The Facts

- A person with factor X deficiency (pronounced as factor 10 deficiency) has blood that does not clot like it should.
  - It affects males and females equally.
  - Very rare condition with no cure.
  - It is a life-long condition.
- People with factor X deficiency do not bleed faster than normal but have a harder time stopping the bleeding.
- It may take intravenous and/or oral medicine to help control the bleeding.
- Bleeding can range from mild to severe.
- Some with more severe bleeding must take medicine to try to prevent bleeding episodes.

Common Bleeding Issues

- Frequent and prolonged nosebleeds
- Gum bleeding
- Bleeding with small cuts and scrapes
- Joint and muscle bleeding
- Gastrointestinal bleeding
- Bleeding after invasive procedures
- Heavy bleeding during menses for females

If You Suspect a Joint Bleed

- Ask the student if s/he is having a joint bleed. (The student is trained to identify bleeds.)
- Look for warmth, pain, lack of use or guarding.
- Contact the parent and school nurse.
- Allow student to give replacement factor by intravenous infusion if instructed to by the parent or physician.

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.