

An everyday guide to living with Hemophilia A

# JOINT POINTS!

get the score on what it takes...  
...to keep your joints in healthy shape.

**Your Hemophilia A  
action plan from**



Bayer HealthCare  
Pharmaceuticals

# READY! SET! KNOW!

stay active. stay cool. and stay ahead of your hemophilia by protecting your joints.

A joint is the place where two bones meet. Your body has a bunch of them – over 230 joints in all. Problem is, joints can easily become hurt or damaged, especially if you have hemophilia. *How many times have you been told about joint bleeds already, right?* The truth is: more joint bleeds equals more damage. BUT there is good news! There are things you can do to prevent joint damage and keep your joints healthy year after year. And the best time to start is **right now!**

don't be a couch potato.

The first rule of proper joint care may surprise you. You need to stay active. *That's right!* You need to get physical. *Why?* Because exercise keeps your muscles strong. Strong muscles help protect joints and lower your risk of joint bleeds. Fun activities also help you keep your weight at the right level, so you don't put any added strain on your joints.

## YOUR BODY'S TOP 8 JOINTS

MOST LIKELY TO BLEED	LESS LIKELY TO BLEED	LEAST LIKELY TO BLEED (OR LEAD TO DAMAGE)
Knees	Hips	Joints in your wrists
Ankles	Shoulders	Joints in your hands
Elbows		Joints in your feet

listen to your joints!  
they may be trying to  
tell you something.

# HEED THAT BLEED!

Every time you get a bleed, joint damage adds up. So why not try to prevent bleeds... before you get stuck with more damage.

so take charge...



A little bleed prevention can help prevent a lot of joint damage.

Still, bleeds may happen, no matter how hard you try.

You know the feeling when you've got bleeding inside a joint. You may not even be aware of what you did to cause it. You sure didn't mean to put any added force on the joint. But now that it's happened, you know something needs to be done! A bleed needs to be controlled. And a lot of that depends on what you do between the bleeds.

stopping bleeds starts here.

- **GO** to your hemophilia treatment centre for regular check-ups
- **EXERCISE** to help strengthen your muscles and joints.
  - Ask your hemophilia team to help you choose sports and activities that best fit your interests, abilities and joint health
- **CHECK** with your hemophilia treatment team to see if you should receive clotting factor *before* doing sports or other activities

# GET OUT. GET GOING. GET AHEAD.

You can strengthen your muscles, help protect your joints and have fun – all at the same time! Just make sure to wear ALL the **safety gear** your favourite activities require.

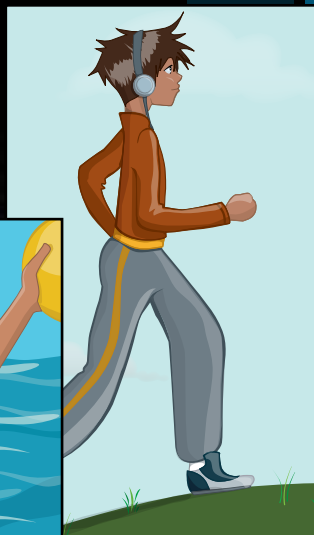
## What about contact sports?

Okay, so you shouldn't play high risk sports like wrestling, football or hockey where the chances of getting injured are higher than the exercise benefits of the sport. But there are lots of other things you can do. Get out there! And explore all the other possibilities!

## great ways to work it out!

- Take a spin on your bike
- Swim lengths or splash around
- Walk, jog or run
- Play table tennis or badminton
- Go bowling, golfing or even sailing!

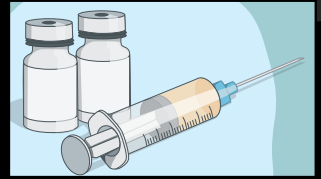
**There are all kinds of things you can do!**



**playing safe is playing smart.**

# PROPHYLAXIS: BIG WORD, SO WHAT?

**Prophylaxis** (say it slowly: pro-fill-lax-iss) is a fancy word that simply means infusing clotting factor 2 or 3 times a week on an ongoing basis. *How important is it?* Well, regular infusions help prevent joint bleeding, **PLUS** they've been shown to stop or prevent joint damage.



Not sure of what's what? Check out your treatment options with your hemophilia team.

## CAN YOU READ THE BLEED?

The more you know on how to spot bleeding in a joint, the better you'll be able to protect your joints. But don't get bent *out of joint* if you don't know the clues! Here's a checklist to help you.....



### check the early signs

- A first sign can be a tingling, bubbling sensation in the joint with no real pain
- Tightness and pain follow with no visible sign of bleeding

### check the late signs

- The joint swells and feels hot when you touch it
- Bending or extending the joint hurts
- Swelling gets worse as the bleeding continues and the joint can't be moved
- After a few days, the joint fills with blood and bleeding stops



If a joint has repeated bleeds, it may become what's called a **target joint**. Target joints bleed easily and don't heal as fast as healthier joints. Don't let your joints become targets!

# SO, YOU'VE SPOTTED A JOINT BLEED!

## Now what?

Consider early treatment as soon as you recognize a joint bleed. Take charge with the tips below to limit severe pain, stiffness and joint damage.

- Use clotting factor exactly as you've been told by your doctor
- Get in touch with your hemophilia treatment centre or doctor as directed
- Go over your drug dose and schedule with your nurse
- Keep a self-infusion record (paper or electronic) and review it with your hemophilia treatment team

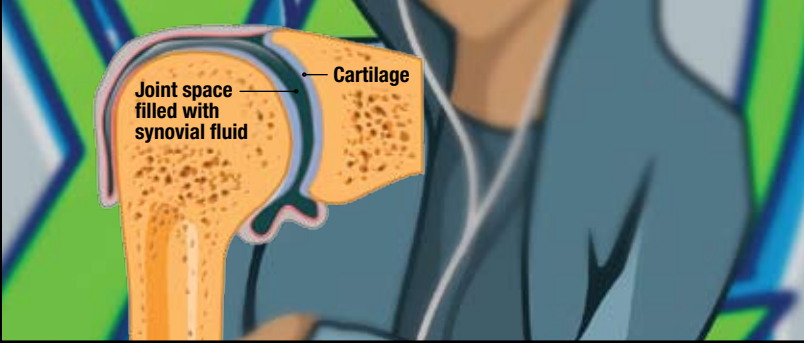


## RICE it up!

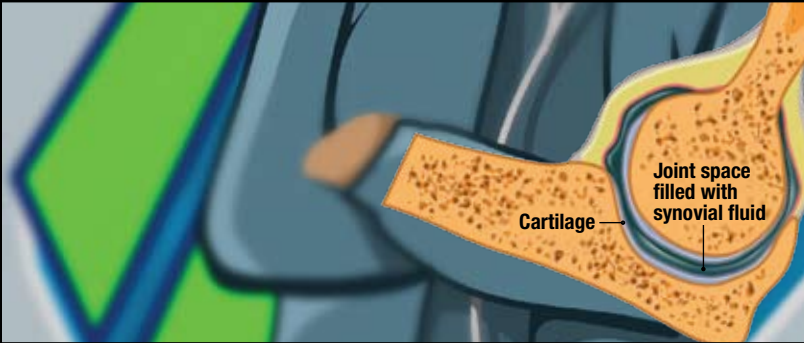
- Rest
- Ice
- Compression
- Elevation

## Common sites of joint bleeds

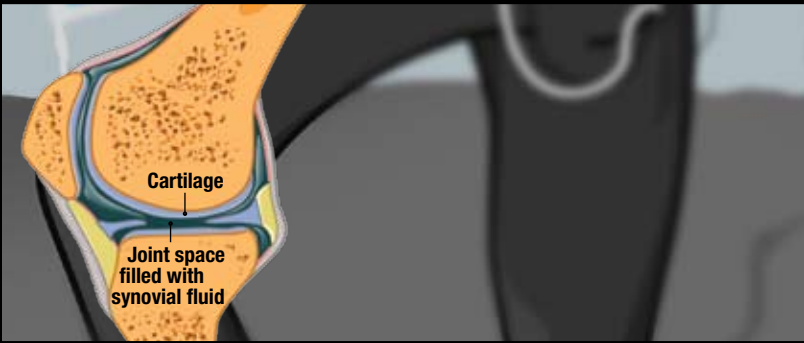
next page



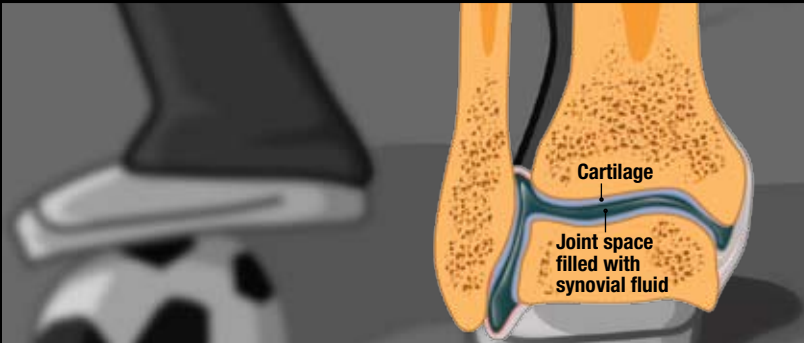
the shoulder  
HEALTHY JOINT



the elbow  
HEALTHY JOINT



the knee  
HEALTHY JOINT

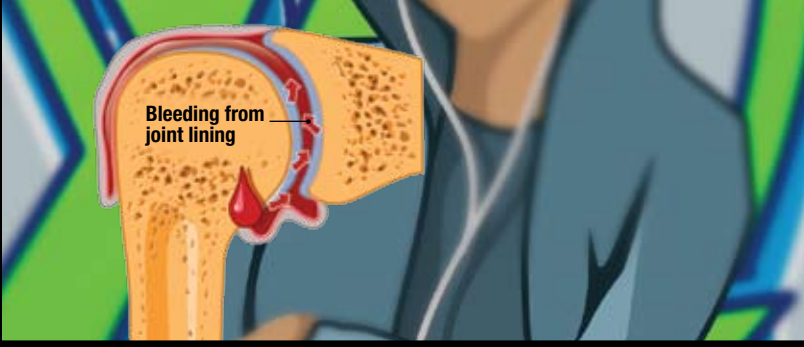


the ankle  
HEALTHY JOINT

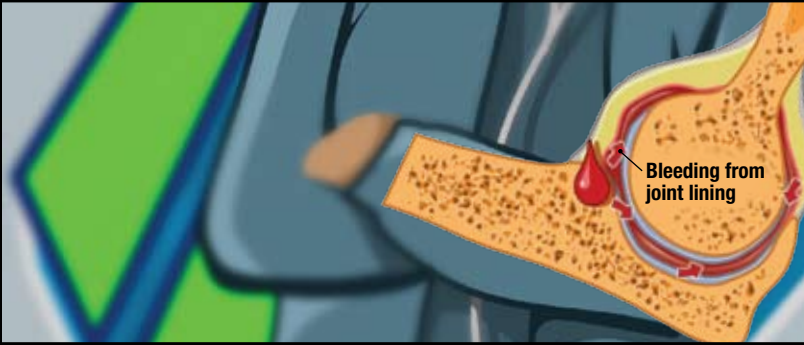
## bone up on your joints

Okay, so you already know that a joint is where two bones meet. But there's a lot more to the story than bones alone.

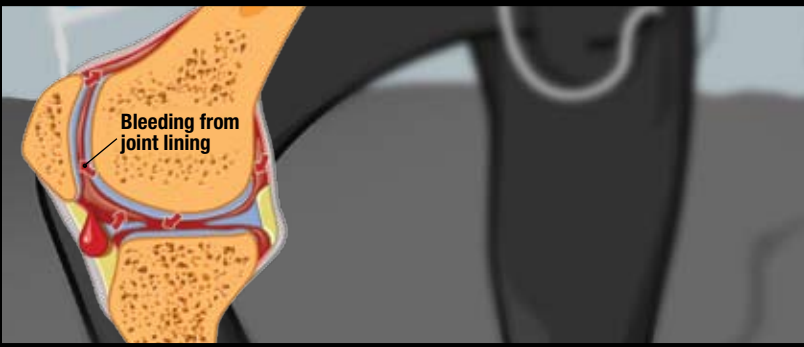
- Joints are surrounded by a **joint capsule**. It's like a bag that holds all the parts together.
- The area between the bones is called the **joint space**. It's filled with a slippery liquid called **synovial fluid** that helps the joint move smoothly.
- The ends of the bone are protected by a rubbery coating called **cartilage**. This is the cushion between the bones.
- In a healthy joint, the cartilage and synovial fluid work together, so the bones can move smoothly without ever touching.



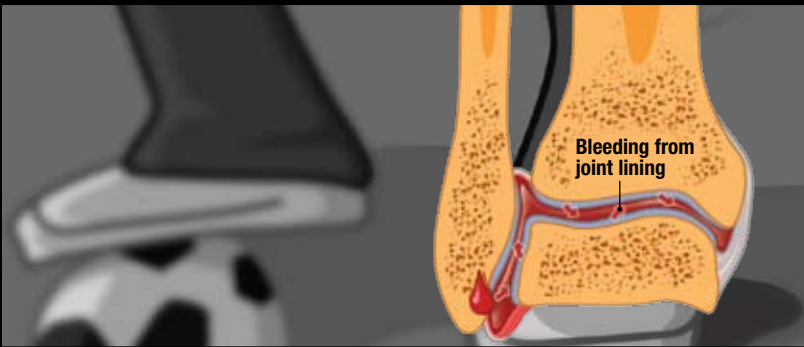
the shoulder  
JOINT BLEED



the elbow  
JOINT BLEED



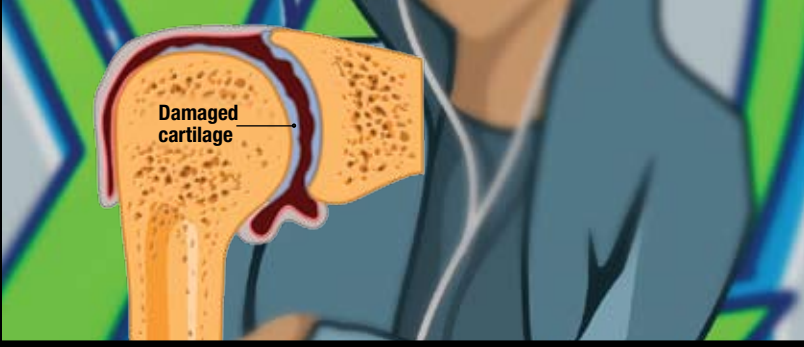
the knee  
JOINT BLEED



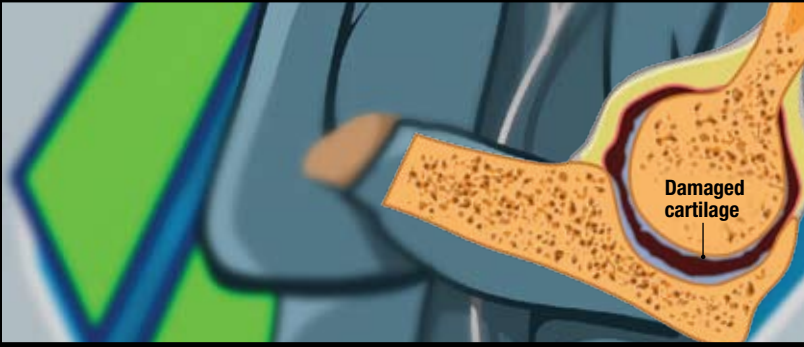
the ankle  
JOINT BLEED

## so, what happens in a bleed?

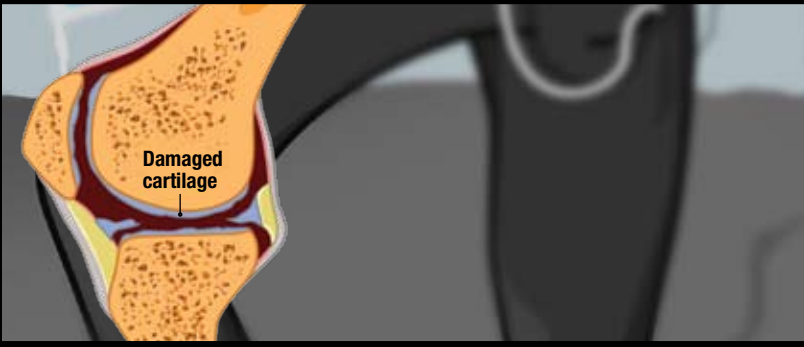
- When a joint starts to bleed, blood gets into the joint capsule.
- If you don't treat the bleed, blood will continue to fill up the joint space, causing swelling and an uncomfortable feeling.
- If bleeding continues, it may stretch the joint capsule and move the bone ends from their proper position. The joint becomes very painful, stiff and feels warm to the touch.



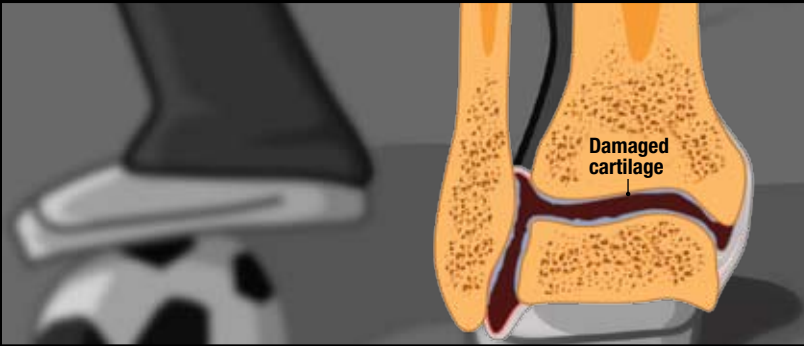
the shoulder  
JOINT EROSION



the elbow  
JOINT EROSION



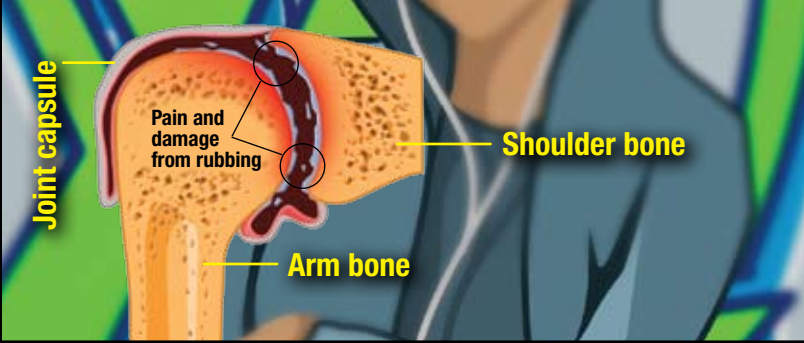
the knee  
JOINT EROSION



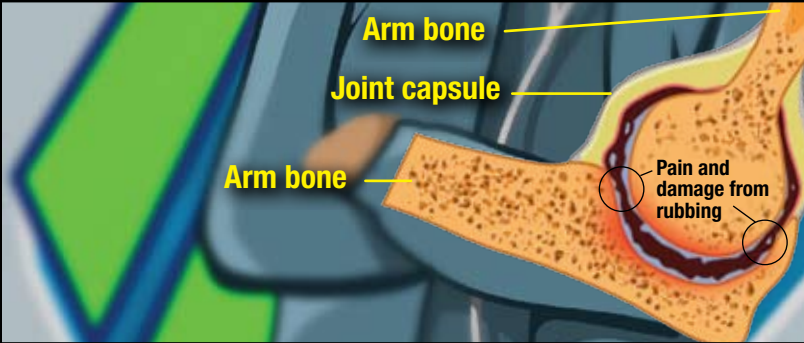
the ankle  
JOINT EROSION

## the damage in action

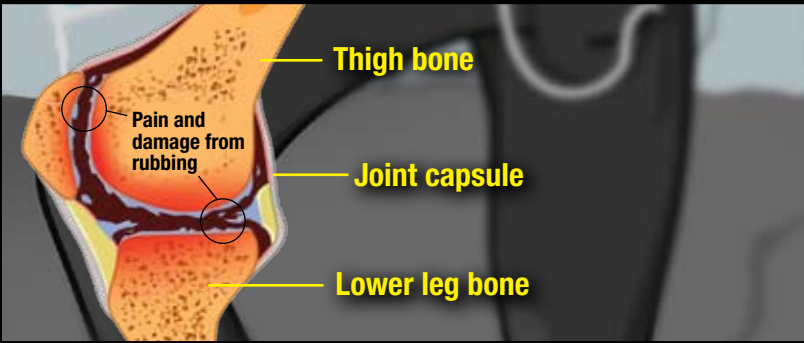
- First, the joint tries to get rid of the blood causing the pain and swelling by releasing chemicals called **enzymes**.
  - **Enzymes** eat up the blood that's trapped inside the joint.
- Trouble is, enzymes also attack the bone and the cartilage that protects the joint – so any movements are not well cushioned.



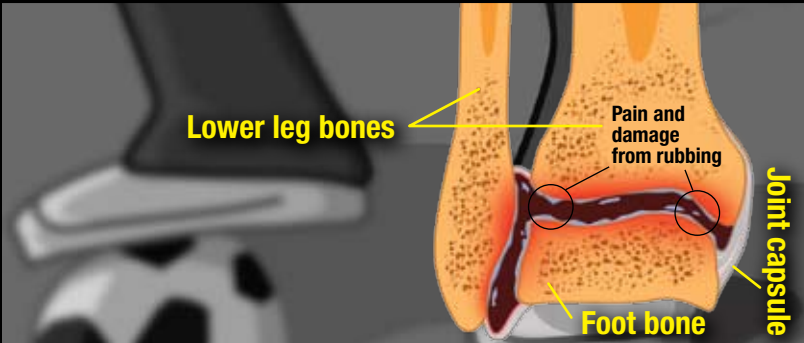
**the shoulder**  
DAMAGED JOINT



**the elbow**  
DAMAGED JOINT



**the knee**  
DAMAGED JOINT



**the ankle**  
DAMAGED JOINT

## damaged joint

- Making things worse, the joint fails to make enough synovial fluid, so the joint no longer moves smoothly.
  - This can also lead to the bones rubbing together, causing even more pain and damage.
- Over time, and after many bleeds, a joint will become inflamed.
  - The inflammation makes the joint more likely to bleed again.
  - This can happen over and over until the joint is permanently damaged.

**DAMAGED JOINT**

# JOINT POINTS!

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