

# DR. LINDA'S VASCULAR BIRTHMARK FACT SHEET



## 10 FACTS ABOUT ARTERIO-VEINOUS MALFORMATIONS (AVM)

- 1. Arterio-venous malformations are irregular connections between veins and arteries. The capillaries normally serve as the intermediary between veins and arteries, but for some reason, they are missing in AVMs, causing a cluster (a back-up of sorts).
- 2. Most AVMs occur in the brain and in the spine, but they can occur anywhere.
- 3. If symptoms of an AVM have not appeared by age 50, they likely will not appear.
- 4. Women sometimes have issues with an AVM during pregnancy.
- 5. One of the biggest concerns with AVMs is uncontrolled bleeding (or hemorrhage) that can occur.
- 6. Although considered “present at birth”, no symptoms or obvious appearance may be found until after birth or later in life.
- 7. AVMs tend to grow with the person and can become apparent after an accident or during puberty.
- 8. AVMs are classified, or organized, according to a scale called the Schobinger Staging System.
- 9. No one knows why AVMs form. Some believe they are genetic.
- 10. Patients diagnosed with an AVM should seek the medical opinion of someone with experience diagnosing and treating these often complex and problematic lesions.



**15 MAY**  
INTERNATIONAL  
**DAY OF AWARENESS**  
FOR VASCULAR BIRTHMARKS

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