



Study on Food intake and dietary management of hemophilia patient

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Abstract :

Hemophilia is typically an inherited bleeding sickness wherein the blood does not clot properly. this could bring about spontaneous bleeding further to bleeding following accidents or surgical procedure. Blood consists of many proteins called clotting elements which can help to stop bleeding.unprecedented sickness in which the blood might no longer clot within the normal manner because it Hemophilia is a doesn't have sufficient blood-clotting proteins (clotting elements). if you have hemophilia, you will probably bleed for an prolonged time after an damage than you will in case your blood clotted properly

Key words:

Red blood cells, clotting, liver, viscous signs and symptoms, blood pressure Calcium, iron.

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I. Introduction:

Hemophilia is usually an inherited bleeding disorder in which the blood does not clot nicely. this could bring about spontaneous bleeding in addition to bleeding following injuries or surgery. Blood includes many proteins known as clotting factors which can help to forestall bleeding

People with hemophilia do not need a special diet, but it is important to eat well and maintain a healthy weight. In hemophilia, the body has low levels of a blood clotting substance called factor VIII. As a result, after being injured, they can bleed longer than most people. They can also bleed into your joints and muscles.

If you have problems controlling your weight, the extra weight not only strains your joints, but also increases the amount of factor VIII replacement therapy needed to treat or prevent bleeding.

A healthy diet helps strengthen bones and joints, maintain an ideal weight, and reduce the risk of chronic illnesses such as diabetes and high blood pressure.

If your child has hemophilia A, you want them to eat a diet rich in vitamins and minerals, as this is essential for their growth

Healthy eating disorder:

The United States Department of Agriculture (USDA) Weight Calculator helps you determine how many calories you need to burn each day to maintain or lose weight.

It can be difficult to estimate how many calories you are consuming or how many calories your child is consuming. But as a general guide, it's good to know how much you and your child should aim for each day. By packing your child's lunch instead of buying something from the school cafeteria and being aware of the amount, you can better manage the amount and type of food your child eats. The plate shows how to make a healthy diet from a variety of colorful foods.

Put fruits and vegetables in half of the plate, and put vegetables in especially broccoli and sweet potatoes. Choose lean protein sources such as fish, chicken, turkey, eggs, beans,nuts and tofu. Eat seafood at least twice a week. Add whole grains by choosing highly refined white and brown grains over processed grains.

Finish your meal with non-fat or low-fat milk or water with the aim of avoiding sugar-sweetened drinks with your meal.

If you have hemophilia A, your body has low levels of a blood clotting substance called factor VIII. As a result, they may bleed for longer than most people after an injury. You may also bleed into your joints and muscles.

If you have difficulty controlling your weight, gaining weight not only increases the stress on your joints, but also increases the amount of factor VIII replacement therapy needed to treat or prevent bleeding.

Eating a healthy diet can strengthen your bones and joints, help you maintain an ideal weight, and decrease your risk for chronic illnesses like diabetes and high blood pressure.

If your child has hemophilia A, you'll want them to eat a diet rich in vitamins and minerals, as it's crucial for their growth.

Foods Rich in Calcium and Iron:

Calcium and iron are especially important for children and adolescents. During this period, bones grow rapidly. Calcium is required to build strong bones and to maintain healthy teeth. It's important that people with hemophilia A have healthy teeth, because gum disease and dental work can lead to bleeds. Calcium-rich foods include:

- low-fat or fat-free milk
- low-fat cheese
- Greek yogurt
- and 2 percent milkfat cottage cheese
- calcium-fortified soy milk
- and orange juice
- calcium-fortified cereals
- beans
- dark leafy greens like spinach and broccoli
- almonds

Full of iron food:

Your body uses iron to make red blood cells, which carry oxygen to your muscles. When you bleed, iron is lost. If you have a bleeding episode, iron-rich foods may help you recover more quickly. Foods rich in iron include:

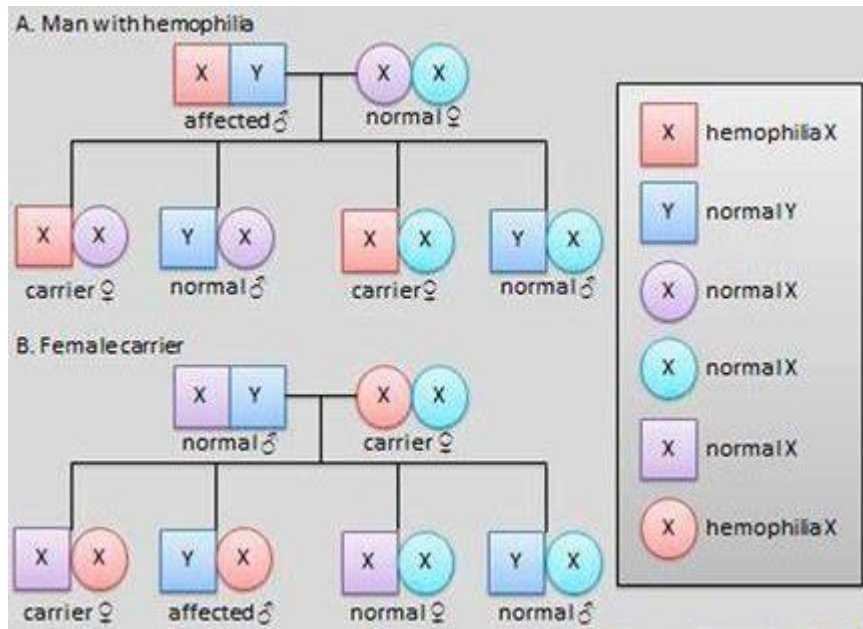
- Lean meat
- Seafood
- Liver
- Beans
- Peas
- Poultry
- Leafy green vegetables (spinach, kale, broccoli, Chinese cabbage)
- Dried fruits and fortified cereals, etc

Ratio of adult to children hemophilia cases:

	(5-13)	Rate ratio	PWH
	WH/Pop		
Australia	2.788	3.396	0.82
Canada	0.947	3.668	0.80
	3.540	0.781	2.255
	0.387	2.258	0.97
	7.112	4.509	
Africa	0.17	2.617	2.625
	1.58		2.070
	2.573	1.00	2.916
	3.417	0.85	1.652
	2.945	0.56	

Five dietary tips for people with haemophilia :

- 1: Iron-rich food. Maintaining iron levels is particularly important for people with hemophilia, as an estimated 0.75.
- 2: Whole grains. Increasing your whole grain intake – making half of your grain consumption come from oats, barley.
- 3: Low-fat or no fat. Switching to low-fat dairy products – skimmed milk or low-fat.
- 4: Avoid hidden sugars and fatteners
- 5: Be careful with supplements



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