



Medical IDs for Bleeding Disorders



Why Medical IDs are Important for those living with Bleeding Disorders

Bleeding disorders affect blood clotting and healing. Wearing a medical alert bracelet is advised for emergencies. When injured, the body constricts blood flow, sends platelets to plug the wound, and releases clotting factors. If any of these components are missing or defective, clotting is impaired.

Bleeding disorders share symptoms but vary in type. They are usually genetic but can also be acquired. They are not contagious.





The most common types of **Bleeding Disorders**

According to the [Hemophilia Federation of America](#) (HFA), four hundred thousand people worldwide are living with bleeding disorders. The most common types include:

- Hemophilia A (Factor VIII [FVIII] deficiency)
- Hemophilia B (Factor IX [FIX] deficiency)
- Hemophilia C (Factor XI [FXI] deficiency)
- von Willebrand's disease (types I, II, III, aVWS, and pseudo-VWD)
- Factor II (FII) deficiency
- Factor V (FV) deficiency
- Factor VII (FVII) deficiency
- Factor X (FX) deficiency
- Factor XII (FXII) deficiency
- Idiopathic thrombocytopenic purpura (ITP)
- Acquired platelet function defects
- Congenital platelet function defects
- Congenital protein C or S deficiency
- Disseminated intravascular coagulation (DIC)
- Glanzmann disease

Why a Medical ID is Important

In an emergency, bleeding disorders can be hard to identify but it is crucial to alert emergency responders of a bleeding disorder so they can act fast.

Information about a bleeding disorder will prompt responders to treat and monitor bleeds promptly, administer blood clotting factor if required, and prevent treatments, medications, or procedures that can aggravate bleeding.

In many cases, there is reasonable treatment. The process that creates this healing clot is called the clotting cascade. HFA recommends that people with bleeding disorders should always wear medical identification as a form of protection when they cannot speak for themselves.





Symptoms and Complications of Bleeding Disorders

Persons diagnosed with bleeding disorders are at risk of abnormal bleeding both outside and inside the body. Common injuries that seem normal for most people like simple cuts or bumping a body part can sometimes cause serious complications for a person with a bleeding disorder. Symptoms include:

- Lengthy and uncontrollable bleeding
- Repeated vomiting
- Becoming unconscious or having difficulty breathing due to internal bleeding
- Convulsions or seizures
- Lethargy



What to Engrave

Medical alert jewelry is a simple and effective tool to communicate bleeding disorders in an emergency, even when the wearer becomes unconscious or unable to speak. Every person and bleeding disorder are different which is why a custom engraved medical alert bracelet or necklace is recommended over a generic pre-engraved medical ID.

Here are some of the most important items to put on a bleeding disorders medical ID:



Name



Type of Bleeding Disorder



Additional Medical Information

Include any other condition or allergy that responders should be aware of



Current Medications

Include clotting factor concentrates and/or synthetic hormone



Emergency Contact

Their name and phone number



Tips for purchasing a Medical ID

Since you'll be wearing your medical ID every day, consider the following factors before deciding which medical ID bracelet or necklace is for you.

- **Bracelet vs. Necklace:** the most common choice for a medical ID is a bracelet. Both options will protect you in an emergency, so select what is your preferred medical jewelry type to match your lifestyle.
- **Select the metal type and style you want for your medical ID.** We offer many styles in stainless steel, sterling silver, titanium, gold-filled, and 14 Kt gold, so you can select the best option for you.
- **Consider adding [MyIHR](#) (My Interactive Health Record) to your medical ID.** MyIHR is an online health record you control with your latest health information, such as conditions, medications, emergency contacts, and much more. Supplement your custom-engraved medical ID with a complete MyIHR profile to include all the important details about your health for a first responder in an emergency or when you need to reference your information for a doctor's appointment.

Contact

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