

# Being Empowered Includes Being Prepared

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A bleeding event can occur for many different reasons. These can include some common situations: a swinging door hitting an elbow, twisting an ankle in a stumble at the foot of the stairs, a strain while performing a task at work, or an automobile-related injury.

People living with hemophilia learn that it is not possible to control every situation, but it is possible to be prepared. Some of the ways that people with hemophilia can prepare themselves for unexpected bleeding events include:

- Wearing medical identification such as a pendant, bracelet, or wristband, which might be found easily in the event of an accident, or carrying a wallet card that explains their hemophilia diagnosis
- Knowing when to set limits to reduce the risk of a bleed
- When possible, bringing factor to work and/or school
- Being proactive about bleeding events by treating them sooner rather than later

## Preparing a “Go Bag”

People with hemophilia might also want to keep a “go bag” or “ready bag” in their vehicle, at work, or in their locker. The bag could contain factor, sterilized water, syringes, gauze, alcohol wipes, and other items necessary for infusion. Another option is to keep factor at commonly visited locations such as a friend or relative’s house, school, or work. Some people carry the supplies that might be needed to infuse while traveling overnight or to any location where having factor on hand makes them feel more comfortable. Remember to check factor and supplies kept in places outside the home to ensure the products have not expired and have been stored correctly.

To help reduce the risk of developing a bleed, people with hemophilia may want to plan ahead. Treating a bleed while

## Items you may want to include in your “go bag”:



Factor



Alcohol wipes



Syringes



Sterilized water



Gauze

being away from home is a possibility; people with hemophilia may want to prepare themselves for the need to infuse in less than ideal situations. Part of being an empowered person with hemophilia may mean being prepared to infuse in public locations or while traveling.

**“ Empowerment to me means having all the knowledge you need in order to get the care you need.”**

**- BECKY V**

Daughter has hemophilia B

## Benefits of Empowerment

Empowerment can help provide a sense of control over life with hemophilia. There will be setbacks along the way, and it is important to understand that everyone experiences obstacles. Setbacks with hemophilia are opportunities to learn about how to be proactive in disease management for the future. While many milestones for people with hemophilia are similar, not all paths to empowerment will progress the same way. For books, videos, and articles that feature stories about empowerment, visit [hemophiliavillage.com](http://hemophiliavillage.com).



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