



## The Facts

- A person with 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.



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

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