

MEDICAL BULLETIN
APRIL 2022

HEMOPHILIA

APRIL is national Hemophilia awareness month

National Hemophilia Awareness Month was declared by former President Gloria Macapagal Arroyo on April 2008 and every year thereafter to prioritize the needs of the underprivileged sick, elderly, disabled, women and children.

The World Hemophilia Federation estimates that about 10,000 Filipinos have hemophilia, with about 1 million suffering from Von Willebrand disease and other bleeding disorders.

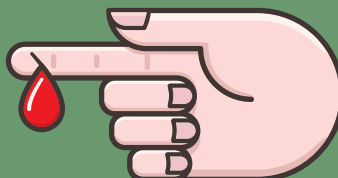


National

Hemophilia

Month

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FAQS

Q: What is HEMOPHILIA?

Hemophilia is a rare disorder, in which the blood is unable to clot in the typical way due to the lack of blood-clotting proteins (clotting factors). Individuals with hemophilia tend to bleed for a longer time after an injury compared to those whose blood clots properly.

There are two (2) types:

Type A - most common, deficiency of factor VIII

Type B - rare case, deficiency of IX (commonly known as Christmas Disease)

Q: How is HEMOPHILIA acquired?

Hemophilia is usually an inherited bleeding disorder, however such can be acquired via other diseases such as but not limited to : rheumatoid arthritis, ulcerative colitis, and psoriasis.

Q: What are the symptoms?

- * Unexplained and excessive bleeding after injury
- * Numerous large and deep bruises
- * Pain, swelling and tightness of joints
- * Blood in stool and urine
- * Nosebleeds without known cause



FAQS

Q: What can be done to manage Hemophilia?

In most cases through the administration of factor on a prophylactic schedule or when an acute bleed occurs. For joint bleed cases, you can treat the pain using the “RICE” (Rest, Ice, Compression, Elevation) protocol.

It's important to note, that patients with hemophilia have limited pain medication options because common and most pain relievers such as ibuprofen can aggravate bleeding.

Q: Is Hemophilia curable?

Hemophilia cannot be cured, but instead managed. Patients with hemophilia can live a long and normal life as long as they are well educated about their condition and equipped with the necessary tools and medicines to manage the disorder.

Q: Is Hemophilia common?

No, hemophilia is not a common disorder. Worldwide, Type A Hemophilia affects 1 in 5,000-10,000 males , while Type B affects 1 in 25,000 to 30,000.

