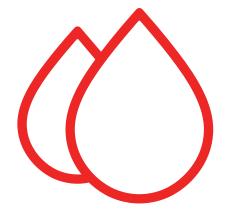
IN THIS TOGETHER

A guide to help you talk to your healthcare provider about hemophilia with inhibitors



If you or a loved one has hemophilia with inhibitors, 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?	What is my annual bleed rate (ABR) goal?
Swelling and pain in the joints such as knees, ankles, and/or elbows	bleeds a year
Bruising and swelling of soft tissue	Has anything changed since my last visit?
Frequent and heavy nosebleeds	
Bleeding in the mouth and gums	
Blood in urine and/or stool	
 How often do I experience bleeds? More than once a week Once a week More than once a month Once a month Fewer than once a month Never 	How have I been feeling over the past month VERY SAD SAD OKAY HAPPY VERY HAPPY How does my condition affect my emotions (i.e. feelings of isolation, fear, anxiety, or depression)?





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 long should I expect to have inhibitors?	What activities should I avoid?
How do my inhibitors affect our approach to treatment and management of my hemophilia?	How can I protect my joints from damage?
Additional questions and notes	



