

ISSUE
#7

THE ADVENTURES OF HEMILIOS

STAYING IN SHAPE!





Scientific content editor:

Bleeding Disorders Unit and
Haemophiliac Children's Center
Children's Hospital "Agia Sofia", Athens



GREEK
HAEMOPHILIA
SOCIETY

Courtesy of




THE ADVENTURES OF **HEMILIOS**

STAYING IN SHAPE!



THAT AUTUMN AFTERNOON, HEMILIOS AND LILA WERE CHATTING AS THEY WALKED HOME FROM SCHOOL.



HEMILIOS, HOW ABOUT I COME BY YOUR HOME TOMORROW AFTERNOON AND WE CAN CONTINUE READING THAT VAMPIRE COMIC?

I CAN'T TOMORROW. MY MUM'S TAKING ME TO ATHENS; WE HAVE AN APPOINTMENT AT THE HAEMOPHILIA CENTRE AND WE'LL BE HOME LATE.

WHY? IS SOMETHING WRONG? ARE YOU BLEEDING?



NO, NO. DON'T WORRY, LILA. I REGULARLY GO THERE FOR MY DOCTOR'S CHECK-UP.

WHY ARE YOU LOOKING THOUGHTFUL THEN?

WELL, I'M AFRAID I MIGHT HAVE PUT ON SOME WEIGHT. YOU SEE, IF I GAIN WEIGHT, MY TREATMENT WON'T PROTECT ME AS WELL FROM BLEEDING.



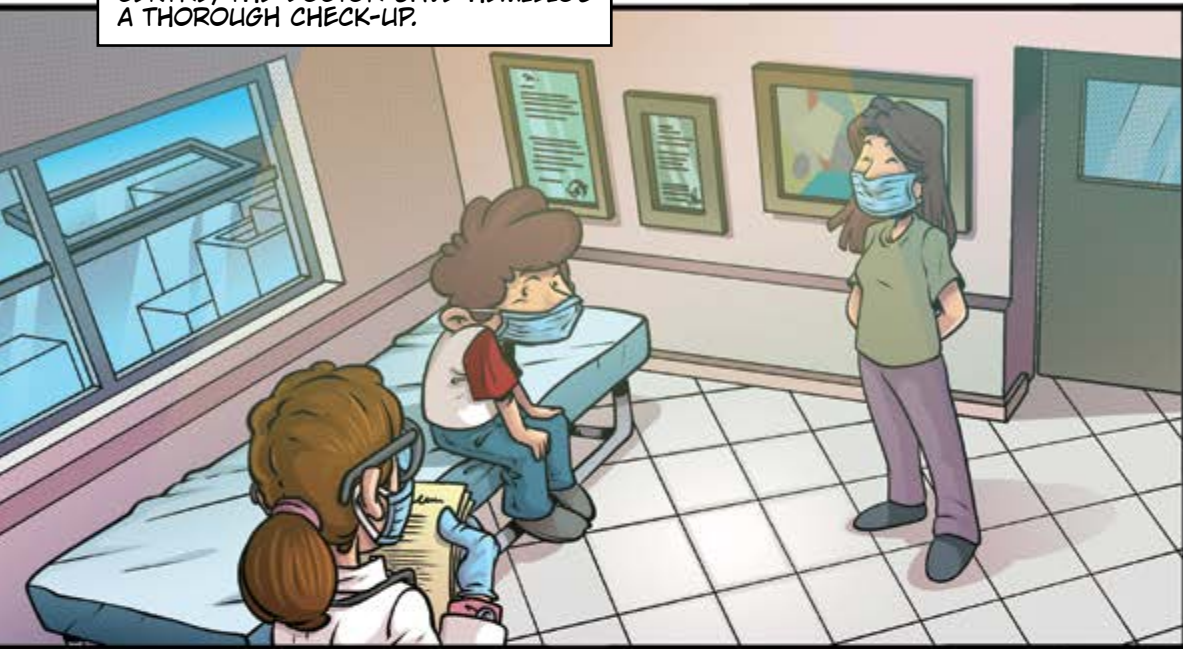
YOU LOOK JUST FINE! AS OPPOSED TO ME...

PRACTICALLY MY ENTIRE FAMILY GAINED WEIGHT DURING THE QUARANTINE, WHICH IS WHY MY MUM BOUGHT THIS AMAZING BOOK WITH HEALTHY RECIPES.

TODAY, SHE MADE A DELICIOUS LOW FAT CARBONARA. DO YOU WANT TO HAVE LUNCH WITH US? I COULD SHOW YOU THE BOOK.

LET'S GO!

THE NEXT DAY AT THE HAEMOPHILIA CENTRE, THE DOCTOR GAVE HEMILIOS A THOROUGH CHECK-UP.



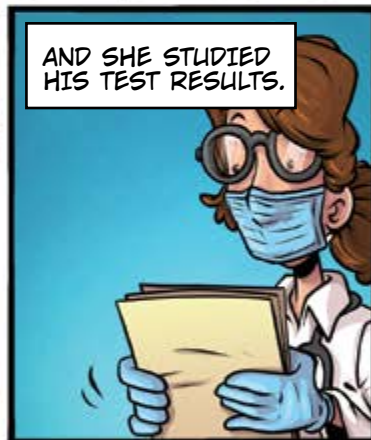
SHE WEIGHED HIM.



SHE MEASURED HIS HEIGHT.



AND SHE STUDIED HIS TEST RESULTS.



CONGRATULATIONS HEMILIOS! YOU'RE IN GOOD HEALTH AND AT THE IDEAL WEIGHT.

BUT, I'VE GAINED TWO KILOS.



YES, BUT YOU'VE ALSO GROWN TALLER, SO IT'S PERFECTLY NORMAL.

BUT I WANT YOU TO CONTINUE EXERCISING REGULARLY AND EATING A HEALTHY DIET.

DO YOU REMEMBER WHAT WE SAID ABOUT THE 5 MEALS A DAY?

OF COURSE!

BREAKFAST, MORNING SNACK, LUNCH, AFTERNOON SNACK AND DINNER, IN PROPER QUANTITIES!

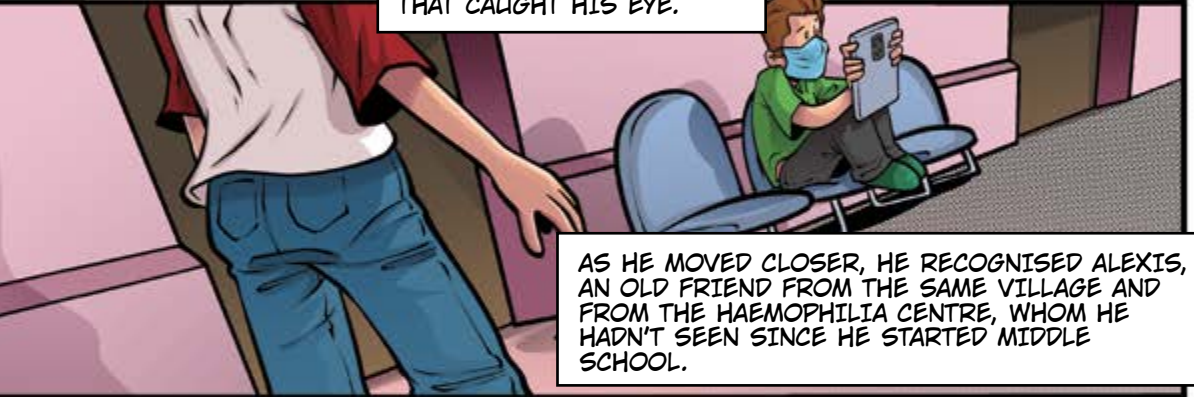
EXCELLENT HEMILIOS! I JUST WANTED TO REMIND YOU, AS I'VE SEEN QUITE A FEW KIDS THAT HAVE GAINED WEIGHT IN RECENT MONTHS. THIS ISN'T GOOD FOR THEIR CIRCULATORY SYSTEM AND JOINTS, AND, OF COURSE, FOR THEIR PROTECTION AGAINST BLEEDING TOO!

WELL, YOU DON'T HAVE TO WORRY ABOUT ME!

WHILE HE WAITED FOR HIS MUM TO FINISH TALKING WITH THE DOCTOR, HEMILIOS WANDERED DOWN THE CORRIDOR.



UNTIL HE SAW SOMETHING THAT CAUGHT HIS EYE.



AS HE MOVED CLOSER, HE RECOGNISED ALEXIS, AN OLD FRIEND FROM THE SAME VILLAGE AND FROM THE HAEMOPHILIA CENTRE, WHOM HE HADN'T SEEN SINCE HE STARTED MIDDLE SCHOOL.



ALEXIS?
WHAT ARE YOU
DOING HERE
ALONE?

HELLO HEMILIOS,
I'M WAITING FOR
MY DAD. HE'S GONE
TO GET MY TEST
RESULTS.



WHAT'S
WRONG?

WELL, MY TREATMENT ISN'T PROTECTING ME FROM BLEEDING ANYMORE, AS I GAINED 7 KILOS IN RECENT MONTHS, SO I'VE BEEN UNDERDOSING.

YOU SEE, MY SCHEDULE FELL APART DURING THE QUARANTINE. I SAT AT HOME MUNCHING ON CRISPS, I STOPPED EXERCISING AT SCHOOL AND RIDING MY BIKE, AND I ATE SOUVLAKI AND PIZZA MORE OFTEN...

WHAT DID THE DOCTOR TELL YOU?

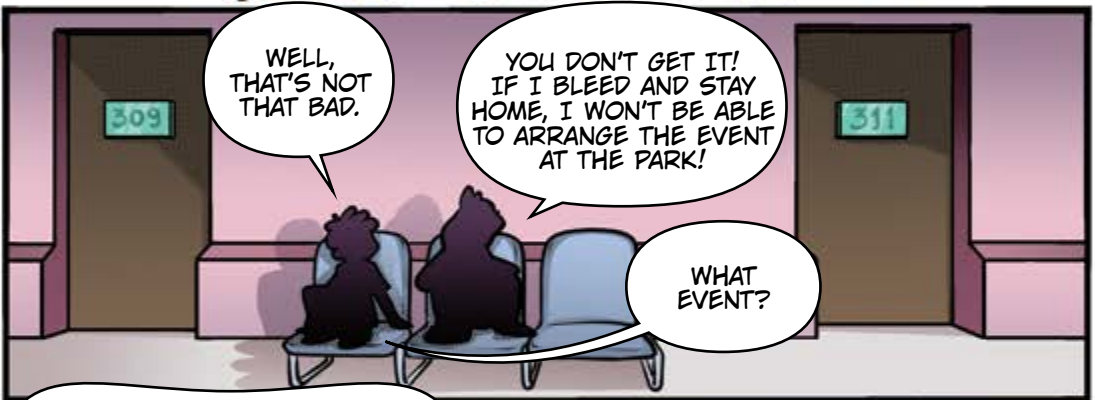
THAT IT MIGHT BE EASIER FOR ME TO BLEED NOW. THAT'S WHY SHE INCREASED MY TREATMENT'S DOSE AND SHE ALSO SAID I HAVE TO LOSE WEIGHT.



WELL, THAT'S NOT THAT BAD.

YOU DON'T GET IT! IF I BLEED AND STAY HOME, I WON'T BE ABLE TO ARRANGE THE EVENT AT THE PARK!

WHAT EVENT?



DIDN'T YOU SEE THE POSTERS AROUND THE VILLAGE? THE PARK BEHIND MY MIDDLE SCHOOL IS FULL OF RUBBISH. I CAME UP WITH THE IDEA OF CLEANING IT UP WITH MY CLASS. I CONVINCED MY SCHOOLMATES AND TEACHERS, BUT HOW AM I GOING TO ORGANISE IT NOW?

OH, I DIDN'T KNOW... WELL, I GUESS WE HAVE TO DO SOMETHING ABOUT IT.

LIKE WHAT?

I'LL HANDLE IT!



HEMILIOS INVITED ALEXIS TO HIS HOME THE NEXT DAY.

WELL, I THOUGHT ABOUT WHAT WE TALKED ABOUT YESTERDAY ALEXIS, AND I WANT TO ASK YOU SOMETHING. HOW MUCH DO YOU WANT TO LOSE WEIGHT?

VERY MUCH!

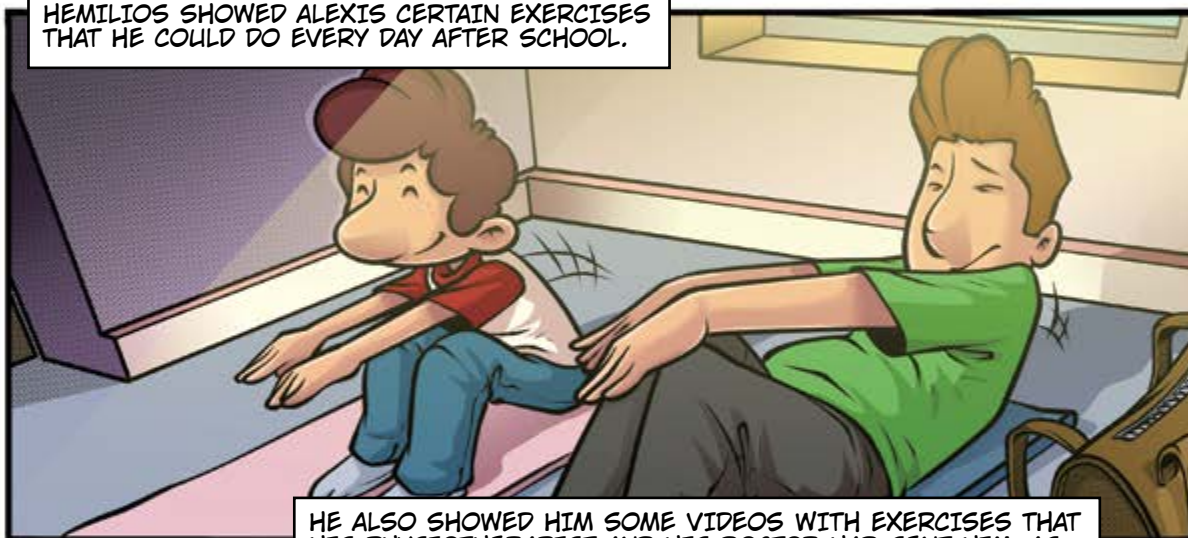
THEN, I BET YOU CAN DO IT! AND THE FIRST STEP IS TO MAKE A PROGRAMME.

WHAT KIND OF PROGRAMME?



AN EXERCISE PROGRAMME THAT WILL HELP YOU LOSE WEIGHT AND KEEP IT OFF. FOR ALL OF US WITH HAEMOPHILIA, EXERCISE IS VERY IMPORTANT.

THE TWO BOYS MADE A WEEKLY PROGRAMME. HEMILIOS SHOWED ALEXIS CERTAIN EXERCISES THAT HE COULD DO EVERY DAY AFTER SCHOOL.



HE ALSO SHOWED HIM SOME VIDEOS WITH EXERCISES THAT HIS PHYSIOTHERAPIST AND HIS DOCTOR HAD SENT HIM, AS WELL AS EXERCISES IN THE SECTION "IT'S TIME TO EXERCISE" AT

[HTTPS://ABOUTHAEMOPHILIA.COM/EN/KIDS/TIME-TO-EXERCISE](https://aboutthaemophilia.com/en/kids/time-to-exercise)

THE SECRET TO EXERCISING IS CONSISTENCY.

DURING QUARANTINE, I PERFORMED THE EXERCISES MY PHYSIOTHERAPIST HAD SHOWED ME ALMOST EVERY DAY.

EVEN NOW, I GO SWIMMING TWICE A WEEK. WHAT DO YOU THINK ABOUT SWIMMING?



HEMILIOS TOOK ALEXIS TO THE MUNICIPALITY'S SWIMMING FACILITIES.

HOW WOULD YOU FEEL ABOUT SWIMMING AND DIVING, EVEN DURING THE WINTER?

HMM, I DON'T KNOW... I WAS NEVER REALLY FOND OF SWIMMING POOLS.

THE BEACH HAS THE WAVES, THE SAND AND THE SEABED, WHICH YOU CAN EXPLORE WITH YOUR MASK. POOLS JUST SEEM BORING.

YES, BECAUSE YOU'VE NEVER SWUM WITH ME!

WHAT ARE YOU WAITING FOR, ALEXIS? COME ON, I'VE GOT A LOT TO SHOW YOU!

THE TWO FRIENDS HAD A MEMORABLE TIME IN THE POOL.

HEMILIOS SHOWED ALEXIS MANY GAMES AND EXERCISES, WHICH HE HAD LEARNED FROM HIS COACH AND FROM GIANNIS DRYMONAKOS.



I'M TIRED!

YOUR STAMINA IS REDUCED BECAUSE YOU HAVEN'T BEEN EXERCISING REGULARLY AND YOU'VE GAINED WEIGHT.



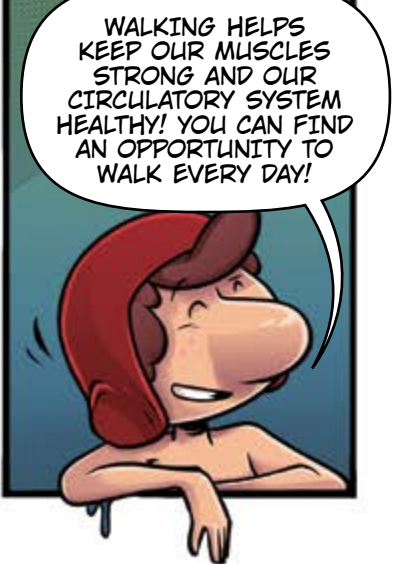
SWIMMING WILL HELP YOU BUILD UP YOUR STAMINA AGAIN. YOU'LL BE BETTER THAN ME IN A FEW WEEKS, YOU'LL SEE.



I GUESS YOU WERE RIGHT, HEMILIOS. THE POOL IS A LOT OF FUN.



THAT'S THE SECRET. EXERCISING SHOULDN'T BE A CHORE. THAT'S WHY EVERYONE SHOULD FIND A SPORT THAT SUITS THEM AND ENTERTAINS THEM. TIME WILL FLY SO FAST THEN THAT YOU WON'T EVEN REALIZE IT! COME ON, LET'S WALK BACK TO YOUR HOME!



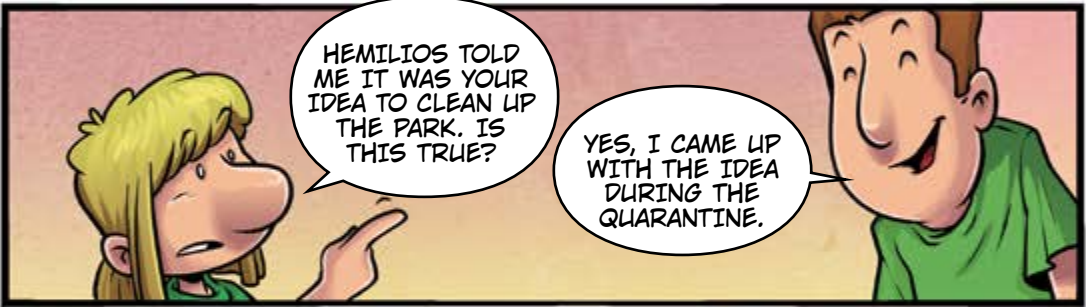
WALKING HELPS KEEP OUR MUSCLES STRONG AND OUR CIRCULATORY SYSTEM HEALTHY! YOU CAN FIND AN OPPORTUNITY TO WALK EVERY DAY!



AS THEY RETURNED FROM THE SWIMMING POOL, THEY BUMPED INTO LILA.

THIS IS MY FRIEND LILA, WHOM I WAS TELLING YOU ABOUT.

HI!



HEMILIOS TOLD ME IT WAS YOUR IDEA TO CLEAN UP THE PARK. IS THIS TRUE?

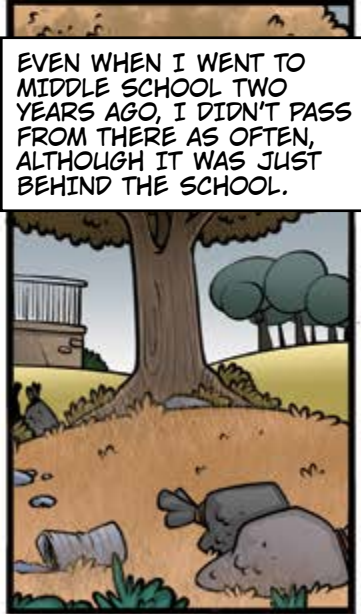
YES, I CAME UP WITH THE IDEA DURING THE QUARANTINE.



WHEN I WAS YOUNGER, I PLAYED AT THAT PARK ALL THE TIME. THAT'S WHERE I MET MOST OF MY FRIENDS.



OF COURSE, AS I GREW OLDER, I STOPPED GOING THERE.



EVEN WHEN I WENT TO MIDDLE SCHOOL TWO YEARS AGO, I DIDN'T PASS FROM THERE AS OFTEN, ALTHOUGH IT WAS JUST BEHIND THE SCHOOL.

UNTIL I HAD TO STAY HOME, DUE TO THE CORONAVIRUS. WE DIDN'T HAVE MANY OPTIONS FOR OUTINGS, SO, ONE DAY, I TOOK MY LITTLE BROTHER THERE TO PLAY.



EVERYTHING WAS DIFFERENT. THE SWINGS WERE ALL BROKEN AND THERE WAS RUBBISH EVERYWHERE. EVEN THE SMALL STREAM THAT RAN THROUGH IT WAS FULL OF PLASTIC BAGS.



I WAS DISAPPOINTED, BECAUSE I WANTED MY BROTHER TO HAVE THE SAME MEMORIES AS I DID.



SO, WHEN SCHOOL STARTED AGAIN, I TOLD MY TEACHERS AND CONVINCED EVERYONE TO HELP BRING THE PARK TO ITS FORMER GLORY!



IT'S VERY IMPORTANT THAT WE PROTECT THE ENVIRONMENT. WE COULD SEND ALL THE RUBBISH WE COLLECT FOR RECYCLING.

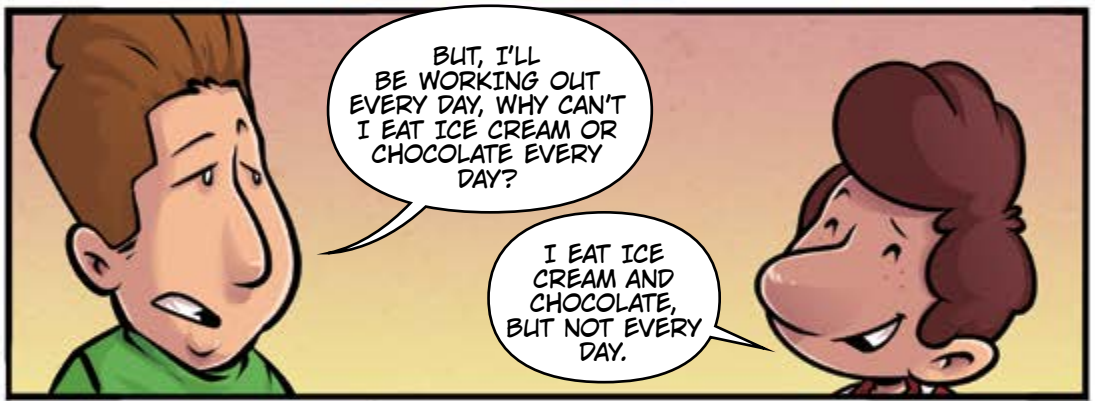
WHAT A GREAT IDEA! AND WE COULD HELP YOU ACHIEVE YOUR GOAL!





PERFECT, LET'S GO CELEBRATE! ICE CREAMS ARE ON ME!

HMM, I DON'T THINK IT'S A GOOD IDEA TO EAT ICE CREAM WHEN WE'RE TRYING TO LOSE WEIGHT.



BUT, I'LL BE WORKING OUT EVERY DAY, WHY CAN'T I EAT ICE CREAM OR CHOCOLATE EVERY DAY?

I EAT ICE CREAM AND CHOCOLATE, BUT NOT EVERY DAY.



DON'T TELL ME I WON'T BE EATING PIZZA AND SOUVLAKI EITHER!



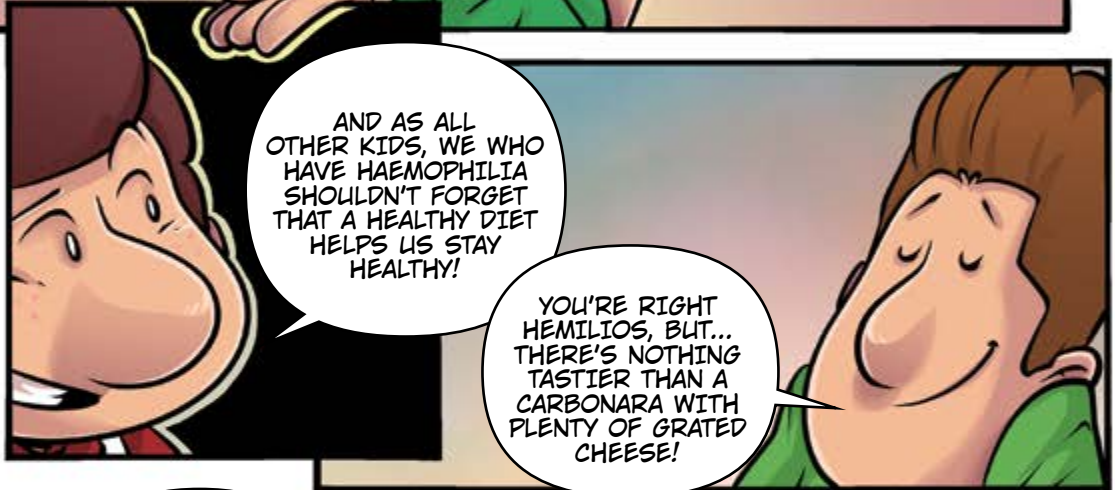
OF COURSE YOU WILL! JUST NOT AS OFTEN. THE SECRET TO A HEALTHY DIET IS BALANCE.

A HEALTHY DIET? DOES THAT MEAN I'LL BE EATING PLAIN BOILED COURGETTES AND POTATOES?



OF COURSE NOT. YOUR DIET WILL HAVE TO BE BALANCED.

IN OTHER WORDS, YOU'LL HAVE TO EAT A VARIETY OF MEALS AND AVOID FATTY AND FRIED FOODS, BECAUSE THEY DON'T INCREASE YOUR STRENGTH, ONLY YOUR WEIGHT!



AND AS ALL OTHER KIDS, WE WHO HAVE HAEMOPHILIA SHOULDN'T FORGET THAT A HEALTHY DIET HELPS US STAY HEALTHY!

YOU'RE RIGHT HEMILIOS, BUT... THERE'S NOTHING TASTIER THAN A CARBONARA WITH PLENTY OF GRATED CHEESE!



WELL, LET'S GO PREPARE THE MEAL PLAN FOR TOMORROW!

LUNCH WILL DEFINITELY BE A HEALTHY CARBONARA WITH A COLOURFUL SALAD!

WHAT DO YOU MEAN?

THE KIDS LED HIM TO THEIR NEIGHBOURHOOD'S CONVENIENCE STORE.

GROCERY STORE

THIS IS WHERE MY MUM BOUGHT THE INGREDIENTS FOR THE CARBONARA WE HAD THE OTHER DAY.

HERE, THESE LOW FAT CHEESES ARE DELICIOUS.

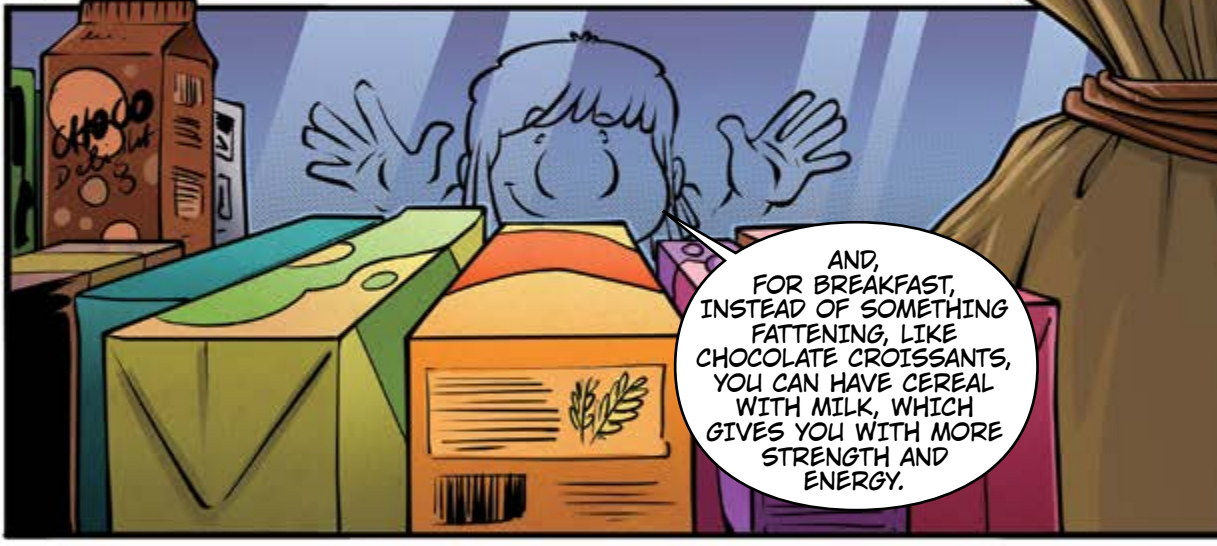
INSTEAD OF BACON, WHICH IS HIGH IN FAT, MY MUM USED ROASTED TURKEY AND LOW FAT CREAM.

SURE, IT WAS HEALTHY, BUT WAS IT TASTY?



IT WAS DELICIOUS!

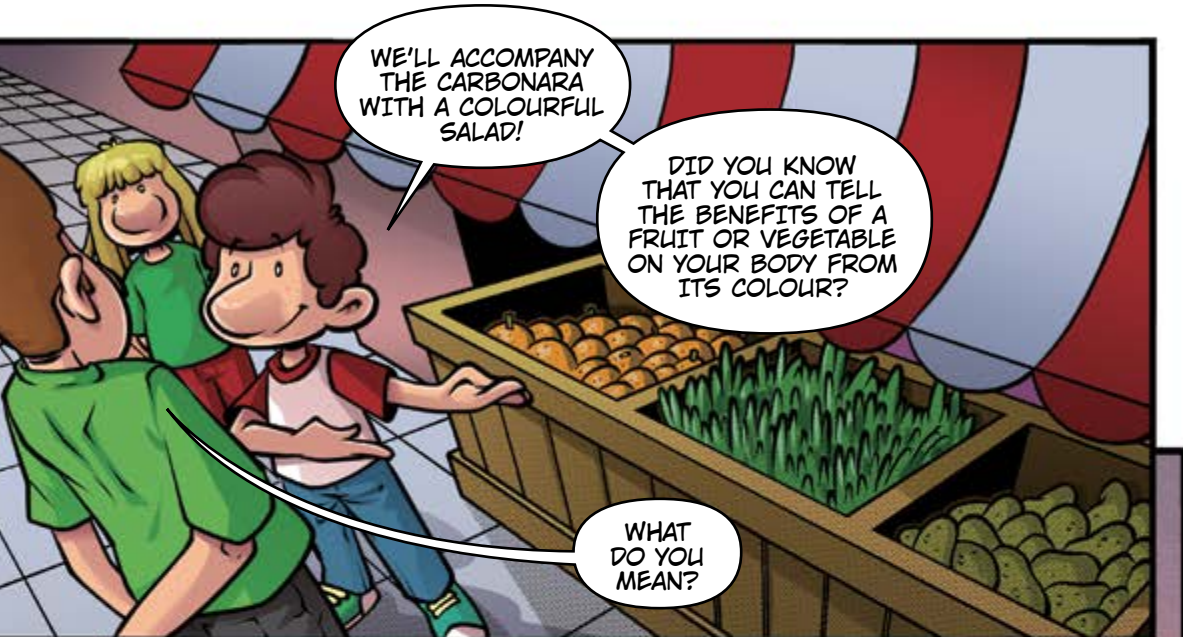
I TRIED IT, TOO! THERE ARE HEALTHY RECIPES FOR PRACTICALLY ANY FOOD, EVEN PIZZA!



AND, FOR BREAKFAST, INSTEAD OF SOMETHING FATTENING, LIKE CHOCOLATE CROISSANTS, YOU CAN HAVE CEREAL WITH MILK, WHICH GIVES YOU WITH MORE STRENGTH AND ENERGY.



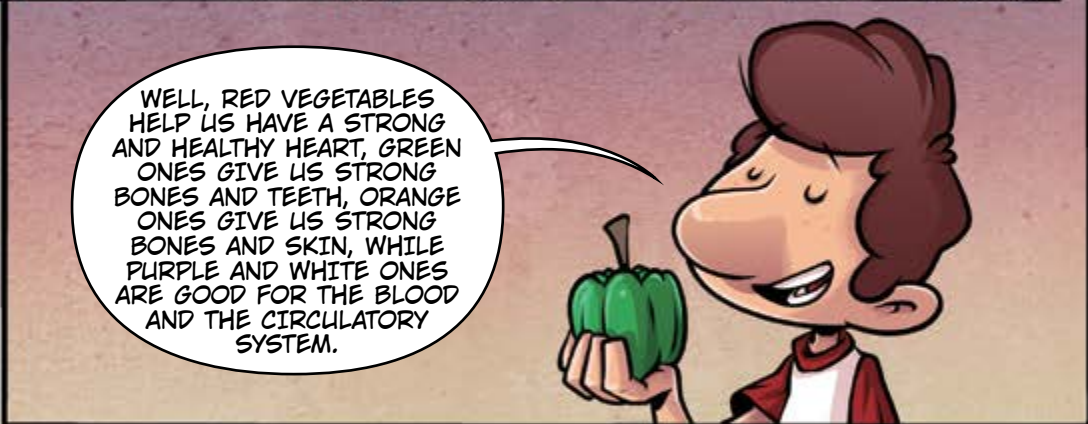
GREAT IDEA, LILA!



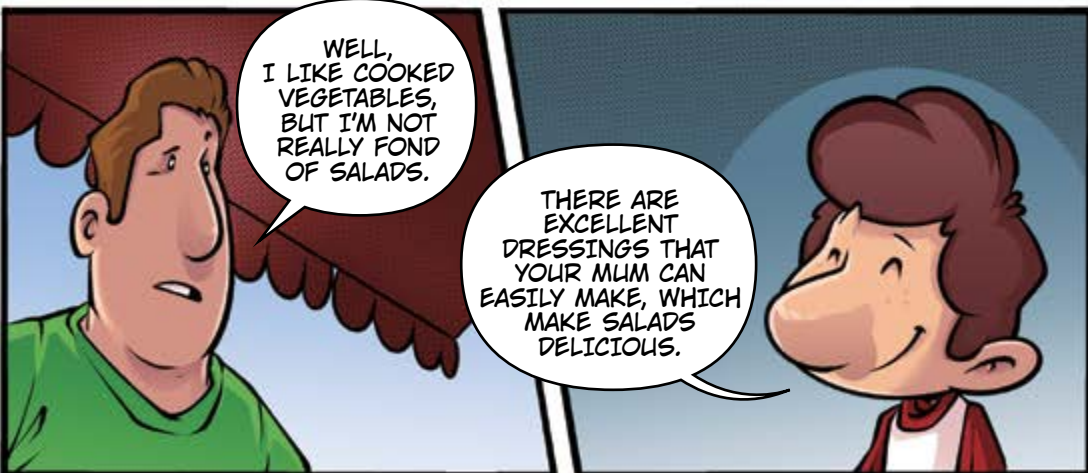
WE'LL ACCOMPANY THE CARBONARA WITH A COLOURFUL SALAD!

DID YOU KNOW THAT YOU CAN TELL THE BENEFITS OF A FRUIT OR VEGETABLE ON YOUR BODY FROM ITS COLOUR?

WHAT DO YOU MEAN?



WELL, RED VEGETABLES HELP US HAVE A STRONG AND HEALTHY HEART, GREEN ONES GIVE US STRONG BONES AND TEETH, ORANGE ONES GIVE US STRONG BONES AND SKIN, WHILE PURPLE AND WHITE ONES ARE GOOD FOR THE BLOOD AND THE CIRCULATORY SYSTEM.



WELL, I LIKE COOKED VEGETABLES, BUT I'M NOT REALLY FOND OF SALADS.

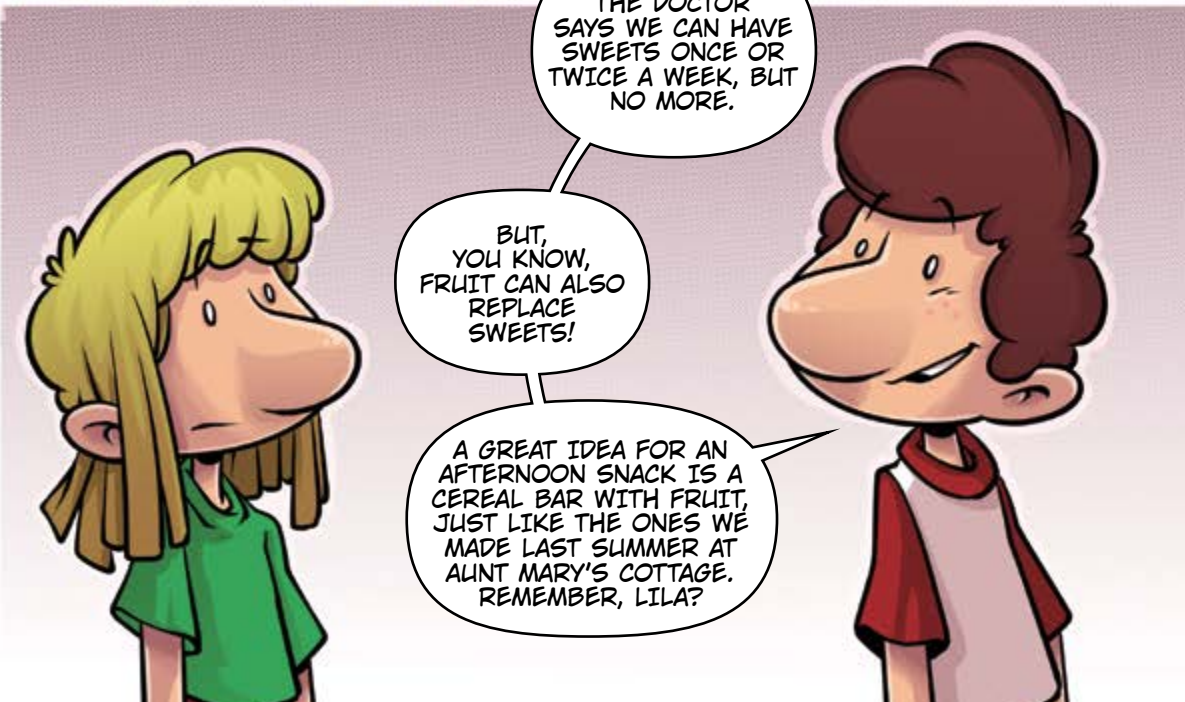
THERE ARE EXCELLENT DRESSINGS THAT YOUR MUM CAN EASILY MAKE, WHICH MAKE SALADS DELICIOUS.



AND, FOR A SNACK,
YOU CAN COMBINE A
JUICY FRUIT WITH A
SANDWICH OR A
BAGEL!



THAT'S ALL FINE,
BUT WE FORGOT
ABOUT THE MOST
IMPORTANT PART.
WHAT ABOUT
SWEETS?



THE DOCTOR
SAYS WE CAN HAVE
SWEETS ONCE OR
TWICE A WEEK, BUT
NO MORE.

BUT,
YOU KNOW,
FRUIT CAN ALSO
REPLACE
SWEETS!

A GREAT IDEA FOR AN
AFTERNOON SNACK IS A
CEREAL BAR WITH FRUIT,
JUST LIKE THE ONES WE
MADE LAST SUMMER AT
AUNT MARY'S COTTAGE.
REMEMBER, LILA?

THE 3 FRIENDS CONTINUED THEIR WALK.

OUR DIET SHOULDN'T BE WITHOUT VEAL AND PORK, OR RED MEAT, AS IT HELPS BUILD STRONG BONES AND MUSCLES.

THERE'S ALSO CHICKEN, WHICH HAS LESS FAT THAN RED MEAT.

I ACTUALLY LOVE CHICKEN. I COULD EAT IT EVERY DAY.

MEAT MARKET

WHAT DID WE SAY, THOUGH? THERE SHOULD BE BALANCE IN OUR DIET.

IT'S NOT HEALTHY TO EAT THE SAME THINGS EVERY DAY.

OUR BODY NEEDS NUTRIENTS FROM ALL FOOD GROUPS.

I KNOW, I KNOW. PROTEIN, CARBOHYDRATES AND FATS IN THE CORRECT AMOUNTS AND PROPORTIONS.

EXACTLY! FISH ARE ANOTHER EXCELLENT SOURCE OF PROTEIN. DID YOU KNOW THAT FISH AND SEAFOOD ARE VERY GOOD FOR OUR EYESIGHT, OUR HEART AND OUR SKIN?

YOUR MUM CAN CHOP THE FISH INTO TINY PARTS AND THROW THEM INTO A VEGETABLE SOUP. THAT'S HOW I EAT TWO BOWLS IN ONE SITTING!

IN THE FOLLOWING WEEKS, ALEXIS WAS DETERMINED TO ACHIEVE HIS GOAL.



HE WENT SWIMMING WITH HEMILIOS.



HE EXERCISED AT HOME.

EVERY SUNDAY, HE WENT HIKING WITH HIS PARENTS THROUGH THE GROVE AT THE EDGE OF THE TOWN.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHICKEN	LEGUMES WITH OLIVES OR SALTY FISH	OILY DISH WITH ONE PIECE OF CHEESE	PORK	FISH	LEGUMES WITH OLIVES OR SALTY FISH	BEEF OR MINCED MEAT
A LOT OF SALAD	A LOT OF SALAD	A LOT OF SALAD	A LOT OF SALAD	A LOT OF SALAD	A LOT OF SALAD	A LOT OF SALAD



AND, MAINLY, HE ATE A WIDER VARIETY OF HEALTHY FOODS.



WITHOUT, HOWEVER, BEING DEPRIVED OF HIS FAVOURITE SOUVLAKI EVERY SATURDAY.

THE DAY FOR THE EVENT AT THE PARK FINALLY ARRIVED.

THE STUDENTS, ALONG WITH THEIR PARENTS AND FRIENDS, ALL CAME.

WHERE'S ALEXIS?

THERE HE IS, NEXT TO THAT TREE!

LET'S GO SAY HELLO.

HOW DO YOU FEEL ALEXIS, SEEING HOW WELL RECEIVED THE EVENT YOU PLANNED WAS?

I'M VERY PROUD! BUT I DID IT THANKS TO THE HELP OF HEMILIOS AND LILA.

I WANT TO THANK YOU HEMILIOS, BECAUSE YOU REMINDED ME OF HOW IMPORTANT A PROPER BODY WEIGHT IS FOR US WITH HAEMOPHILIA.

AND YOU LILA, FOR THE AMAZING AND DELICIOUS IDEAS YOU GAVE ME FOR A HEALTHIER DIET!

THE END





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It was time for Hemilios to get rechecked at the Haemophilia Centre in Athens. This time, our friend is worried about underdosing, because he's gained some weight in recent months. But his worries vanish when his doctor tells him that he is in excellent physical condition. That's where he meets his friend Alexis, who confesses to Hemilios that he has to lose several kilos, or risk bleeding, as well as missing a very important event!

Hemilios doesn't waste any time! He helps Alexis plan an exercise programme, which will help him lose his excess weight, and, along with Lila, they give him ideas about eating healthier but tasty meals!

Visit the website abouthaemophilia.com to read the whole series in digital form.

