

What is some protective gear you use for sports/ activities?

Helmet, elbow pads, knee pads, mouth guards, etc.

Why is it important to participate in physical activities/sports?

Joint health, heart health, strong muscles protect joints

What does R.I.C.E. stand for?

Rest, Ice, Compression, Elevation

Why is it important to have a medic alert?

So first responders/helpers and providers are aware of your diagnosis and can communicate w/ your Hematologist for best treatment.

What should you do if you feel you are having a bleed?

Tell someone to get help (RICE, Medication, Contact your HTC)

What is the name of the medication you take to prevent/stop bleeds?

Name of factor medication, tranexamic acid, aminocaproic acid, or DDAVP

What is the name of your diagnosis?

Factor deficiency, Von Willebrand, Bleeding Tendencies

Can you pass your bleeding disorder to others?

No, Only through genetics

What supplies do you need in order to treat your bleed/take your medicine?

Medication, water (if oral), needle, alcohol pad, syringe, tourniquet, etc.

Why is it important to keep records of your bleeds and treatment?

The more info you can provide your hematologist, the better your treatment (determine if medicine effective, need for changes, patterns in bleeds, etc.)