

PLANNING A FAMILY

If you have mild haemophilia or carry the haemophilia gene, planning a family can raise a number of questions you will need to consider:

- Will your children have haemophilia or carry the gene?
- If so, what will that mean for them?
- How can you find out?
- What are your options for planning a family?
- How can a mother who carries the gene plan for a safe pregnancy and delivery?
- Who will help you with all of this?

Your Haemophilia Centre can help you with your questions about having children. It may be helpful to review the information about how haemophilia is passed on to children (see the FAMILY AND INHERITANCE section, page 12).

Often people have a particular view of haemophilia based on their memories of their brother, father or grandfather's experience. Treatment for haemophilia has improved a great deal over the years and it can be valuable to learn more about how haemophilia is treated now and to speak to other people with haemophilia or parents of children with haemophilia or your Haemophilia Centre to see how things have changed. The Haemophilia Centre may also refer you to a genetic counselling service that specialises in bleeding disorders.

For information on genetic testing, pregnancy and childbirth, see the CARRYING THE HAEMOPHILIA GENE section, page 40.

“Treatment is improving all the time - make sure you get the most up-to-date information about your situation and options for having kids, especially if you have a family history of haemophilia and have experienced it in the ‘old days’.”