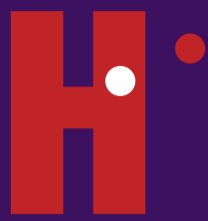


# HAEMOPHILIA



HAEMOPHILIA FOUNDATION AUSTRALIA

*Busting the myths*

## **MYTH - If a person with haemophilia cuts himself he will bleed to death.**

People with haemophilia have blood that doesn't clot properly so it will bleed or seep for a longer time. With appropriate treatment, it will definitely stop. Bleeding is mostly internal. The person does not bleed faster - it just takes more effort to stop persistent bleeding. Bleeding from cuts can usually be controlled, at least temporarily, by applying pressure over the cut.

## **MYTH - People with haemophilia cannot play any sports.**

People with haemophilia will find that sport strengthens joints and muscles, helping prevent bleeds. Care needs to be taken when choosing a sport as rough high contact sports such as football and boxing aren't usually recommended as they may cause bleeds. People learn to manage their condition and know what is good for them to do. People with haemophilia can play a wide range of sports.

## **MYTH - Children with haemophilia have to go to special schools.**

Definitely not! Children with haemophilia thrive on being treated like any other child.

## **MYTH - Children with haemophilia must constantly wear protective clothing and helmets.**

This is definitely not true. Everyone - whether they have haemophilia or not - should wear protective gear appropriate for their sport, e.g. a helmet should be worn by all children when cycling and standard safety gear worn when playing cricket.

## **MYTH - It is a royal disease.**

Haemophilia has often been associated with the royal family, and is sometimes called 'The Royal Disease'. Queen Victoria (Queen of England, from 1837 to 1901) was a carrier of the haemophilia gene. However, haemophilia can occur in any family as a result of genetic mutation, or a change in the genetic code.

## **MYTH - Haemophilia is contagious.**

There is absolutely no way haemophilia can be 'caught'. Haemophilia is hereditary, however in 1/3 of cases it appears in families with no previous history of the disorder.

*For more information please contact*

Haemophilia Foundation Australia 1624 High Street Glen Iris, VIC 3146 P: 03 9885 7800 F: 03 9885 1800 E: [hfaust@haemophilia.org.au](mailto:hfaust@haemophilia.org.au) W: [www.haemophilia.org.au](http://www.haemophilia.org.au)