

Platelet Function Disorders

A Platelet Function Disorder is a bleeding disorder, often lifelong, that affects a person's clotting process. Individuals with platelet function disorders have a normal number of circulating platelets, but these platelets are defective and do not function properly, leading to excessive and prolonged bleeding. Platelets are blood cells that are necessary for the body to form a clot to stop and prevent bleeding:

****If your Hemophilia Treatment Center staff has identified the specific type of platelet function disorder you have, they will educate you about this at the time of your diagnosis.***

You have been diagnosed with:

INHERITANCE OF PLATELET FUNCTION DISORDERS

- affects both men and women equally
- may be inherited OR acquired, depending on the specific disorder

COMMON SYMPTOMS

- Easy bruising
- Frequent or prolonged nose bleeds
- Bleeding gums
- Heavy menstrual periods
- Prolonged bleeding after injuries or surgeries
- In severe cases (rare): bleeding in stomach, intestines, muscles or joints



MEDICATIONS TO AVOID:

There are also certain medications that persons with platelet function disorders should avoid due to their ability to cause an increase in bleeding symptoms. Persons with platelet function disorders should avoid:

- Aspirin™
- Ibuprofen (Motrin™, Advil™, etc.)
- All other NSAIDS – excluding Celebrex™ and Meloxicam™

HOW TO INFORM OTHERS ABOUT YOUR DIAGNOSIS:

- BCDI has outreach staff that is available to come to your child's school, local emergency department, and/or other important areas to do education on platelet function disorders. These services are offered by our clinical staff.
- Once diagnosed, a piece of **medical alert jewelry** should be worn at all times. Your first medic alert tag can be provided by BCDI.
- BCDI can provide you with informational travel letters, wallet cards, and other important documentation that explain your diagnosis and emergency treatment options. These documents should be carried with you or in your vehicle **at all times**.



STAYING ACTIVE AND ACTIVITIES THAT SHOULD BE AVOIDED:

Although you have been diagnosed with a platelet function disorder, it is still important for you to stay active and participate in the activities that you enjoy. Persons with platelet function disorders 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
- Refer to "Playing it Safe" Manual for more details on activity safety
- 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 a platelet function disorder, it is important to know when you should contact BCDI. Please call if the person with a platelet function disorder has:

- Bleeding symptoms including prolonged nose bleeding (more than 10 minutes)
- Prolonged gum or mouth bleeding (more than 20 minutes)
- Excessive or prolonged menstrual bleeding (longer than 7 days)
- Blood in urine/stool
- More frequent bruising or large painful bruising with knots.
- Any upcoming procedures or surgeries, including dental work.
- Any injury to head, neck or abdomen.
- If there are any concerning symptoms or doubt, please call for recommendations.

If loss of consciousness or significant bleeding occurs – 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.