Factor V Deficiency

The Facts

- A person with factor V deficiency (pronounced as factor 5 deficiency) has blood that does not clot like it should.
  - It affects males and females equally.
  - There is no cure.
  - It is a life-long condition.
- People with factor V deficiency do not bleed faster than normal but have a harder time stopping the bleeding.
- Some people with factor V deficiency may have more severe bleeding episodes than others.
- It may take medicine and/or blood products to help control the bleeding.

Common Bleeding Issues

- Nose and mouth bleeds
- Bleeding with minor cuts or scrapes
- Trauma-related bleeding
- Bleeding after invasive procedures
- Heavy bleeding during menses for females

Female-specific Considerations

- Multiple medications may be used to stop the bleeding.
- Patients may also require oral medications to help treat or prevent bleeding. This medication may need to be taken at school.
- Please allow for frequent bathroom breaks for students with this disorder.

First Aid for Minor Bleeding

- Rest, Ice, Compression, Elevation
- Cuts and scrapes: clean, apply pressure, and bandage
- Nosebleeds: hold head straight (not back) and apply pressure
- Mouth bleeds: apply ice or cold compress
- Headache (not from injury): give Tylenol only. If not relieved in two hours or accompanied by other symptoms, contact the parent.

Emergency Bleeding

- Head: nausea, vomiting, headache, confusion, blurred vision, loss of consciousness
- Eye: trauma and bleeding into and around the eye
- Neck and throat: pain, swelling, difficulty swallowing or breathing
- Abdomen: trauma to abdomen, acute tenderness, pain or swelling

In an Emergency:

- Call 911.
- Inform the parent.
- Notify EMS the child has a bleeding disorder.
- Contact the Hemophilia Treatment Center.
Benefits of Physical Activity

• Promotes overall physical fitness by improving
  ° Cardiovascular fitness
  ° Muscular fitness
  ° Bone health
  ° Body composition/weight
  ° Cognitive function
  ° Academic performance
  ° Sleep
  ° Self-esteem
  ° Self-confidence
  ° Energy
• Reduces feelings of anxiety and depression
• Reduces fatigue
• Increases balance and coordination
• Promotes a spirit of participation and involvement
• Lowers the risk of
  ° Spontaneous joint bleeds
  ° Heart disease
  ° Stroke
  ° High blood pressure
  ° Type 2 diabetes
  ° Colon cancer

Which Sports Are Safe?

• AVOID HIGH-IMPACT SPORTS such as football, boxing, hockey, rugby, and wrestling.
• Encourage low-impact sports such as running, aquatics, and golf.
• Always consult parents regarding any participation in sports.
• Look for activity ratings in the Playing It Safe materials provided by the National Hemophilia Foundation.