



NATIONAL HEMOPHILIA FOUNDATION
for all bleeding and clotting disorders

DO THE
5

**YOU CAN PREVENT OR REDUCE
MANY OF THE COMPLICATIONS OF
BLEEDING DISORDERS THANKS TO
MEDICAL ADVANCES IN TREATMENT
AND PREVENTION.**

***Do the 5 and live a longer
and healthier life.***

- 1** Get an annual comprehensive checkup at a hemophilia treatment center.
- 2** Get vaccinated—Hepatitis A and B are preventable.
- 3** Treat bleeds early and adequately.
- 4** Exercise and maintain a healthy weight to protect your joints.
- 5** Get tested regularly for blood-borne infections.

NHF NATIONAL PREVENTION PROGRAM

Five key steps today for giant strides tomorrow

PROGRAM PARTNER
Centers for Disease Control
and Prevention (CDC)





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A recent CDC study found that overweight people were more likely to develop joint limitations regardless of the severity of their bleeding disorder. Exercise strengthens muscles; strong muscles protect joints.

Do the 5 and live a longer and healthier life.

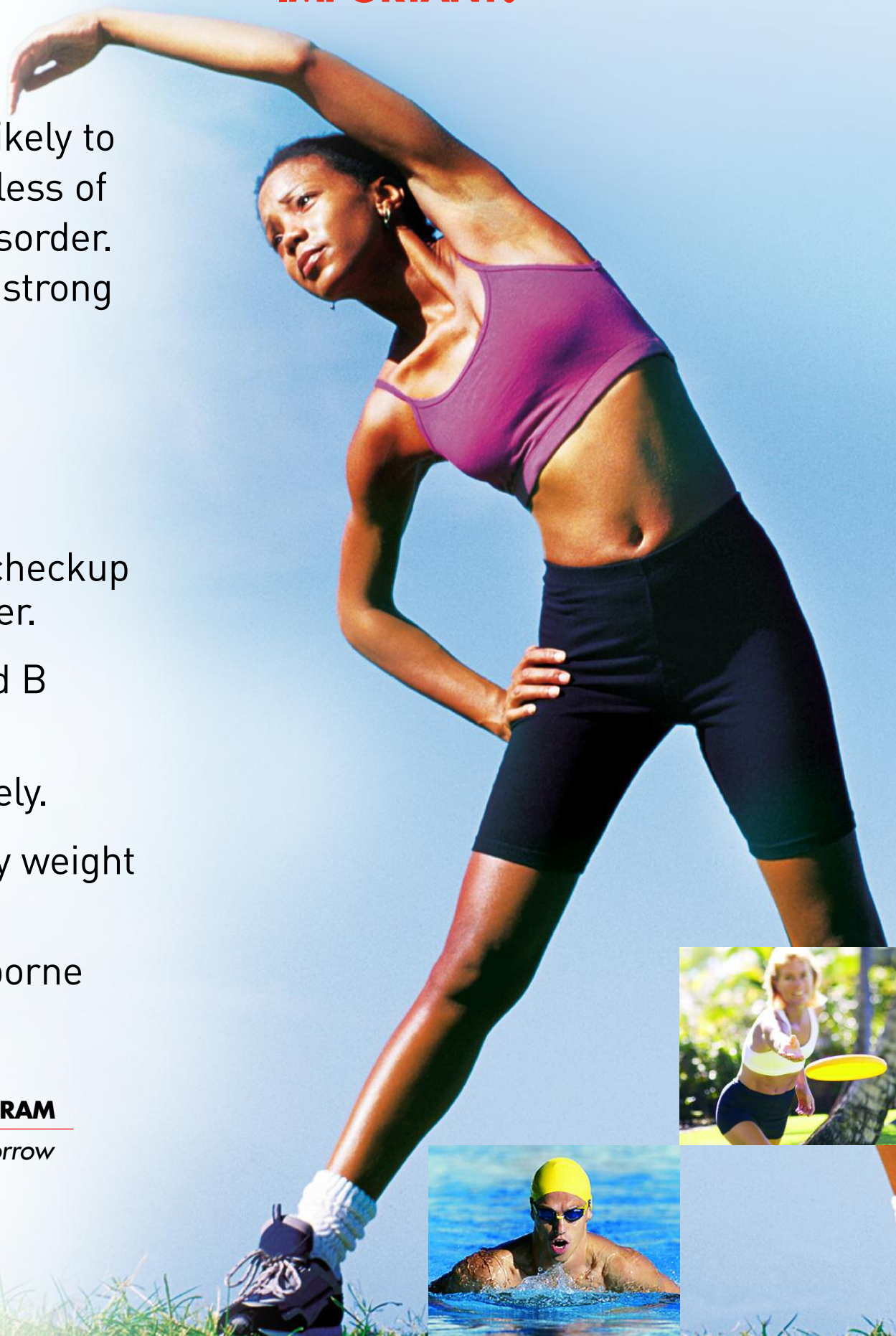
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EVERYONE SHOULD EAT RIGHT AND EXERCISE. FOR PEOPLE WITH BLEEDING DISORDERS IT'S ESPECIALLY IMPORTANT!



NHF CHAPTERS AND ASSOCIATIONS

BEST PRACTICES GRANTS

Local NHF chapters and associations across the country play a vital role in helping to prevent or reduce the complications of bleeding disorders.

You can apply for an NHF Education Grant

to help launch “model” programs. These programs or best practices have been successfully implemented by chapters/associations nationwide in collaboration with hemophilia treatment centers (HTCs).

For more information on the NHF’s Best Practices Grants and how to apply, contact the NHF Education Department at (212) 328-3742 or ykasaeen@hemophilia.org

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Grants currently offered include:

- > **An Ounce of Prevention**
Increase the number of people with bleeding disorders who get an annual checkup at HTCs.
 - *Originally piloted by Great Lakes Hemophilia Foundation*
- > **Y-LIFE**
(Youth Leadership Initiative for Education)
Prevent or reduce the complications of bleeding disorders in youths by creating a committee of young peer educators.
 - *Originally piloted by Hemophilia Foundation of Michigan*
- > **Your Mission in Motion**
Promote NHF’s *Do the 5* campaign by targeting parents and children throughout your state or catchment service area.
 - *Originally piloted by Hemophilia Foundation of Southern California*
- > **Flexing for Fitness**
Promote exercise and fitness among families and children with bleeding disorders and track their success.
 - *Originally piloted by Louisiana Hemophilia Foundation*
- > **Woman-to-Woman**
Peer education and training program that prepares volunteers to: teach women about the signs and symptoms of bleeding disorders; identify undiagnosed women; and connect these women with HTCs, chapters/associations and other resources.
 - *Originally piloted by Great Lakes Hemophilia Foundation*

