von Willebrand Disease

The Facts

• A person with a von Willebrand Disease (VWD) 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 VWD do not bleed faster than normal but have a harder time stopping the bleeding.
• There are three types of VWD:
  ◦ Type 1, the mildest and most common that is caused by a reduced level of VW factor
  ◦ Type 2, where the VW factor does not work properly
  ◦ Type 3, the rarest and most severe type
• It may take medicine to help control the bleeding.

Common Bleeding Issues

• Frequent and prolonged nosebleeds
• Easy bruising
• Gum bleeding
• Bleeding into joints in severe cases
• Bleeding after invasive procedures
• Heavy bleeding during menses for females

Female-specific Considerations

• Menses may last up to two weeks.
• Multiple medications may be used to stop the bleeding. Some have side effects that cause headache, nausea, and loss of sodium in the bloodstream.
• Allow students to have a sodium-rich beverage.
• 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.