

Hemophilia is a bleeding disorder that affects a person's **clotting** process. Individuals with Hemophilia have a **lack of or decreased amount of clotting factors VIII (8) or IX (9)**. There are two main types of Hemophilia:

HEMOPHILIA A - Individual has lack of or decreased amount of clotting factor VIII (8)

HEMOPHILIA B - Individual has lack of or decreased amount of clotting factor IX (9)

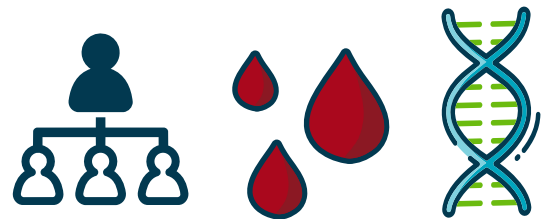
There are also different severity levels, ranging from mild to severe. It is important to note that normal levels of factor VIII and IX are between **50%-100%**. Levels of severity of Hemophilia are:

- **MILD: 6-49%**
 - Individual will usually bleed with major trauma, surgery, and tooth extractions
- **MODERATE: 1-5%**
 - Individual will usually bleed with minor trauma, surgery, and tooth extractions
- **SEVERE: <1%**
 - Individual may bleed spontaneously into joints and muscles as well as with minor trauma, surgery, and tooth extractions

**Your Hemophilia Treatment Center staff will educate you on your type of Hemophilia at the time of your diagnosis.*

INHERITANCE OF HEMOPHILIA:

- Affects approximately **1 in 5,000** live births
- Genetic mutation, carried on the X-chromosome
- Passed down from parents to children
- May occur in up to 30% of the cases through spontaneous genetic mutation



INHERITANCE EXAMPLES:

- Male with hemophilia (XY) will pass the gene to all of his daughters (XX).
- Female with the gene (XX) has a 50% chance of passing it to her sons (XY) who will then have hemophilia and 50% chance of passing it to their daughter (XX) who will then be carriers

COMMON SYMPTOMS OF HEMOPHILIA

- Bleeding from umbilical cord stump at birth
- Bleeding into joints (hemarthrosis) and soft tissue or muscles
- Nosebleeds (epistaxis) or gum bleeding (gingival bleeding)
- Prolonged/excessive bleeding after injury or surgery
- Heavy menstrual bleeding
- Easy bruising
- In severe cases (rare): bleeding in stomach, intestines, brain, or spinal cord



STAYING ACTIVE AND ACTIVITIES THAT SHOULD BE AVOIDED:

- Although you have been diagnosed with Hemophilia, it is still important for you to stay active and participate in the activities that you enjoy. Persons with Hemophilia have few limitations when it comes to sports, but there are some select activities that are too dangerous and should be avoided.
- Activities to avoid:
 - Contact sports
 - Tackle Football
 - Hockey
 - Boxing, or any other contact sports
 - Riding roller coasters
- Please inform your or your child's coach of the bleeding disorder diagnosis
- An emergency treatment plan should be in place when playing organized sports

****If you are interested in a specific activity and are unsure if it is safe, please do not hesitate to contact BCDI for formal recommendations.***

If you or a loved one has been diagnosed with Hemophilia, it is important to know when you should contact BCDI. Please call if the person with Hemophilia has:

- Been scheduled for any type of dental or surgical procedure
- Prolonged (greater than 10 minutes) nose bleeding
- Prolonged (greater than 20 minutes) gum or mouth bleeding
- Blood in the urine or stool
- Excessive or prolonged (more than 7 days) menstrual bleeding
- Symptoms of a joint or muscle bleed (Bubbly/tingly feeling, pain, swelling, warmth, redness, decreased range of motion)
- More frequent bruising or large, painful bruising with knots
- Suffered an injury to the head, neck, or stomach (If loss of consciousness or significant bleeding – call 911 prior to making other calls)

When in doubt, we ask that you call our office for recommendations.

- To reach a nurse, please call **(309) 692-5337**.
- After regular business hours, please call **(309) 677-6085** to reach the provider on call.

