

DONATE TO VHF

VHF is a tax-exempt, non-profit established in 1975. When you support VHF you help us to become the recognized voice and go to resource for those impacted by an inherited bleeding disorder in the Commonwealth of Virginia.

YOUR SUPPORT WILL GO A LONG WAY

- \$2,000 pays for a Lyman Fisher College Scholarship
- \$1,000 supports Educational Scholarships for National Meetings
- \$500 helps to send a kid to a week of summer camp
- \$250 provides one family emergency assistance
- \$100 supports a family's attendance to our annual state education meeting
- \$50 pays for a lifesaving Medic Alert Tag
- \$25 ensures gas cards are available for transportation to medical appointments

VIRGINIA
HEMOPHILIA
FOUNDATION
for all bleeding disorders



Dedicated to serving and supporting the needs of those impacted by a bleeding disorder through education, advocacy, and community.

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VHF serves the entire Virginia inherited bleeding disorders community by serving and supporting the needs of those impacted by a bleeding disorder through education, advocacy, and community.



BLEEDING DISORDERS are a group of inherited conditions, which lead to a problem with the body's blood clotting process. These disorders can lead to prolonged bleeding after an injury or surgery. In severe cases, bleeding can begin on its own. Types of inherited bleeding disorders include Hemophilia A (Factor 8 deficiency), Hemophilia B (Factor 9 deficiency), von Willebrand disease (VWD), platelet disorders, and rare factor deficiencies (Factor 7, 10 and others).



EDUCATION

VHF provides many opportunities for education such as:

- An annual education meeting
- Educational components at most programs
- Relevant and timely information delivered via our Facts N' Factors newsletter and social media outlets
- Various scholarships - including college, national meetings, and a unique enrichment scholarship

HEMOPHILIA is caused by a change in a gene on the X chromosome needed to make clotting factor proteins. About 20,000 individuals of all races and ethnic groups in the United States are living with hemophilia. The type of hemophilia is based upon which clotting factor is missing. The less clotting factor is made, the more severe the disease. Usually males have the disorder, and females are carriers. However, some women have lower levels of clotting factor proteins, too, causing bleeding problems.

VON WILLEBRAND DISEASE (VWD) is the most common inherited bleeding disorder. Although VWD occurs equally among men and women, women are more likely to notice the symptoms because of excessive bleeding with menstrual periods or childbirth.

PLATELET DISORDERS are conditions in which platelets, cells in the blood that bind together to make a clot, do not work properly.

Currently, there is no cure for these inherited bleeding disorders. Effective treatments are available to treat and prevent bleeds, but they may require lifelong infusions of expensive drugs.



COSTS for an individual with severe hemophilia can be over \$200,000 per year to treat bleeding with intravenous doses of the missing clotting factor. Some people build up inhibitors to treatment and costs can exceed \$1,000,000 per year.

Comprehensive **HEMOPHILIA TREATMENT CENTERS (HTC'S)** provide access to multidisciplinary healthcare professionals and emphasize prevention to help reduce or eliminate complications. And although inherited bleeding disorders can lead to chronic health problems, people can live a long, healthy life if the disorder is managed properly. VHF collaborates closely with the 3 federally funded HTC's in Virginia.



ADVOCACY

VHF participates in national and federal advocacy initiatives, such as:

- VHF's "Richmond Days"
- National Hemophilia Foundation's (NHF) "Washington Days"
- Teen and adult advocacy education programs
- Our Virginia state advocacy working group



COMMUNITY

VHF builds community by strengthening relationships and offering support through numerous programs, such as:

- Our valuable family assistance program
- A weeklong summer camp for kids and teens
- Specifically tailored programs to meet the needs of different groups within our community, such as caregivers, families, women, men, teens, and children.