Factor VII Deficiency

The Facts

• A person with a factor VII deficiency (pronounced as factor 7 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 VII deficiency do not bleed faster than normal but have a harder time stopping the bleeding.
• Bleeding severity for people with factor VII deficiency can range from mild to severe.
• It may take several medications to help control the bleeding.

Common Bleeding Issues

• Nosebleeds
• Mouth and gum bleeding
• Easy bruising
• Joint and muscle bleeds in severe deficiencies
• 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.

Phone Number
**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.