Alphanate®
antihemophilic factor/von Willebrand factor complex (human)

Tips for living well with von Willebrand disease (VWD)

Living with VWD may be stressful at times, but there are ways to help manage the condition. You can use these simple tips to help prevent bleeds and prepare for emergencies.

Carry identification with VWD medical background
- It's important to have identification with you at all times. If you have a severe form of VWD, consider wearing a medical ID bracelet or necklace, so that during an emergency or accident healthcare professionals are aware that you have VWD[1]

Prepare before traveling
- Find the locations and phone numbers of blood disorder treatment centers near your destination[2]
- Bring a supply of factor with you in case of an unexpected bleed. You should also bring a travel letter from your doctor and a prescription with your doctor's contact information for airport security (TSA)[2]

Find VWD treatment that fits your needs
- Visit a blood disorder specialist regularly. A specialist can provide and care adapted to your specific needs
- Tell all of your caregivers, including other doctors, dentists, and pharmacists, about your VWD. They may need to modify your treatment

Exercise appropriately for your VWD
- It is important to exercise regularly and maintain a healthy weight. Regular exercise can help keep your muscles flexible, which can help prevent damage to muscles and joints[1]
- Safe exercises or activities include swimming, biking, and walking. Contact sports, such as football, hockey, and wrestling, as well as lifting heavy weights, are not safe activities for people with bleeding disorders[1]
- Talk to your doctor for tips on how to modify your favorite sports and exercises to increase safety

Avoid certain medications
- Certain medications thin your blood and may increase bleeding. Even over-the-counter medications and herbal supplements should be reviewed by your doctor[1]
- Avoid over-the-counter medicines that can affect blood clotting, including aspirin, ibuprofen, and other nonsteroidal anti-inflammatory drugs (NSAIDs)[1]
- Always check with your doctor before taking any medicines[1]

Visit a dentist regularly
- It is important to see your dentist regularly. Be sure to tell your dentist that you have VWD. Your dentist can talk to your doctor about whether you need medicine before dental work to reduce bleeding[1]

Please see Important Safety Information on page 2 and see full Prescribing Information available at www.alphanate.com.

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Indications

ALPHANATE® (antihemophilic factor/von Willebrand factor complex [human]) is indicated for:

- Control and prevention of bleeding episodes and perioperative management in adult and pediatric patients with factor VIII (FVIII) deficiency due to hemophilia A
- Surgical and/or invasive procedures in adult and pediatric patients with von Willebrand disease (VWD) in whom desmopressin (DDAVP) is either ineffective or contraindicated. It is not indicated for patients with severe VWD (type 3) undergoing major surgery

Important Safety Information

ALPHANATE is contraindicated in patients who have manifested life-threatening immediate hypersensitivity reactions, including anaphylaxis, to the product or its components.

Anaphylaxis and severe hypersensitivity reactions are possible with ALPHANATE. Discontinue use of ALPHANATE if hypersensitivity symptoms occur, and initiate appropriate treatment.

Development of procoagulant activity-neutralizing antibodies (inhibitors) has been detected in patients receiving FVIII-containing products. Carefully monitor patients treated with AHF products for the development of FVIII inhibitors by appropriate clinical observations and laboratory tests.

Thromboembolic events have been reported with AHF/VWF complex (human) in VWD patients, especially in the setting of known risk factors.

Intravascular hemolysis may occur with infusion of large doses of AHF/VWF complex (human).

Rapid administration of a FVIII concentrate may result in vasomotor reactions.

Because ALPHANATE is made from human plasma, it may carry a risk of transmitting infectious agents, eg, viruses, the variant Creutzfeldt-Jakob disease (vCJD) agent, and, theoretically, the Creutzfeldt-Jakob disease (CJD) agent, despite steps designed to reduce this risk.

Monitor for development of FVIII and VWF inhibitors. Perform appropriate assays to determine if FVIII and/or VWF inhibitor(s) are present if bleeding is not controlled with expected dose of ALPHANATE.

The most frequent adverse drug reactions reported with ALPHANATE in >1% of infusions were pruritus, headache, back pain, paresthesia, respiratory distress, facial edema, pain, rash, and chills.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1.800.FDA.1088.

Please see full Prescribing Information available at www.alphanate.com.

References 1. In brief: Your guide to von Willebrand disease. National Heart, Lung, and Blood Institute Website. https://www.nhlbi.nih.gov/health/resources/blood/vwd-in-brief-html. Accessed February 28, 2017. **2.** Hunter S. Travel and vacation planning. In: *Nurses' Guide to Bleeding Disorders*. New York, NY: National Hemophilia Foundation; 2013. https://www.hemophilia.org/sites/default/files/document/files/Nurses-Guide-Chapter-15-Travel-Vacation-Planning.pdf Accessed February 28, 2017.

GRIFOLS

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