

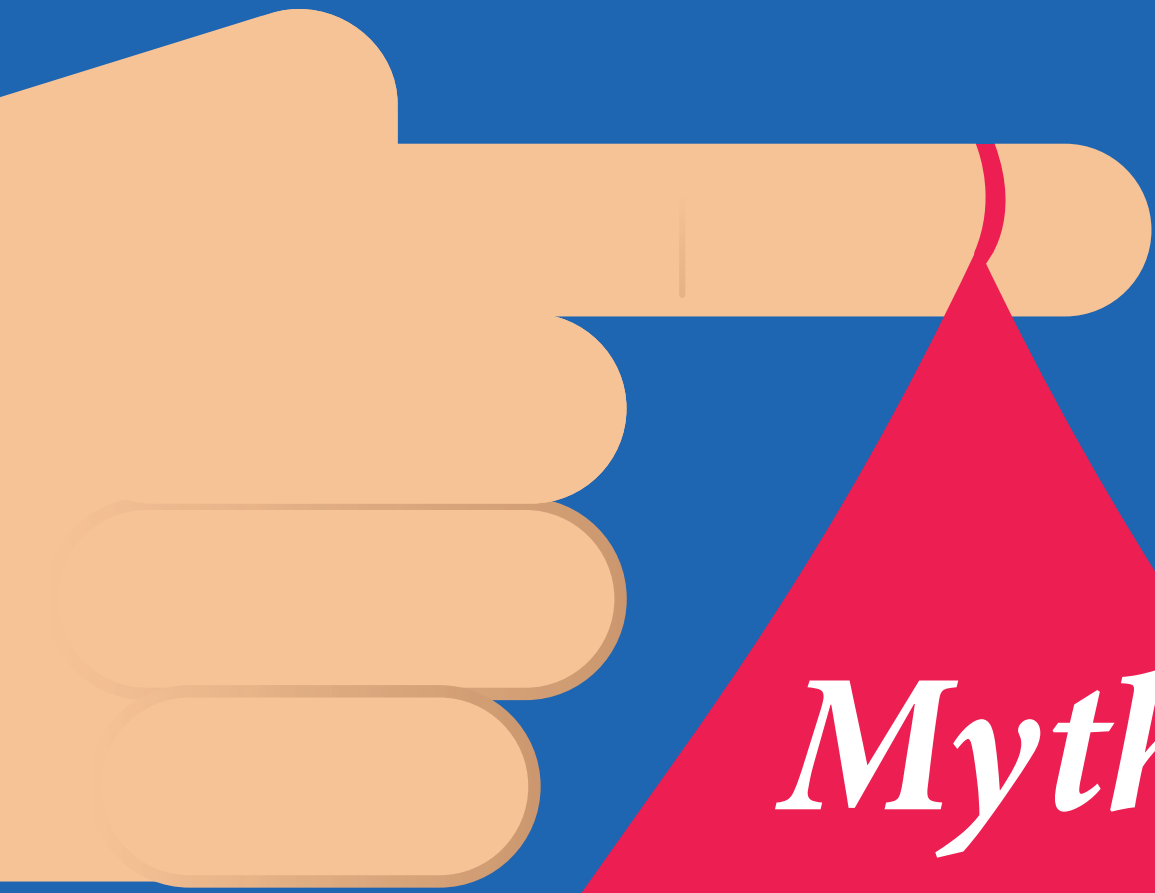
Busting Myths in Haemophilia



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World Haemophilia Day 2018
April 17





Myth

If a person with **haemophilia** gets cut, they will bleed to death.

Truth

Not every bleed is life-threatening. People with haemophilia may present with bruising, or bleeding into muscles and joints, which if frequent, is associated with long-term damage.

University of California San Francisco.
Hemophilia Signs and Symptoms. [Online].
https://www.ucsfhealth.org/conditions/hemophilia/signs_and_symptoms.html [Accessed March 2016].



Myth

People with **haemophilia** only experience external bleeds, e.g., from a cut or graze.

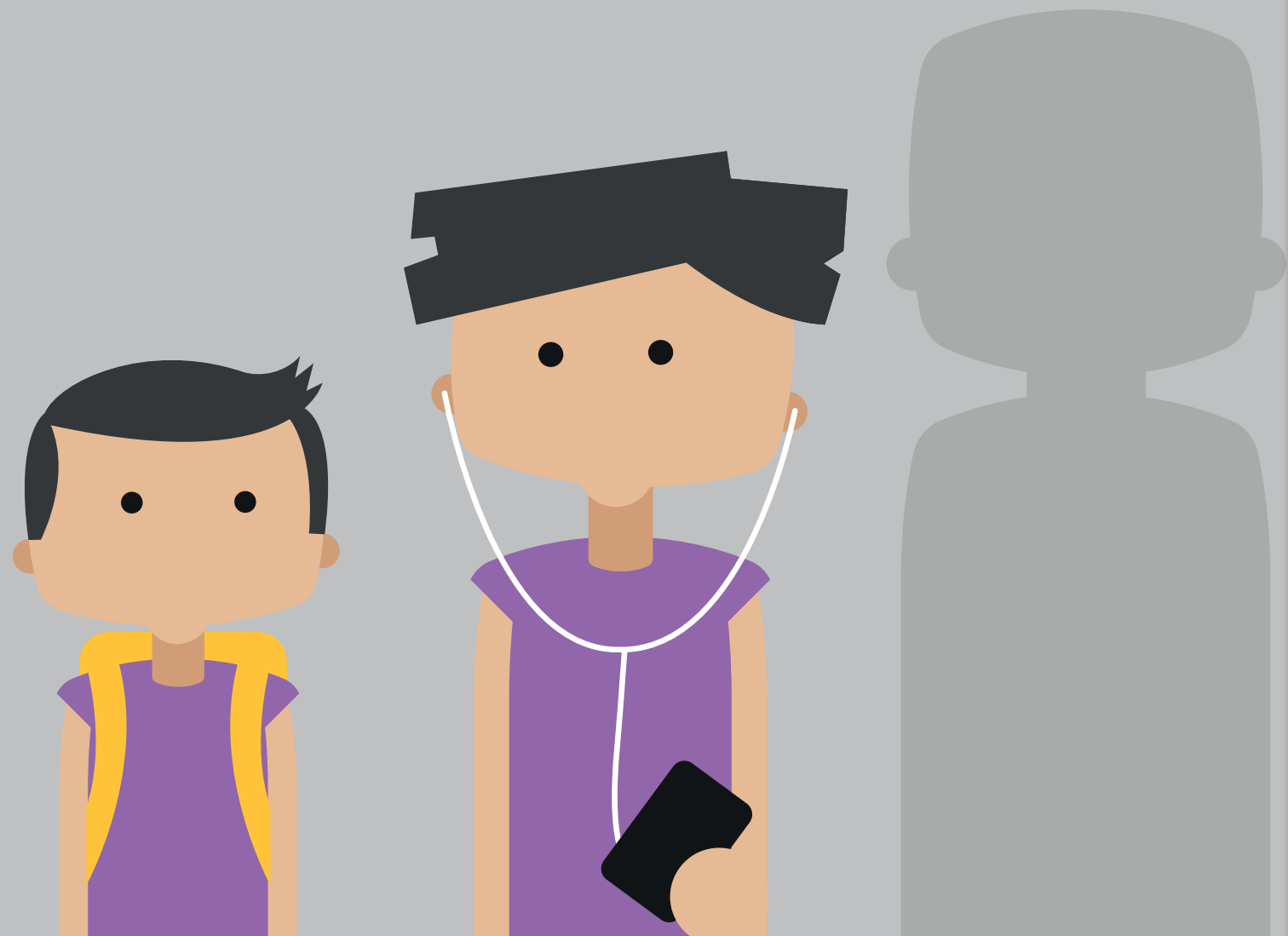
Truth

People with haemophilia can also have spontaneous bleeding internally. The knee, ankle and elbow joints are most often affected.

World Federation of Hemophilia.
About Bleeding Disorders, Hemophilia. [Online].
http://www.wfh.org/en/page.aspx?pid=637#Where_occur
[Accessed March 2016].

Myth

People with **haemophilia** have a short life expectancy.



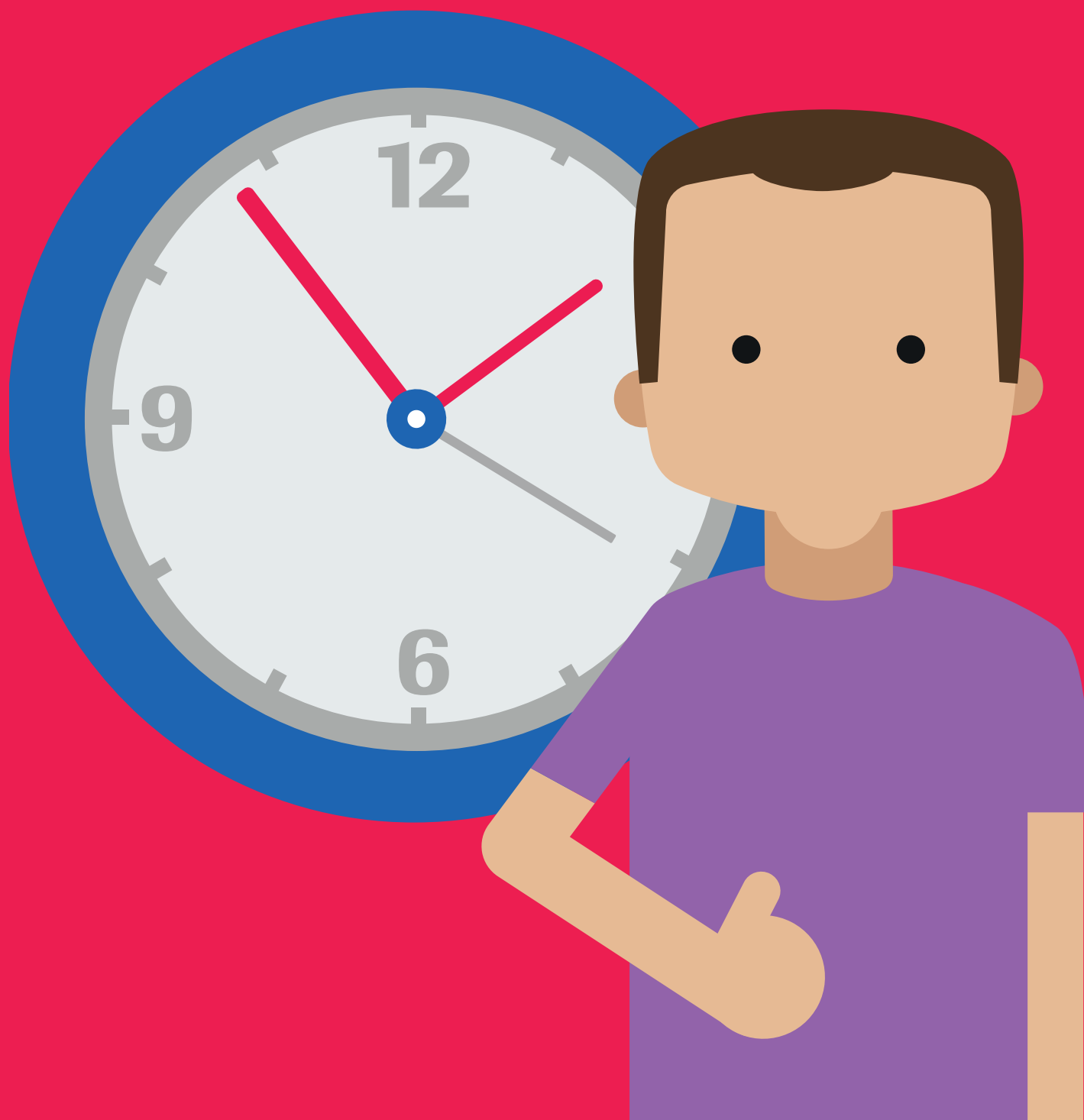
Truth

With proper management, people with haemophilia today can look forward to a near normal life expectancy.

World Federation of Hemophilia.
About Bleeding Disorders, Hemophilia. [Online].
http://www.wfh.org/en/page.aspx?pid=637#Where_occur
[Accessed March 2016].

Myth

Haemophilia A can get better with time.



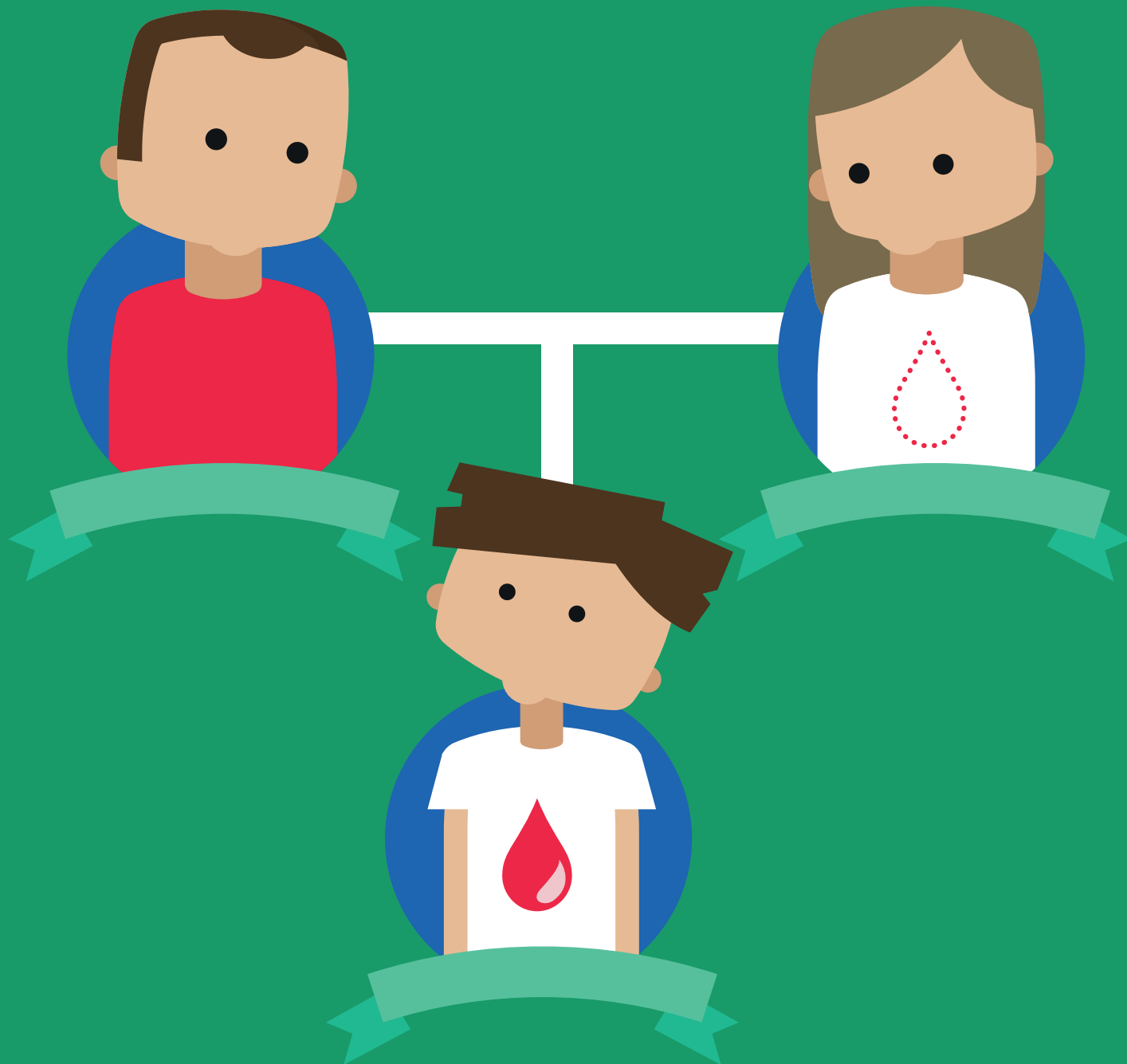
Truth

Haemophilia A is a chronic, lifelong condition caused by a lack of clotting factor VIII, which generally does not change over time.

World Federation of Hemophilia.
About Bleeding Disorders, Hemophilia. [Online].
http://www.wfh.org/en/page.aspx?pid=637#Where_occur
[Accessed March 2016].

Myth

Children with **haemophilia** always have a family history



Truth

While haemophilia is usually inherited, it occurs spontaneously in one-third of cases.

Haemophilia Foundation Australia. Haemophilia. [Online]
<https://www.haemophilia.org.au/documents/item/2040>
[Accessed March 2016].

Myth

Haemophilia
only affects
boys or men.



Truth

As the gene for haemophilia is linked to the sex chromosome X, the majority of people with haemophilia are men. Haemophilia can occur in women, but is rare.

Centers for Disease Control and Prevention.
Hemophilia Facts. [Online].
<http://www.cdc.gov/ncbddd/hemophilia/facts.html>
[Accessed March 2016].

Myth

Iron, certain vitamins and peanuts can cure **haemophilia**.



Truth

Today there is no cure for haemophilia¹. Current treatment includes replacement therapy of the missing clotting factor VIII².

1. World Federation of Hemophilia. About Bleeding Disorders, Hemophilia. [Online]. http://www.wfh.org/en/page.aspx?pid=637#Where_occur [Accessed March 2016].

2. WFH. Guidelines for the management of hemophilia. 2012. <http://www1.wfh.org/publications/files/pdf-1472.pdf> [Accessed March 2016].

Myth

Everyone with **haemophilia A** experiences the same symptoms.



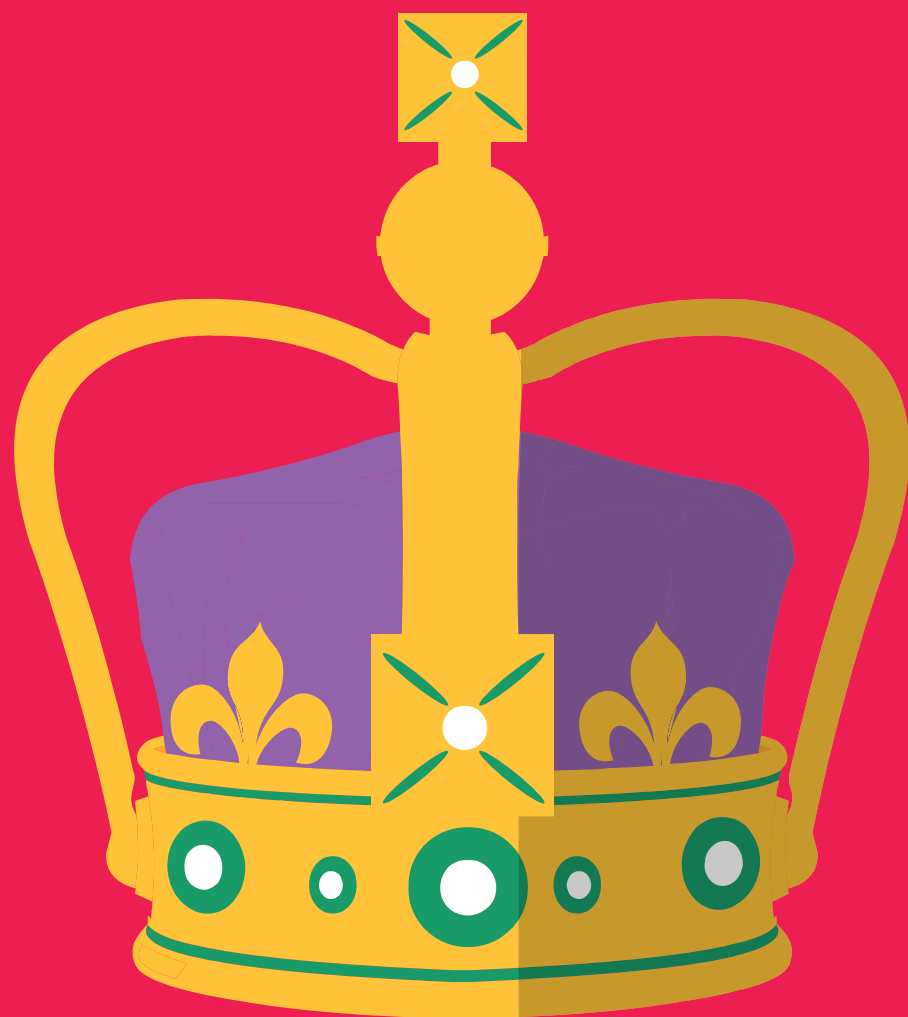
Truth

Symptoms of haemophilia A can vary depending on the level of factor VIII. It can be categorized as mild, moderate or severe.

WFH. Guidelines for the management of hemophilia. 2012.
<http://www1.wfh.org/publications/files/pdf-1472.pdf>.
[Accessed March 2016].

Myth

Everyone who has **haemophilia** is a direct descendant from the English Queen Victoria.



Truth

There are many different types of bleeding disorders¹. Queen Victoria was a carrier of haemophilia B, caused by a lack of a different clotting factor than haemophilia A².

1. National Hemophilia Foundation. Hemophilia A. [Online]. <https://www.hemophilia.org/Bleeding-Disorders/Types-of-Bleeding-Disorders>. [Accessed March 2016].

2. National Hemophilia Foundation. History of Bleeding Disorders. [Online]. <https://www.hemophilia.org/Bleeding-Disorders/History-of-Bleeding-Disorders>. [Accessed March 2016].

Myth

People with **haemophilia** cannot play sports.



Truth

With proper treatment, people with haemophilia can enjoy a wide variety of sports e.g. swimming and running – but rough contact sports are usually not advised.

World Federation of Hemophilia.
About Bleeding Disorders, Hemophilia. [Online].
http://www.wfh.org/en/page.aspx?pid=637#Where_occur
[Accessed March 2016].

Myth

All forms of **haemophilia** involve a deficiency in clotting factor VIII.



Truth

Haemophilia A is the most common form and results from a lack of clotting factor VIII. Haemophilia B is due to a lack of factor IX and haemophilia C from a lack of factor XI.

Hemophilia Information.
Types of Hemophilia and other bleeding disorders. [Online].
<http://www.hemophilia-information.com/types-of-hemophilia.html>
[Accessed March 2016].

Myth

Everyone with **haemophilia** will eventually become disabled due to joint damage.

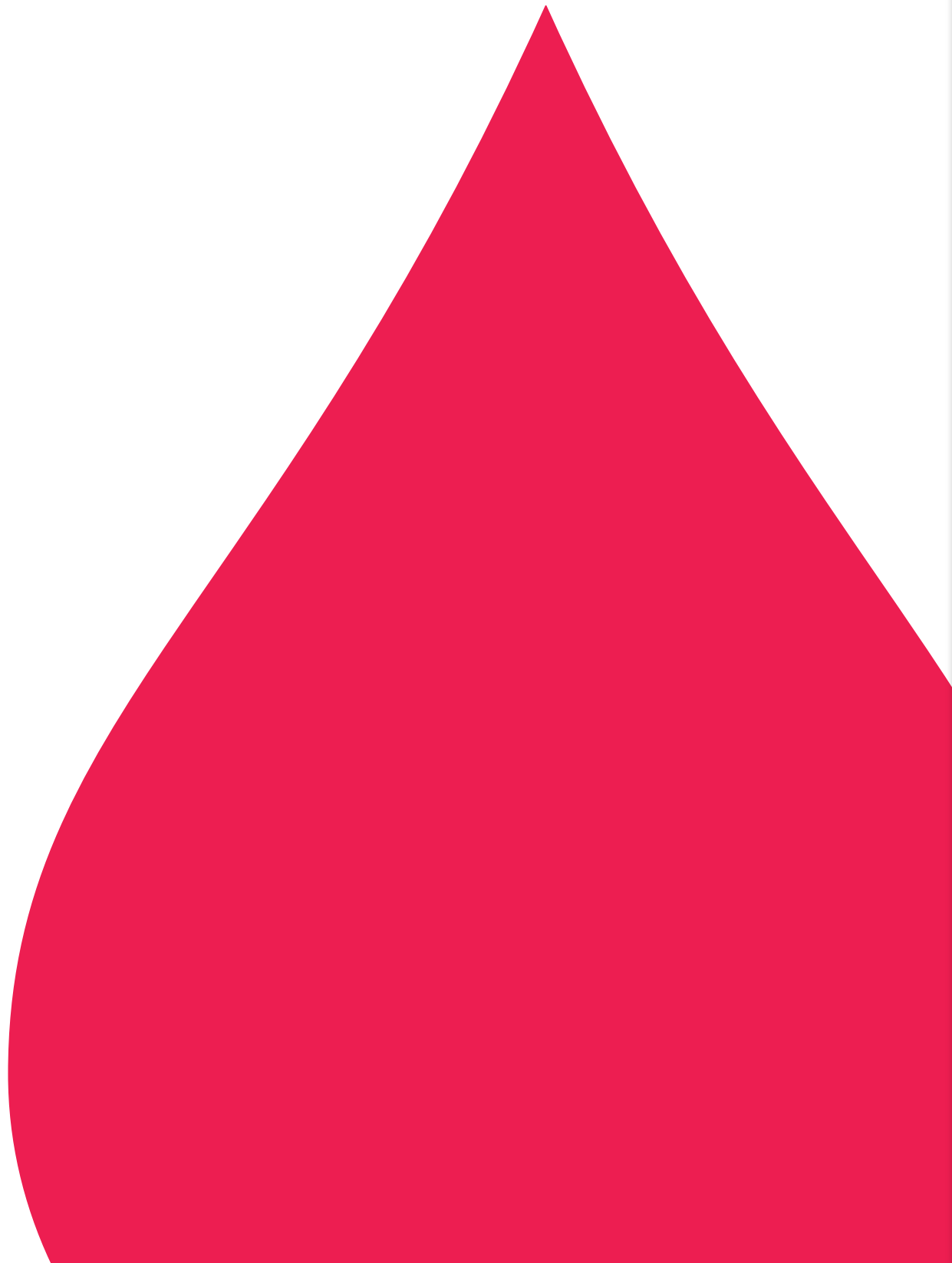


Truth

The good news is that with proper preventative (prophylactic) treatment, people with haemophilia may be able to avoid frequent joint bleeds and long-term joint damage.

Nisson M, Berntorp E et al. Twenty-five years' experience of prophylactic treatment in severe haemophilia A and B. *Journal of Medicine*. 1192; 232(1):25-32.

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