

## Hemophilia Facts

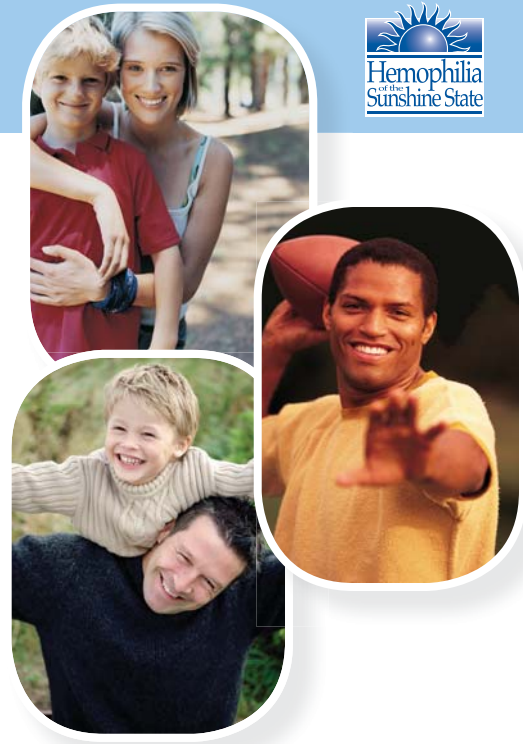


### What Is Bleeding Disorders Logic?

Bleeding Disorders Logic™ is a medication and specialty care management program for our patients on therapy for hemophilia and von Willebrand disease. Bleeding Disorders Logic™ teaches patients about their bleeding disorder and how to effectively deal with and manage their disease and their bleeding disorders medications.

### What Is Hemophilia?

- Hemophilia is a rare disease, passed on from parent to child.
- Hemophilia occurs when one of the genes that tells the body how to make certain blood-clotting factors is damaged. Genes are pieces of information that your body gets from your parents. Some genes tell the body how to make proteins (building blocks), which get the blood to stick together and get thick, for example – when injured. The protein that tells the blood how to do this is called a clotting factor.
- About 400 babies are born with hemophilia each year in the United States. Hemophilia almost always occurs in males.
- A baby born with hemophilia has a problem with certain proteins (building block) in the blood called clotting factors. Hemophilia is when there is too little of one of these clotting factors or when a clotting factor is completely missing.
- When clotting factors are missing, or your body does not have enough clotting factors, it can take a long time for your blood to clot after an injury or accident. That leads to too much bleeding. Bleeding often occurs inside the body.



### What Is a Clotting Factor?

Clotting factors are proteins in the blood. These proteins work together with very small pieces of blood called platelets. Platelets are small, colorless, flat disc-shaped parts of the blood. The proteins and platelets work together in order to help the blood to clot. The tubes carrying blood to and away from the heart are called blood vessels. When these blood vessels are injured or broken, clotting factors help the platelets (the small discs) stick together to plug cuts and breaks at the site of the injury. When clotting factors are missing, or your body does not have enough of these factors, it can take a long time for your blood to clot after an injury or accident.

In people with hemophilia, blood does not clot as it should. This is because the blood has too little of one of these clotting factors or it is missing. If blood doesn't clot as quickly, or as well as it should, then:

- Heavy blood loss can occur.
- Body organs and tissues can be injured.
- These conditions could cause permanent damage or death.

### Is There More Than One Type of Hemophilia?

There are two main types of hemophilia: A and B. People with hemophilia A have low levels of clotting factor VIII (8), or are missing it altogether. People with hemophilia B have low levels of clotting factor IX (9), or are missing it altogether.

### What Are the Signs and Symptoms of Hemophilia?

- The clearest signs and symptoms of hemophilia are bleeding and bruising. The level of bleeding and bruising depends on the type of disease and how severe the disease is.
- Often the bleeding occurs internally, in joints and muscles. If there is bleeding in the brain, it is a medical emergency.

## Hemophilia Facts

### How Is Hemophilia Diagnosed?

Your doctor will ask you about your personal and family medical history to find out if you have hemophilia. The doctor will examine you physically and order blood tests. The tests will show if you have a bleeding problem. If so, the tests will tell if you have hemophilia, or if there is another reason. They will also tell how severe the illness is.

### How Is Hemophilia Treated?

- The main treatment for hemophilia is to give the blood the factors it is missing by putting them directly into the blood. This is done by injecting (using a needle) the low or missing clotting factors directly into the bloodstream. This is called “replacement therapy,” meaning giving back what is missing.
- Replacement therapy can sometimes be given over a long period of time to prevent bleeding. Using replacement therapy to make sure bleeding doesn't start is done more often with people who have severe hemophilia.
- Replacement therapy can also be used right at the time that bleeding is happening in order to make it stop. This therapy is more often given to people with milder hemophilia.
- Treating bleeding early on is important so that joints, muscles or other parts of the body will not get damaged. Treating early can also limit damage.
- Replacement therapy is often done at home. Home treatment has many benefits. It is important to be trained on how to give home infusions (putting the factors directly into the bloodstream using needles) properly and safely.

### How Can I Manage Hemophilia?

- If you or your child has hemophilia, learn as much as you can about the disorder. If possible, join a support group.
- Hemophilia Treatment Centers are located in many areas of the United States. These centers can give treatment, education and support to hemophilia patients, their families and their healthcare providers.
- To find a hemophilia treatment center nearest you, call **800.42.HANDI** or send an e-mail to [handi@hemophilia.org](mailto:handi@hemophilia.org). HANDI is the information service of the National Hemophilia Foundation.

### Sources:

- Materials published by the National Heart, Lung, and Blood Institute (NHLBI). The NHLBI is a part of the National Institutes of Health and the U.S. Department of Health and Human Services.
- National Hemophilia Foundation

**Disclaimer:** The purpose of this information is to teach readers about their disease and its treatment. It is not given as medical advice. Persons should always talk to their doctor for diagnosis, treatment and answers to their specific questions.

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