

The Power In Knowing Your Numbers

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For those who live with hemophilia and their caregivers and families, it's important to understand how specific sets of numbers, test values, and data about the condition can impact patients throughout their lifetimes. It's important for all people with hemophilia to understand their numbers in order to communicate effectively with their health care professionals (HCPs).

Replacement Factor

One important number to know is how the dose of replacement factor is calculated and how that number may vary from person to person:

- For treating hemophilia A, the factor VIII dosage = body weight (kg) × desired factor VIII level increase (%) × 0.5¹
- For treating hemophilia B, the number of factor IX units required = body weight (kg) × desired factor IX increase (%) × product-specific multiplier (varies by factor IX replacement product)^{2,3}
- For severe bleeding associated with both hemophilia A and B, an appropriate dose of factor should yield a factor level of 80% to 100%¹⁻³
- Because of the wide variation in recovery time, further adjustments may be needed. Talk to your treatment team to determine the right treatment³

"I have encouraged my patients with hemophilia to communicate with the hemophilia treatment team about all aspects of their condition. When it comes to test results and what they mean, patients should never hesitate to seek a discussion with the health care team."

-PATRICK F. FOGARTY, MD

Drug Half-life

The half-life of a drug is important because it can help guide the appropriate drug dosage.³ The drug half-life is helpful for HCPs when recommending a particular dose regimen.

- The half-life is the length of time it takes for the body to eliminate 50% of the amount of drug in the bloodstream⁴
- The half-life measures how quickly or slowly the factor breaks down in the body
- The amount of factor in the bloodstream is highest right after an infusion and then subsequently decreases

Keep a Log

As part of a total self-management program, keep a log that includes all your health information such as dates of bleeds, types of bleeds, how bleeds were treated, factor levels when known, and the dosage of any other medications you are taking. Tracking day-to-day information may help your health care professional or treatment team develop a treatment plan. Knowing how many bleeds you have had or your child has had will provide important information to your health care professional or HTC treatment team.

Know Your Numbers—Know Yourself

Being an active advocate for your health care can be part of living with hemophilia. Part of effective communication with your treatment team is knowing and understanding your numbers. Finally, making sure family members and caregivers also understand your numbers can be part of a comprehensive plan for living with hemophilia.

References: 1. Hemophilia A. ClinLab Navigator website. <http://www.clinlabnavigator.com/hemophilia-a.html>. Accessed April 8, 2020. 2. Hemophilia B. ClinLab Navigator website. <http://www.clinlabnavigator.com/hemophilia-b.html>. Accessed April 5, 2020. 3. Srivastava A, Brewer AK, Mauer-Bunschoten EP, et al. Guidelines for the management of hemophilia. *Haemophilia*. 2013;19:e1-e47. doi:10.1111/j.1365-2516.2012.02909.x 4. Half-life definition. Beltina.org Encyclopedia of Health website. <https://www.beltina.org/half-life-definition>. Accessed April 5, 2020.



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