



HEMOPHILIA AND BLEEDING DISORDERS CLINIC

Treatment for Hemophilia

There are multiple treatment options for patients with bleeding disorders.

Clotting factor (also called factor)

- A dried powder form of the missing clotting factor
- It is mixed with water to become a liquid before it is given by IV.
- There are two types of factor replacement.
 - Plasma-derived factor is made from donated human blood plasma.
 - Recombinant clotting factor is made in a laboratory and does not use human blood proteins.

Emicizumab

- A humanized recombinant bispecific monoclonal antibody (a protein made by the body's immune system when it encounters a foreign substance).
- It mimics the function of the coagulation Factor VIII (8) and can bind activated Factor IX (9) and Factor X (10) at the same time.
- It helps prevent and stop bleeding.
- It is given as a subcutaneous injection.
- It is currently only for Factor VIII (8) deficiency or Hemophilia A patients.

Sometimes other medications, such as the DDAVP, are given to individuals with hemophilia. Usually these treatments are given by mouth or by a nasal spray. Testing may be necessary to determine if a patient responds to DDAVP.

Desmopressin acetate (DDAVP)

- It is a man-made form of a naturally occurring hormone.
- It helps release von Willebrand factor (protein in the blood that helps factor VII (8) and binds platelets) and factor VIII (8) from where they are stored in the body.
- For people with mild or moderate hemophilia or von Willebrand disease, it can help increase factor VIII (8) levels so that they do not have to use IV clotting factor.
- This medicine can be given by IV or nasal spray.

Aminocaproic acid (Amicar) and tranexamic acid (Lysteda)

- Medications that prevent clots from breaking down, allowing a stronger clot to form.
- It is often used for bleeding in the mouth and mucosal tissue (for example, after a tooth has been removed). It blocks an enzyme in the saliva that causes clots to come apart. These medications are also used for menstrual bleeding.
- Aminocaproic acid can be given by IV or by mouth (as a pill or a liquid).
- Tranexamic acid can be given by injection or by mouth (as a pill). Either medication can put one at risk of blood clots so it is important to discuss with your doctor.

Non-medical treatment

Treating a bleed or injury with **RICE** is always recommended, even when other treatments are given.

- ✓ **Rest** the injured area; stop using the affected limb or area for 24-48 hours.
- ✓ **Ice** reduces pain and swelling and helps to constrict the blood vessels.
- ✓ **Compress** wrap the affected area with elastic bandage to reduce swelling and limit bleeding.
- ✓ **Elevate** keep the injured area elevated to reduce swelling.