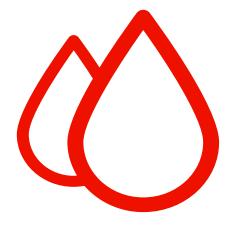
# IN THIS TOGETHER

#### A guide to help you talk to your healthcare provider about hemophilia



If you or a loved one has hemophilia, this guide can help you have constructive conversations with healthcare providers (HCPs). Bring these questions to your next appointment along with your treatment log and insurance card so you feel confident and prepared.

## Before visiting your healthcare provider

The following questions will outline the key points to share with your HCP. This information will help your HCP understand your needs better.

What symptoms do I experience?

- Swelling and pain in the joints such as knees, ankles, and/or elbows
- Bruising and swelling of soft tissue
- Frequent and heavy nosebleeds
- Bleeding in the mouth and gums
- Blood in urine and/or stool

() How often do l experience bleeds?

- More than once a week
- Once a week
- More than once a month
- Once a month
- Fewer than once a month
- Never





#### **During your visit**

Medical appointments are often brief and it's easy to forget what you want to ask. The following questions will help ensure you get the answers you need from your HCP. Use the space provided to write down what you learn.

What are the risks and possible side effects of my treatment?	What activities are safe for me?
How can I protect my joints from damage?	Which activities should I avoid?

### **Additional Questions and Notes**



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