

A diagnosis of hemophilia A can be overwhelming and the first couple of visits to your hematologist or hemophilia treatment center can be as well. This discussion guide will help you organize and prepare for initial appointments.

Before Your Visit

Is this your first visit to the hematologist? Yes No
(If no, when was the last visit?) _____

Who diagnosed you and where was the diagnosis made? _____

Here is a **list of items** to consider bringing to the appointment:

- Insurance card(s)
- Contact information for your primary care doctor
- List of all medications, vitamins, or supplements the patient is taking
- X-rays, CT scans, laboratory results
- Any paperwork or patient forms
- Paper and pen or electronic device to take notes

Consider **asking the healthcare provider** the following questions. Be sure to add your questions to the list.

What is hemophilia A?

What is the prognosis?

What treatments are available?

Which treatment do you recommend and why?

How do we handle an injury or bleed?

When is the injury/bleed an emergency?

List any other questions: _____

Do you know of the various services available that may help you manage living with hemophilia? Check all that apply:

- | | |
|--|--|
| <input type="checkbox"/> Local chapter support | <input type="checkbox"/> Manufacturer-sponsored patient support programs |
| <input type="checkbox"/> Physical therapy | <input type="checkbox"/> Social worker support |
| <input type="checkbox"/> Educational offerings | <input type="checkbox"/> Support groups in your area |

Please consider asking your healthcare provider about accessing these services at your appointment.



During Your Visit

In addition to the list of questions you prepared before the visit, below are others that may be helpful.

Do you have any recommendations on how to better manage hemophilia symptoms?

Are there other treatment options that may further reduce these symptoms?

What is an inhibitor? _____

Do we need to be concerned about inhibitors? What are the risk factors of developing an inhibitor? (Be sure to ask about both environmental and genetic risks.) What do we need to be concerned about if an inhibitor does develop?

List any additional helpful hints and tips that the healthcare provider shares:

Date of next appointment: _____

Treatment plan until the next appointment:
