients receiving HCQ) was 74 associated with a lower risk for coronary artery disease ⁹. 75

The main purpose of this review is to summarize the evidence supporting a potential beneficial role of HCQ in the prevention of thrombosis in patients with antiphospholipid syndrome and discuss the possible repurposing of this molecule as an additional member of the therapeutic arsenal in association with classical antithrombotic drugs used for the prevention of the obstructive thrombo-inflammatory syndrome associated with severe forms of COVID-19.

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83 The pathophysiology of COVID-19

An outbreak caused by a novel human coronavirus, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was first described in Wuhan in December 2019 ¹⁰⁻¹². During the past nine months the SARS-CoV-2 has spread worldwide and was responsible for severe COVID-19 disease forms characterized by cytokine storm, acute respiratory distress syndrome (ARDS), and severe thrombotic events leading to multiple organ dysfunction syndrome (MODS), and high risk of fatal evolution ^{11,13-14}. To date (one year after the first outbreak in China), SARS-CoV-2 has been responsible for more than 1.57 million deaths among about 68.95 million of infected people (https://coronavirus.jhu.edu/map.html), and these numbers are still raising daily.

93 It is currently admitted that COVID-19 pathogenesis is mainly characterized by production of pro-inflammatory cytokines including IL-6, a key contributor in the development of cytokine 94 storm associated with microvascular injury, obstructive thrombo-inflammatory syndrome 95 which represent the primary causes of lethality 15,16 , with an estimated fatality rate of 2,27%. 96 The lack of specific treatment for COVID-19 led all clinical teams to try to speed up the 97 implementation of therapeutic strategies by carrying out drug repurposing. HCQ which was 98 known to inhibit the replication of several coronavirus in vitro, was reported to inhibit SARS-99 CoV-2 in vitro ¹⁷⁻²⁰. This antiviral activity likely occurs through several mechanisms and 100 cellular targets ²¹⁻²². By February 2020, the first report from China on the clinical efficacy of 101 chloroquine phosphate in treatment of COVID-19 associated pneumonia was submitted for 102 publication ²³. Considering the possible benefit of this molecule as both antiviral agent and 103 immunomodulator compound, it was tempting to evaluate its potential in the prevention 104 and/or treatment of COVID-19²⁴⁻²⁸. This therapeutic approach has lead to an impassioned 105 global debate on the promises and pitfalls of HCQ in COVID-19, in both clinical and 106 scientific communities. By mid-July 2020, among 2,654 registered clinical trials from 43 107 countries aimed at testing the capacity of compound at preventing severe COVID-19, 239 108 included HCQ treatment or prophylaxis while 82 addressed chloroquine efficiency 109 (Clinicaltrials.gov). Still today, the debate remains fierce between those who consider HCQ to 110 save lives, those who find no significant impact on COVID-19 progression and those who still 111 claim that HCQ is toxic ²⁹⁻³⁴. This does not make it possible to conclude whether HCQ is 112 beneficial or not, it simply indicates that the case series and treatment protocols are different 113 114 and that meta-analysis algorithms are either unsuitable or misused.

As knowledge about the disease grew it became evident that one of the major issues to be addressed in severe COVID-19 was that of thrombosis ^{35,36}. The use of anticoagulants was considered as a major therapy to reduce the harmful circle of inflammation-coagulation observed in patients with a severe form of COVID-19 ^{37, 38}. Antithrombotic therapy improved COVID-19 patients outcomes ³⁹.

In vitro, HCQ was found to induce attenuation of human aortic endothelial cells activation 120 upon exposure to proinflammatory cytokine TNF α by reducing of VCAM and IL-1 β 121 production ⁹. The ectonucleoside triphosphate diphosphohydrolase I/CD39, present on 122 endothelial cells and circulating blood cells such as leukocytes, neutrophils, T- and B-123 lymphocytes and macrophages is a known interface between vascular inflammation and 124 thrombosis through regulation of ATP, ADP and AMP levels ⁴⁰. Mice lacking CD39 125 expression have marked fibrin deposit in pulmonary and cardiac tissues ⁴¹. IL-6 and other 126 cytokines are increased in COVID-19 patients ^{38, 42-43}, and the profound inflammatory state of 127 the patients can be characterized by high levels of C reactive protein (CRP) and fibrinogen. 128 These observations led to the adoption of the anti-IL6 receptor monoclonal antibody 129 tocilizumab for the treatment of pneumonia-associated to cytokine storm ^{44, 45}. It is also 130 known that blocking IL-6 increases the frequency of CD39+ Treg cells ⁴⁶. 131

In severe COVID-19, patients with thrombosis have significantly higher blood levels of 132 markers of neutrophil extracellular traps (NETs), neutrophil activation (calprotectin, cell-free 133 DNA) and D-dimers ⁴⁷. SARS-CoV-2 induces functional changes in platelet. Platelet 134 hyperreactivity may contribute to thrombotic events through increased platelet-platelet and 135 platelet-leukocytes interactions ⁴⁸. Moreover, antiphospholipid (aPL) antibodies where 136 recently found increased in a large number of COVID-19 patients ⁴⁹⁻⁵⁴. Higher aPL antibodies 137 were associated with neutrophil hyperactivity including the release of NETs ⁵⁵. Recently, it 138 was reported that increased count of CD15⁺CD16⁺ neutrophils is a COVID-19 signature ⁵⁶. 139

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141 Thrombotic disease in severe COVID-19 patients

Coagulation abnormalities are common in COVID-19 patients. Degree of elevation of 142 fibrinogen and D-Dimers is correlated to the severity of the disease and elevated D-dimer 143 upon admission and during course of disease is associated with increased mortality ⁵⁷⁻⁶¹. 144 145 Clinical evidence indicated that COVID-19 is associated with an increase risk of thrombotic events leading to sustained activation of the clotting, generally venous thromboembolism 146 (VTE) almost assuredly underdiagnosed, due to the difficulty of the performing blood vessels 147 investigation when patients are under isolated care and the fact that the D-dimer level is 148 already high. 149

However, 20-30 % of acute pulmonary embolisms were reported in critically patients ^{15, 54, 62-}
 ⁶⁵. Large vessel occlusion stroke was also described ^{66, 67}. While diagnosis of disseminated
 intravascular coagulopathy (DIC) has been mainly discussed in severe COVID-19, this

diagnosis is limited to end stage of COVID-19. Yet, this disorder is not a typical DIC 153 fibrinogen levels are often high and platelets are rarely reduced. It is more similar to 154 complement mediated thrombotic microangiopathy (TMA) syndromes, that is involve 155 disorders of complement. Mediators of TMA syndromes overlap with those released in 156 cytokine storm ^{68, 69}. Interestingly, the presence of platelet-fibrin microthrombi in small 157 arterial vessels of lung tissues was reported in 87% (33/38) of patient who have died with 158 COVID-19 and for whom pulmonary post-mortem examination was requested ⁷⁰. For the 159 patients who have had symptomatic forms of the disease, delayed pulmonary fibrosis may be 160 found in a relatively important proportion of COVID-19 patients once they have healed ³⁷. 161 These observations allowed proposing a new pulmonary vasculopathy named pulmonary 162 intravascular coagulopathy (PIC)^{43, 71}. Moreover, microangiopathic vessel occlusions and 163 endothelium damages was described in kidney ⁷². Elevated plasma von Willebrand factor 164 (VWF) concentrations in COVID-19 patients, a factor mainly biosynthesized by activated 165 endothelial cells, was reported ⁷³⁻⁷⁵. Deposits of complement components C5b-9, C4d in the 166 microvasculature of lung and skin was also reported ⁷⁶. These observations would be in favor 167 of complement activation which participates to microvascular injury. 168

Also, COVID-19 induced micro and microvasculature dysfunction. The cytokine storm observed plays a determining role in this immunoinflammatory thrombosis and in endothelial damages. All of these mechanisms, whose kinetics remains unclarified today, might explain the occurrence of various thromboembolic events and multiples organ dysfunction observed in critical COVID-19 patients.

In parallel to these observations, it is important to underline the fact that a high prevalence of 174 antiphospholipid (aPL) antibodies has been observed in critical COVID-19 patients and is 175 reminiscent of a clinical scenario of antiphospholipid syndrome (APS). Among aPL 176 antibodies, Lupus anticoagulant (LA) are more associated to thrombotic events. In agreement 177 with Helms' study ⁵⁴, it was demonstrated that 85 % of critically COVID-19 patients 178 presented Lupus anticoagulant ⁷⁷. Recently, our group described a prevalence of 62% and 179 25% of LA respectively in hospitalized and ambulatory patients (Camoin-Jau et al., 180 181 Submitted). This high prevalence could be linked to cytokine storm and dysimmunity. To the best of our knowledge, the role of Lupus anticoagulant in the occurrence of thrombotic event 182 is not yet demonstrated. High levels of aPL- β 2GPI antibodies where also recently found in a 183 large number of COVID-19 patients ^{52, 78}. Regarding clinical events described during COVID-184

19 infection and biological abnormalities, Cavalli and colleagues ⁷⁹, suggested that a
 secondary form of APS is present in COVID-19 patients.

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188 Lesson from the Antiphospholipid syndrome (APS)

Mainly associated with systemic lupus erythematous (SLE) and other autoimmune diseases 189 190 (such as rheumatoid arthritis, dermatomyositis, systemic scleoris, Sjörgren's syndrome), the antiphospholipid syndrome (APS) is a systemic autoimmune disorder characterized by 191 recurrent venous or arterial thrombosis with or without pregnancy morbidity in the presence 192 of persistent antiphospholipid (aPL) autoantibodies including the lupus anticoagulant (LA) or, 193 anticardiolipin (aCL) or anti-beta 2glycoprotein (antiß2-GPI) autoantibodies. In 53% of 194 patients it exists alone as primary APS (PAPS)^{80, 81}. The presence of antibodies directed 195 against CL and/or β2-GPI has been observed in a percentage of healthy individuals without 196 clinical symptoms of APS ranging from 4.5 to 5.5% ^{82, 83}. There is still controversy about 197 whether pharmacologic primary thromboprophylaxis is indicated in asymptomatic carriers of 198 199 aPL antibodies⁸⁴.

Many clinical trials have been focused on the benefit of aspirin on prevention of thrombotic events in APS patients. Actually, thromboprophylaxis with aspirin is proposed only for asymptomatic aPL carriers with high risk profile, especially in the presence of other thrombotic risk factors ^{85, 86}. Low molecular weight heparin are proposed in all aPL carriers in high-risk situations, such as surgery, prolonged immobilization and the puerperium. Usually APS patient receive oral anticoagulant ⁸⁷⁻⁸⁹, and/or low-dose aspirin ⁹⁰.

206 By opposite, HCQ (grade 1B recommendation) and low-dose aspirin are proposed in SLE with LA or isolated persistent aCL 86. Indeed, several studies suggest that beside its anti-207 208 inflammatory effects, HCQ could play a role in lowering antiphospholipid titers and 209 potentially be anti-thrombotic through several mechanisms involving inhibition of platelet adhesion, intravascular aggregation of red blood cells, interactions between platelets and 210 coagulation factors, and binding of antiphospholipid (aPL) antibodies phospholipid surface ⁹¹⁻ 211 ⁹³. In antiphospholipid syndrome (APS) an important risk of thrombosis relapse should be 212 considered ⁹⁴. HCQ benefit to protect against thromboembolism was described more than 30-213 years ago, with reported reduction of erythrocyte aggregation *in vitro* and thrombus size ^{95, 96}. 214 In vitro, CQ at 1 mM inhibit both ADP-stimulated platelets aggregation and thrombin-215 stimulated platelets aggregation ⁹⁷. Jancinova and colleagues hypothesized that CQ, as a 216

cationic amphiphilic molecule, might inhibit platelets aggregation either though interaction 217 with membrane phospholipids, membrane receptor such as ADP receptor, induce the 218 displacement of membrane-bound calcium, or pass membrane and directly act on platelets 219 phospholipase A2, phospholipase C or calmodulin, or the production of aggregating-220 amplifying substances such as histamine, serotonine and adenine nucleotides. HCQ 221 administration to patients was found to significantly reduce the thrombus size and duration ⁹⁸. 222 Similar observation were reported using mouse models of APS in which administration of 223 HCQ limited aPL binding on target cells decreased pro-inflammation, and reduced the size 224 and duration of the thrombus ^{98, 99}. Miranda and colleagues ⁹⁹, found that HCQ increased the 225 p-eNOS/e-NOS ratio leading to an improvement in the production of NO. A protective effect 226 of HCQ against thrombosis in asymptomatic aPL-positive APS individuals was reported ¹⁰⁰. 227 In the LUMINA obvservational cohort of 442 SLE patients HCQ was found 228 thromboprotective ¹⁰¹. These encouraging preliminary reports lead to the organization of an 229 international consortium (APS ACTION) with the aim to set up a randomized controlled trial 230 231 of HCQ in the primary thrombosis prevention of persistently aPL-positive but thrombosis free patients without other systemic autoimmune diseases ¹⁰²; they had the objective to investigate 232 233 a cohort of 1,000 patients age 18-60 years, without pharmaceutical support, but 6-years only 20 patients had been included in the cohort and the trial was stopped ¹⁰³. However, there are 234 evidences that HCQ could be beneficial to APS patients. Among asymptomatic aPL-positive 235 patients with SLE, primary prophylaxis with HCQ appears to reduce the frequency of 236 thrombotic events ¹⁰⁴. HCQ could reduce subclinical atherosclerosis and its use may provide 237 survival benefit ¹⁰⁵. HCQ was found to protect patients against both venous and arterial 238 thromboses ¹⁰⁶. HCQ is consider to have several antithrombotic effects ¹⁰⁷⁻¹¹⁰. Rand and 239 colleagues ^{108, 109}, demonstrated that HCO reduces the binding of aPL autoantibodies/β2GPI 240 complexes (responsible for the thrombotic effect) to phospholipid bilayers, and protect the 241 242 anticoagulant annexinA5 (AnxA5) from disruption by aPL autoantibodies. Interestingly, HCQ blocks platelet aggregation and adhesion and improves cholesterol profiles ¹¹¹. Schmidt-243 Tanguy and colleagues ¹¹², reported that in patients with clinical history of venous thrombosis 244 (one or two episodes) 6/20 patients treated with oral anticoagulants (fluindione) alone showed 245 246 recurrent venous thromboses whereas no recurrent venous thromboses (0/20) in patients who 247 received HCQ (400 mg daily) in addition to oral anticoagulants (fluindione). The long term administration of HCQ to PAPS patients reduced aPL antibodies ⁹². HCQ also partially 248 reverse the aPL-induced impaired trophoblast migration ¹¹³. This is consistent with the 249 observation that addition of HCQ to conventional treatment may be associated with a 250

251 reduction of first-trimester miscarriages in pregnant patients ¹¹⁴.

Trials are still ongoing. The HYPATIA multicenter trial will examine the use of HCQ versus 252 placebo in aPL-positive women planning to conceive ¹¹⁵. A more recent study, HIBISCUS, 253 plans to examine the effect of HCQ on secondary thrombosis and APS-related morbidity in 254 PAPS ¹¹⁶. HCQ was also reported to decreases LDL cholesterol and serum glucose levels in 255 PAPS patients likely contributing to reduce the risk of thrombosis ¹¹⁷. Recently, a pilot open 256 label randomized prospective study on the use of HCQ (200 mg daily for patients weighing 257 below 60 Kg and 400 mg daily for those weighing above 60 Kg) for prevention of thrombosis 258 in 50 patients with PAPS concluded to the efficiency of the treatment with a decreased 259 incidence of thrombosis associated to a reduction in aPL titers ¹¹⁸. 260

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262 Anti-thrombotic effect of HCQ in COVID-19?

263 HCQ as a possible treatment of thrombotic events observed in COVID-19?

Right at the center of the debate on the use of HCQ as a prophylaxis and treatment of COVID-19 and lack of proper design of many trials, the idea that treatment of COVID-19 patients by HCQ might reduce the thrombotic events observed in severe forms of the disease has emerged ¹¹⁹.

The vascular endothelium functions as an integral barrier, separating blood from the 268 subendothelial tissue compartments. It maintains its integrity and blood fluidity by acting as 269 270 an anticoagulant through suppression of platelets activation and induction of fibrinolysis. Anti-SARS-CoV-2 defense mechanism are likely to activate a tissue aggressive immune 271 272 response including exaggerated IL-6 production that drives inflammatory reactions and the so 273 called "cytokine storm" that increases tissue damage. Coagulopathy and vasculopathy walls following a pro-inflammatory process result in rapid activation of mechanism aimed at 274 leading to local damage reparation, immune cells accumulation to prevent infection, platelets 275 aggregation for primary and secondary hemostasis. 276

Thrombosis is common during critical illness especially in the oldest patients who had preexisting cardiovascular disease and it was reported in COVID-19 patients ^{49, 52, 54}. There is currently a debate whether or not the number of patients who experience arterial thrombotic events in COVID-19 is higher rate compared to critically ill patients without SARS-CoV-2

carriage ¹²⁰. Whatever the answer, COVID-19 appears to induce a hypercoagulable state with 281 elevated fibrinogen and the fact remains that clinicians must prevent and/or treat thrombosis. 282 In patients with previous thrombosis attributable to APS, anticoagulation has formed the 283 cornerstone of treatment. Inflammation in the presence of aPL, is associated with an increased 284 thrombotic risk, that requires rapid treatment with anticoagulant to reduce mortality. This is 285 very similar to what is observed in COVID-19 (inflammation and thrombosis), which 286 suggests that in this pathology also taking HCQ could have a beneficial effect against 287 thrombotic events and preliminary investigation of such therapy is under evaluation ¹²¹. 288

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290 Conclusion

If the therapeutic use of HCQ in COVID-19 is still the subject of passionate debate in the 291 infectious disease community, rheumatologists have successfully used it for a long time for 292 the prevention of pro-inflammatory process and the thrombosis, two pathological processes 293 frequently encountered in severe cases of COVID-19. When the HCQ/azithromycin was 294 295 initiated in Marseille IHU Méditerranée infection for the treatment of people who were found positive for SARS-CoV-2, the main objective of this protocol was to take advantage of both 296 the antiviral and immunosuppresive properties of HCQ¹²². Yet, we might hypothesize that the 297 low mortality of COVID-19 patients treated in Marseille IHU with HCQ (fatality rate 298 299 estimated 0.4% to be compared to 2.27% worldwide) could be also due to a protective effect of HCQ against thrombosis when used in association with a well-chosen anticoagulant. This 300 301 will require further evaluation.

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316 Authorship

All authors contributed to the design of the study and conceived the manuscript. CD and
LCJ wrote the paper. DR obtained the funding for this study. All authors reviewed and
approved the final version of the manuscript

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321 Declaration of Competing Interest

322 CD declares a link of interest with the Sanofi pharmaceutical company which markets 323 hydroxychloroquine. The other authors (LCJ, JLM, and DR) declare that they have no 324 competing interests.

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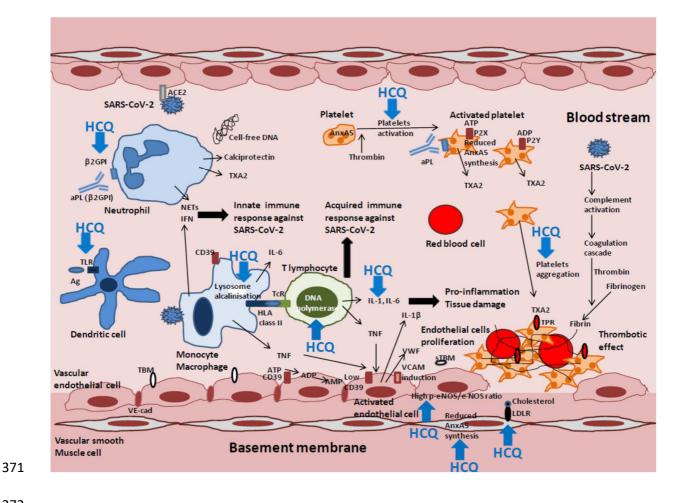
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Figure 1: Possible mechanisms of action of hydroxychloroquine (HCQ) againt COVID-19-334 associated thrombosis. The vascular endothelium functions as an integral barrier through 335 myriad mechanisms including VE-cadherin, and maintains blood fluidity by acting as an 336 anticoagulant through suppression of platelets activation and induction of fibrinolysis, 337 mechanism including heparan sulfate proteoglycans and CD39. During SARS-CoV-2 338 infection, innate and acquired immune defense mechanisms are activated (including the 339 340 cytokine storm IL-1, IL-2, IL-6, IL-8, IL-17, TNFα) that provokes tissue damage in the lung parenchyma and the immediately adjacent bronchial alveolar lymphoid tissue and disruption 341 342 of blood vessel walls. The endothelial cells express the angiotensin I converting enzyme 2 (ACE2) molecule that act as cell-surface-receptor that facilitates SARS-CoV-2 entry into 343 these cells. When activated by proinflammatory cytokines, or neutrophil extracellular traps, 344 endothelial cells produce von Willebrand factor that retains platelets and leucocytes to the 345 vessel wall and activates coagulation systems resulting in rapid activation of mechanism 346 aimed at leading to local damage reparation, immune cells accumulation to prevent infection, 347 platelets aggregation for primary and secondary hemostasis. The hyper-reaction set up in 348 response to vascular damage, can influence a propensity toward local vascular micro-349 350 thrombosis. COVID-19 patients suffer from prominent alveolar oedema, intra-alveolar 351 proteinosis, cell infiltration including lymphocytes apoptosis of virally-infected pneumocytes, fibrin deposition. HCQ treatment of COVID-19 patient is likely to reduce pro-inflammation 352 353 and vascular micro-thrombosis due to its multiple actions (the expected mechanisms of action of HCQ to counteract pro-inflammation and thrombosis are indicated by a blue arrow and 354 355 HCQ) in addition to reduce the patient viral load. aPL: antiphospholipids; IL-6: interleukin-6; TLR: toll like receptor; Ag : antigen; IFN: interferon; TNF: tumor necrosis factor; 356 CD39/ENTPD1: Ectonucleoside triphosphate diphosphohydrolase-1 (also known as or P2 357 receptors: P2X receptors are ion channels that open upon binding of ATP; P2Y receptors 358 359 mediate cellular response to purine and pyrimidine such as ATP, ADP, UTP; in physiological conditions CD39 catalyze the reduction of ATP and ADP pool to AMP and CD73 transform 360 AMP to adenosine whereas nucleotides released during cell activation/injury bind to P2 361 receptors to activate thrombo-inflammatory programs); NETs: neutrophil extracellular traps; 362 TXA2: Thromboxane A2 (induce platelets aggregation); AnxA5: annexinA5 (or annexin V or 363 anchorin CII; anticoagulant, interact with phospholipids); TPR : thromboxane A2 prostanoid 364 receptor: VE-cad: VE-cadherin; TBM: thrombomodulin prevents thrombosis; upon 365 366 endothelial cell activation a soluble form of TBM (sTBM) is released in plasma further promoting procoagulant mechanisms. VWF: von Willebrand factor; Fibrin: fibrin is formed 367

- from blood plasma fibrinogen (produced in the liver) by the action of thrombin; red thrombus
- is composed of erythrocytes enmeshed in a fibrin network; LDLR: Low density lipoprotein
- receptor (bind LDL/cholesterol).



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