

No.13 March 2007

Youth News



HAEMOPHILIA FOUNDATION AUSTRALIA

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message from Paul

Welcome to our first newsletter for 2007. I hope you like our new look!!! 2006 was a big year for the Youth Committee and this year will be no different. The biggest news we have is the re-structure of the Youth Leadership and Mentoring Program.

The program will now be divided into two tiers - Youth Council and Youth Leaders. Youth Council will oversee the Youth Program and meet on a monthly basis. Youth Leaders will be on a local level and work with the Council representative in their State and meet together with the other leaders every two months.

Following are your representatives:

Co-Chairs	Council	Leader
	Paul Bonner (SA) Robert McCabe (WA)	
TAS VIC	Anna Sznyter Kristi Jorgensen	Joe Chivers Matthew Blogg Michael Lucken Chantel Roberts
ACT NSW QLD SA WA	Simon McMenamin Sam Duffield Craig Bardsley Scott Christie	Dale Spencer

The role of Youth Council members is to oversee the program, mentor the Youth Leader in their State/Territory and as a group manage policy development, Youth News, Youth website and the annual Youth activity.

The role of Youth Leaders is to work with the Youth Council members to organise programs and events in their State/Territory and participate in the planning of the annual Youth activity.

Natashia Coco from HFA will continue to oversee the program and provide support to the group.

We welcome the new structure and new members to the Youth Program. If you would like to be involved at some level contact Natashia at HFA on 1800 807 173 or ncoco@haemophilia.org.au.

The logo for the 14th conference, featuring the number '14' in a stylized white font with a red outline, followed by 'th' in a smaller red font, all set against a purple background.

Australian & New Zealand Haemophilia Conference

Canberra 4-7 October 2007

bleeding disorders ~ achieving success to last a lifetime

www.haemophilia.org.au



HAEMOPHILIA FOUNDATION AUSTRALIA

For the past two conferences, the program has had a dedicated youth stream catering for ages 14 years and up. After feedback and comments from the last conference, this year's conference targeting youth will be in the mainstream conference with an adventure activity on Sunday afternoon.

Youth delegates must be aged 14 and over and will attend mainstream conference sessions on Friday and Saturday and any of the workshops on Sunday morning. The offsite activity on Sunday will be confirmed over the next few months.

Conferences are a great opportunity to meet other people, re-unite with old friends and hear about treatment products, inhibitors, transition, exercise and sport, just to name a few.

Junior delegates (aged 14 and under) may attend the activity on Sunday afternoon with consent of parent/guardian. If you are under 14 and are interested in the activity please email your details to hfaust@haemophilia.org.au or call 1800 807 173 to receive updated information once available.

For more information visits the conference website:
www.haemophilia.org.au/conferences

World Haemophilia Day

Every year, countries around the world join the World Federation of Hemophilia (WFH) in celebrating World Haemophilia Day on April 17. The theme for 2007 is *Improve Your Life!*

Improve Your Life! focuses on one of the key components of comprehensive care: physiotherapy. Regular physiotherapy and exercise are important for building healthy bones and strengthening muscles, and can help prevent bleeds and joint damage. For more information visit www.wfh.org.

Questions and answers: exercises and haemophilia

Adapted from the WFH publication *Exercises for People with Hemophilia* (2006) by Kathy Mulder

What kinds of exercises should people with haemophilia do?

Exercise, like medicine, works best when there has been a complete assessment done by a trained health professional, and specific exercises have been chosen that suit the individual's goals and ability. People with haemophilia should visit a physiotherapist at their local haemophilia treatment centre for an assessment and guidance on exercises best suited to their circumstances.

How is exercise beneficial to people with haemophilia?

Exercise is important for building healthy bones and strengthening the muscles that support joints. Exercises help counteract the long-term effects of joint and muscle bleeding and the tendency among people with haemophilia who have had many bleeds to develop abnormal postures. Specific exercises help improve or restore joint range of motion and strength, and muscle length and strength.

How can people with haemophilia know what exercises are right for them?

There are many exercise programs available, but programs should be approached with caution. Exercises are selected for different purposes at different times during recovery periods and depending on the individual's abilities. A proper assessment of muscle and joint function by a skilled physiotherapist is very important before an exercise program is selected. The right muscles and joints must be trained in the right way. The exercise program should then be supervised and advanced carefully by the same physiotherapist.

How frequently should people with haemophilia exercise?

The number of exercises and repetitions depends on each situation. The individual and the therapist must listen to the signals from the body—discomfort usually means enough for that session. If a new pain begins during exercising, it is very important that it be analysed carefully to determine if the pain is muscle fatigue, a sign of a new bleed, or due to excess strain on a damaged joint.

Highlighted sport: Basketball

The information below is extracted from Boys will Be Boys, Royal Children's Hospital, Melbourne (2005), Brendan Egan.

The publication ensures that people with haemophilia are fully informed about their sporting choices and understand the risks of a particular sport.

Participation

Basketball is played by two teams of five players. The aim of each team is to score in the opponent's basket and to prevent the other team from scoring. It is a fast moving sport played on a standard court. Participants must run, jump, catch and throw and require a good level of fitness and strength. Since the late 80's basketballs popularity has grown, especially amongst adolescents. It is a sport that has attracted a number of people with bleeding disorders, particularly in the primary school aged group.

www.basketball.net.au

Common Injuries

- Knees and ankles are the most vulnerable joints in basketball, the majority of injuries being sprains and strains.
- Upper limb are fairly uncommon.
- A small proportion of injuries involve the eye and face.

Injury Prevention—Warm up

- Jogging, side to side and backward running are appropriate general warm up activities for basketball.
- Spot specific drills, including “lay ups”, shooting, and passing is also commonly practised before a game.
- Stretches.

Protective Equipment
Strongly recommended

- Mouth guard Type III.
- Appropriate footwear.

Optional

- Ankle brace/taping.
- Knee braces.
- Protective eyewear.
- Thigh guards, padded shorts.

Additional protective considerations

- Only 20% of basketball injuries occur in organised games, all other injuries occur during training or non-organised /social games.
- Goal post padding will reduce the impact of a player into the post.
- Appropriate footwear with good cushioning may prevent foot and ankle injuries.



Red Run Classic

Sunday 27 May 2007, New Farm Park, Brisbane

The Red Run Classic to be held in Brisbane is a fundraising run/walk for Haemophilia Foundation Australia and Haemophilia Foundation Queensland.

All monies from the event will be donated to Haemophilia Foundation Australia and Haemophilia Foundation Queensland.

Get together with a group of your friends and come and join hundreds of other participants to have fun while raising money for a good cause. You can come as a serious competitor or to walk with friends.

**Red Run Classic - Sunday 27 May 2007 • Run, Jog or Walk • All Ages • 5km Route
Meet and Finish at New Farm Park**

For further information and to download forms and information visit www.haemophilia.org.au and click on the Red Run Classic logo on the home page or call HFA on 1800 807 173.

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Youth Council
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Anna Sznyter (TAS), Kristi Jorgensen (VIC), Scott Christie (SA),
Simon McMenamin (ACT), Craig Bardsley (QLD)

Youth Leaders
Joe Chivers (TAS), Chantel Roberts (VIC), Dale Spencer (WA),
Michael Lucken (VIC), Matthew Blogg, (VIC)

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