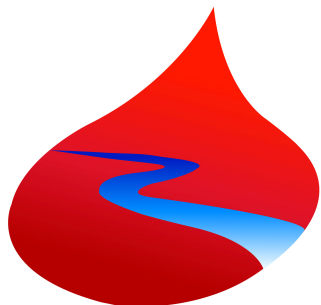


# Calling Your Attention to



Hemophilia Federation of America



SNAKE RIVER HEMOPHILIA AND BLEEDING DISORDERS ASSOCIATION

# Factoring In . . .

The HFA is dedicated to helping the bleeding disorders community through advocacy, education and programs. Their activities throughout the country have had great positive impact for consumers and their families.

HFA programs include Focus on the Feminine, designed to increase public awareness of women affected with bleeding disorders, and Dads in Action, which provides training to help fathers build

strong bonds with all of their children by giving dads support, a sense of belonging and keys to strengthening family ties. The HFA Helping Hands Program assists consumers with one-time emergency financial needs. The HFA Blood Brotherhood Program serves men over 30 years-old with hemophilia and vWd, by offering them peer support and educational programming.

There is a wealth of valuable information on

the HFA website: [www.hemophiliafed.org](http://www.hemophiliafed.org). Their Legislative Action Center page guides you in learning about current legislation and ways to take action by contacting your elected representatives.

Learn more about the HFA, its services and programs, and its efforts on the community's behalf by visiting the website or calling 1-800-230-9797.

## 2007 Education / Peer Support Meetings

This year's Education event was held at Shiloh Inn in Idaho Falls. A lovely dinner was catered by Shiloh after which many factor manufacturers and home-health companies presented briefs about their companies and the products or services offered. Each presenter provided information that could go in a 3-ring

binder which attendees compiled. This is a way for SRH members to keep all their bleeding disorder information together.

Next came the annual swim day at Ross Park in Pocatello, sponsored by Baxter (Thanks!). After a yummy lunch, we learned about the bene-

fits of exercise and how to do it safely—see inside for all we learned. Then we all went swimming.

For information on the next SRH&BDA event or how to make your own bleeding disorders binder, contact any board member or call (208) 458-9884.

### Special points of interest:

- *We Need Your Stories!* Any story about HTC appointments, infusion successes (or failures), camp, activities, insurance woes, or any other subject are welcome for the newsletter. E-mail to [ibruiase@ida.net](mailto:ibruiase@ida.net).
- *SRH&BDA has three annual meetings. Make sure you know what they are, and when and where to attend. YOU WON'T BE SORRY!*

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The ideal exercise routine consists of four basic components:

- **Stretching and flexibility**
  - **Aerobic Training**
  - **Weight Training**
  - **Nutrition and Hydration**
- All of these components play an important role in health and well-being.

## Stretching and Flexibility

Muscle flexibility is important in balancing your exercise routine. Regular stretching during warm-ups and cool-downs helps maintain flexibility for increased joint movement. The types of stretches you should do are indicated by the specific exercise routine you're doing that day.

### Guidelines for stretching

- Take your time and move into the stretch slowly
- Hold each stretch for 30 seconds (five long breaths) and repeat five times
- Breathe! It's very important
- No bouncing. Bouncing may cause small muscle tears.

#### Formula for Computing Max Heart Rate:

$220 - \text{age}$

Target Heart Rate is 60-75% of max, measured in pulses per minute

Example: Age=35

$220 - 35 = 185$  max heart rate

Target heart rate = 111-139 beats/min

Especially for hemophiliacs, recommended

aerobic exercise should comprise low to moderate exertion levels over extended periods of time. In other words, a good aerobic program should consist of at least 20 minutes of continuous exercise at your target heart rate three times per week.

As always, you should consult your

- Never stretch during an active bleed.
- Don't stretch to the point of pain.

### Types of Stretches

- **Hamstring Stretch:** Lie on your back and grasp one thigh with your hands. Try to straighten your knee. Do not move your hip. Hold for 20-30 seconds and repeat with the other leg. The stretch is felt in the back of your thigh.
- **Quad Stretch:** Stand facing a wall and balance with one hand on the wall. Bend one knee behind you and grasp the foot with either hand. Gently pull foot toward buttock while keeping your hip extended—



do not let your hip flex forward.

Hold 20-30 seconds and

repeat with opposite leg. This stretch should be felt along the front of the thigh and ankle.

- **Calf Stretch:** Stand facing the wall with one foot in front of the other, feet straight. Lean toward the wall bending your front knee, keeping back knee straight and keeping your back heel on the floor. Hold for 20-30 seconds, then stand and relax. Repeat with other leg forward. The stretch should be felt along the back of the calf.

## Aerobics and Weight Training

HTC hematologist or physical therapist when beginning any exercise program to assess ability, set goals, and develop an exercise plan.

Safe aerobic exercise for bleeders include swimming, bicycling, and walking on the treadmill. These are low impact activities that help protect joints while still activating heart rate and toning muscle.

Weight training is a little more controver-

sial a topic among HTCs. Extensive training may cause injury to the growth plates of the long bones, but well organized and supervised weight-training programs have shown strength gains in children who participated.

A good weight training program with minimal risk focuses on safety, goal setting, and a program of three sets of 10-15 repetitions with good form.

Power Lifting is NOT recommended for bleeders.

## Exercise Health

In cases of exercise among hemophiliacs, main concerns include joint protection, steroid use, and protein supplements.

### Joint Protection

Throughout your exercise routine, ALWAYS remember to protect your joints. You can do this by following these guidelines:

- Do not exercise during active joint bleeds

- Talk to your physical therapist or personal trainer about the proper use of equipment.
- Maintain flexibility in order to move joints freely and properly
- No power lifting
- Keep a balance of weight training and aerobic training to keep muscles strong
- Remember that strong muscles equal good joints.

### Steroids

Steroids have several long-term risks in children, including slowing growth and acne to sterility and stress on the heart. Don't go there!

### Protein Supplements

Protein supplements are also NOT recommended for children. Rather, they should consume a healthy diet including natural protein—chicken, fish, and beef.