

# WORLD HAEMOPHILIA DAY (17 APRIL 2024)



World Haemophilia Day is commemorated every year on April 17. The day, devoted to those who have haemophilia, is marked to raise awareness, and help them have a better future.

Haemophilia is a rare condition in which blood cannot clot properly because it lacks adequate blood-clotting proteins.

Small cuts usually are not much of a problem. If you have a severe form of the condition, the main concern is bleeding inside your body, especially in your brain, knees, ankles and elbows. Internal bleeding can damage your organs and tissues and be life-threatening.

Haemophilia is almost always a genetic disorder. Treatment includes regular replacement of the specific clotting factor that is below the normal range for healthy clotting. Newer therapies that do not contain clotting factors also are being used in special cases.

Signs and symptoms of haemophilia vary, depending on your level of clotting factors. If your clotting-factor level is mildly reduced, you might bleed only after surgery or trauma. If your deficiency is severe, you can bleed easily for seemingly no reason.



## Signs and symptoms of spontaneous bleeding include:

- Unexplained and excessive bleeding from cuts or injuries, or after surgery or dental work.
- Many large or deep bruises.
- Unusual bleeding after vaccinations.
- Pain, swelling or tightness in your joints.
- Blood in your urine or stool.
- Nosebleeds without a known cause.
- In infants, unexplained irritability

## Bleeding into the brain

A simple bump on the head can cause bleeding into the brain for some people who have severe haemophilia. This rarely happens, but it is one of the most serious complications that can occur. Signs and symptoms include:

- Painful, prolonged headache
- Repeated vomiting.
- Sleepiness or tiredness.
- Double vision.
- Sudden weakness or clumsiness.
- Convulsions or seizures.

## When to see a doctor

Seek emergency care if you or your child has:

- Signs or symptoms of bleeding into the brain.
- An injury in which the bleeding will not stop.
- Swollen joints that are hot to the touch and painful to bend.
- Are scheduled for a surgical operation.

For more information or assistance, talk to a Platinum Health healthcare professional.