

# Nutritional study in haemophilic patients by using social networks

Ersilia Bianchi<sup>1</sup>, Evelyn Gonzalez de Delgado<sup>1</sup>, Gianluca Sottolotta<sup>2</sup>, Mildred Hernandez<sup>1</sup>, Josefa Martinez<sup>1</sup>, José Antonio Fuentealba<sup>3</sup>, Felix Javier Álvarez<sup>4,5</sup>, Solange Del Mar Naranjo<sup>1</sup>

<sup>1</sup>Fundación Hemo Hermanos Venezuela, <sup>2</sup>Fondazione Hemo Hermanos Italia, <sup>3</sup>Fundación Hemo Hermanos Chile, <sup>4</sup>Fundación Hemo Hermanos del Mundo, <sup>5</sup>Asociación Peruana de Hemofilia

## Introduction

**Introduction:** Health diet is a very important issue in haemophilia treatment: weight control can prevent spontaneous bleedings and hemarthroses of lower articulations; for this reason an appropriate protein consumption, based on hyperproteic diet, can help to reduce bleedings; furthermore the change from sucrose to fructose in patients diet can lead to decrease or prevent caries.

## Aim of the study

Evaluate the nutrition habits in haemophilic patients by the determination of protein and sugar consumption.



## Materials and methods

The study was performed from January 2011 to December 2011. We used questionnaires based on anthropometric measures, surveys applications, nutritional anamnesis and bleeding scores. The participants were 31: 28 with A haemophilia, 3 with B haemophilia. (14 pediatrics, 17 adults). The Europeans were 4 and 27 were South Americans. The patients were recruited from the members of Facebook haemophilia groups; we obtained written informed consents before enrollment. Clinical and demographical characteristic of patients are described in table 1. Table 2 shows the patients' nationality.

## Results

The 45% of the patients had standard anthropometric measures, 30% were overweight and 25% suffered from obesity. The 56% of subjects had diet mainly based on carbohydrates, 28% on animal proteins, 11% on vegetal proteins and 16% on fats. The 26% of the patients showed a good nutritional knowledge, 44% of them ignored the importance of a correct and balanced diet in haemophilia and in 30% of cases was not evidenced any nutrition knowledge. In the 54% of parents was showed a good knowledge about the correct nutrition of their children, but the 38% was not informed about an appropriate diet and the 8% of them did not know how to properly feed their sons.

## Conclusions

If incorrect, the nutritional habits must be changed to educate to the importance of a healthy nutrition, with the aim to enhance the quality of life of haemophilic patients. The social networks can allow the diffusion of correct dietetic information. Our study evidenced that Italian patients have good food habits: proteins are daily present in their diary balance, also carbohydrates and fat are properly consumed. In Latin America the situation is different and diets are not according to the needs of the patients: in these countries, targeted educational programs, in accordance with the national dietetic habits, could be the way to improve the healthy nutrition in haemophiliacs

Table 1: Clinical and demographical characteristics of patients

Diagnosis	Degree of severity	N° of patients	Age (mean)
Haemophilia A	Severe	11	2-45 (24.7)
Haemophilia A	Moderate	14	3-41 (18.7)
Haemophilia A	Mild	3	6-30 (17.7)
Haemophilia B	Severe	2	11-22 (16.5)
Haemophilia B	Moderate	1	30
<b>Total</b>		<b>33</b>	<b>2-45 (21.4)</b>

Table 2: Nationalities

Country	N° of patients
Venezuela	11
Mexico	5
Chile	4
Italy	3
Argentina	2
Colombia	2
Peru	2
Ecuador	1
Spain	1
<b>Total</b>	<b>31</b>

The authors want to thanks Ana J. Calero, President of Hope and Life Usa Foundation, for her continuous support and encouragement

WHF World Congress – Paris (France) 8-12 July 2012

