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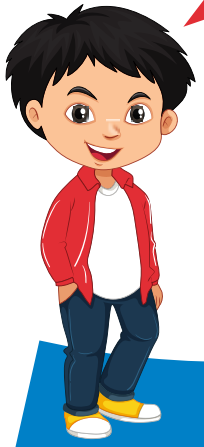
Myths and Facts about Hemophilia

It's crucial for you to distinguish between accurate information and misconceptions about hemophilia. Understanding the critical aspects of your condition will enable you to recognize symptoms more effectively, ensuring you seek assistance and take necessary precautions when required. So, first let's bust the myths!

What steps can I take to ensure I have a clear understanding of hemophilia, accurately identify its symptoms, and implement effective precautions for daily management?



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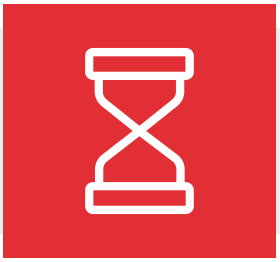
MYTHS		FACTS
A person with hemophilia can bleed to death from a simple cut.		People with hemophilia bleed longer than others. Seek medical help if there's serious internal or joint bleeding or injury.
Bleeding in hemophilia is always visible.		A significant portion of bleeding in hemophilia occurs within joints and muscles, with visibility varying. Detectable swelling serves as an observable indication of a joint bleed.
Hemophilia only affects men.		While more prevalent in men, if a woman's father has hemophilia and her mother is a carrier, she can inherit hemophilia.
Individuals diagnosed with hemophilia often experience a reduced life expectancy and face challenges in leading normal lives.		Improved prophylaxis treatment allows individuals with hemophilia to lead full, active, and long lives if they are mindful to their health and condition.

MYTHS	FACTS
Individuals with hemophilia are certain to transmit the condition to their children.	Hemophilia is caused by genes on the X chromosome. If a man has hemophilia, his daughters may become carriers when they inherit the gene. Carriers have a 50% chance of passing the gene to their children, resulting in daughters becoming carriers and sons having hemophilia.
Individuals with hemophilia to refrain from engaging in exercise to minimize the risk of bleeding.	Regular exercise can play a crucial role in preventing bleeding and joint damage in hemophilia by strengthening the muscles and bones around the joints, with specific exercises tailored to accommodate the needs and limitations of hemophilia patients.
Individuals with hemophilia will eventually develop joint disease over time.	Hemophilia may cause mobility changes and joint problems, but maintaining joint health is possible through prophylactic therapy and physiotherapy.

References:

1. World Federation of Hemophilia. Guidelines for the management of haemophilia – 2nd edition 2012
2. Auerswald G, et al. Pain and pain management in haemophilia. Blood Coagul Fibrinolysis. 2016;27(8):845–854
3. Franchini M and Mannucci PM. Past, present and future of hemophilia: a narrative review. Orphanet J Rare Dis. 2012;7:24
4. World Federation of Hemophilia. Exercise for people with hemophilia.
5. Knobe K, Berntorp E. Haemophilia and joint disease: pathophysiology, evaluation, and management. J Comorb. 2011;1:51–59.

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