**Factor XI Deficiency**

**The Facts**

- A person with factor XI deficiency (pronounced as factor 11 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 XI deficiency do not bleed faster than normal but have a harder time stopping the bleeding.
- It may take medicine and/or blood products to help control the bleeding.

**Common Bleeding Issues**

- Nose and mouth bleeds
- Trauma-related bleeding
- Easy brusing
- Urinary tract bleeding
- Bleeding after invasive procedures, especially delayed bleeding
- 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.