



The Facts

- A person with hemophilia has blood that does not clot like it should.
 - It mostly affects males but can cause a milder version in females.
 - There is no cure.
 - It is a life-long condition.
- People with hemophilia do not bleed faster than normal but have a harder time stopping the bleeding.
- Bleeding inside the body is the main problem. A person will not die from small cuts or scrapes.
- Severity levels are mild, moderate and severe.
- It may take medicine and/or blood products to help control the bleeding.



Common Bleeding Issues

- Mouth bleeds
- Heavier bleeding with small cuts and scrapes
- Joints: knees, elbows ankles (long-term can lead to arthritis and inability to the joint)
- Traumatic injuries (life-threatening if located in head, neck, eye, throat, or abdomen)



School Considerations

- Some people may have more bleeding episodes than others, depending on severity.
- Please allow for a 504 plan if indicated.



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.



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.



*Bruising is
a common
occurrence for
people with
congenital
bleeding
disorders*

Hemophilia
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