

## Hemophilia: A Rare Bleeding Disorder

Children born with hemophilia will have it for their entire life. When children with hemophilia are cut or injured, their bodies lack the ability to stop the bleeding. Bleeding can occur in any area of the body, including a child's joints and muscles. Bleeds can also cause complications like chronic joint damage and arthritis.

## Twinning Program: Improving Hemophilia Care in Peru

A team from the Hemostasis and Thrombosis Center (HTC) at Children's Hospital Los Angeles recently traveled to Arequipa, Peru, to assess how far they had come toward achieving their goal of improving hemophilia care in the second-largest Peruvian city.

The trip was undertaken through the Twinning Program, an effort to improve hemophilia care in emerging countries, in which the HTC has participated for the past four years.

"One of the most gratifying experiences of my career was the moment that I realized that after four years of work, we turned a group of interested health care professionals in Arequipa, Peru, into a true multidisciplinary hemophilia treatment center team," says Guy Young, MD, director of the Hemostasis and Thrombosis Center. "This will lead to better care for the patients there."

The main goal of the HTC, now in the final year of its partnership with the Twinning Program, is to establish a hemophilia treatment clinic in Arequipa staffed by a self-sustaining team of professionals who are trained in the care of hemophilia patients and understand the importance of working together.

HTC staff have conducted workshops to educate local physicians about how to recognize and refer hemophilia patients, and how to treat them in emergency situations. Since CHLA's involvement began in 2011, the Arequipa clinic has grown to serve about 50 patients.



*Guy Young, MD, director of the Hemostasis and Thrombosis Center at Children's Hospital Los Angeles, with a patient from the Peruvian Association of Hemophilia – Arequipa*



*The Hemophilia team at the Carlos Alberto Seguin Escobedo National Hospital in EsSalud, Arequipa*

Created by the World Federation of Hemophilia (WFH), the Twinning Program connects treatment centers in developing countries with established treatment centers. Over the last four years, partnered centers have shared their expertise, skills and resources.

The program continues to be an educational and rewarding experience for HTC staff as they work to improve hemophilia care in Arequipa. For the remainder of the year, the “twinned” groups will work toward completing new goals, including conducting a one-day symposium and workshop and launching Peru’s first-ever hemophilia camp. Both projects are scheduled to take place during the HTC team’s final visit to Arequipa this coming August.

## Donate Today: Support Twinning in Peru

In this final phase of the project, the Hemostasis and Thrombosis Center is seeking donations to help support its twinning efforts. The WFH generously covers travel for the partnered teams to visit each other’s clinics, but with your help, the program can provide even more support and education for patients and families. As the center in Peru continues to expand despite limited resources, additional funds would help ensure its ability not only sustain and develop its efforts, but realize its full capacity in years to come. Donations will be applied toward needs such as physical therapy equipment, a hemophilia camp and additional travel between the centers for further education.

**All gifts to the Twinning Program are tax-deductible; you’ll receive a receipt in the mail. You can make a donation in two ways:**

1. Send a check made out to **Children’s Hospital Los Angeles** to:

**Sylvia Estafan**

Hemostasis and Thrombosis Center  
Children’s Hospital Los Angeles  
4650 Sunset Blvd., #54  
Los Angeles, CA 90027

2. Give by credit card—call Sylvia Estafan at 323-361-6564.



*A hemophilia patient being examined by Guy Young, MD*

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