

# Demographic characterization of patients older than 35 years with hemophilia: A retrospective evaluation in a developing country.

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## Introduction and Objectives

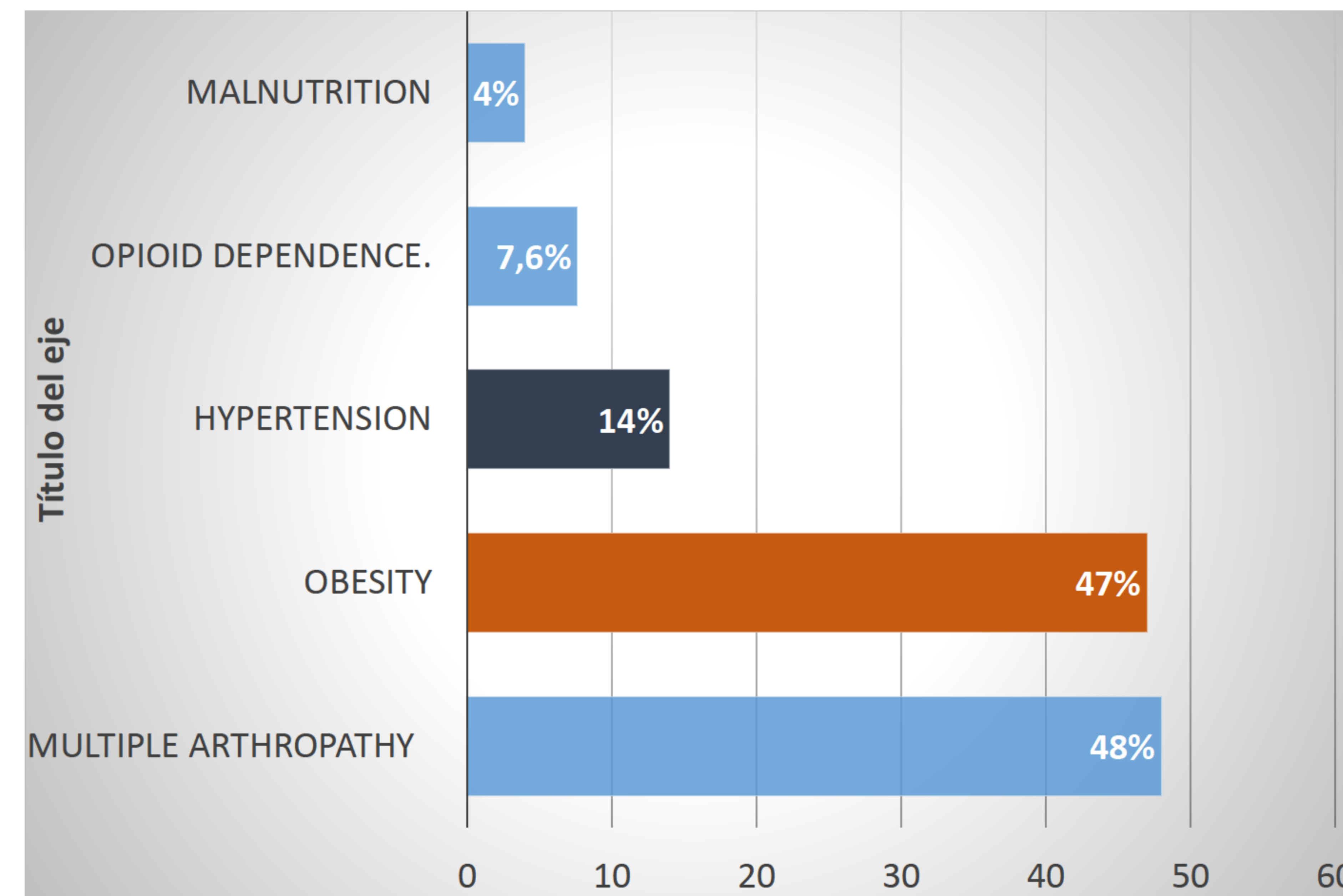
Nowadays patients with hemophilia in developed countries have similar life expectancy as overall population and they present with age-related comorbidities becoming a challenge for the health systems. With aging, the adult hemophilia patients develop renal and cardiovascular comorbidities, neoplasms and other diseases. The aim of this study is to review the complications of hemophilia in adult patients in four institutions in Colombia.

**Materials and methods:** observational study, including patients with congenital hemophilia A and B, older than 35 years old.

### Demographic characteristics n=67

Median age: 44.5 years (35-82)	
Had no steady job	16%
Hemophilia A	86,3%
Hemophilia B	14%
Severe hemophilia	44%
Patients with inhibitors	10%
Prophylaxis	36%
Factor plasma derived	60%

### Comorbidities



### Clinical evaluation

33% of patients were assessed by hematology, dentistry, physical medicine and orthopedics. 22.7% only by hematology.

39% Follow-up by social work, psychology, nutrition were met in 50% were not evaluated by these groups, the remaining number only by one of the specialist.

## Conclusions

In our study most of the patients had hemophila A, with one third of them receiving prophylaxis. Conditions such as obesity, overweight, hypertension constitute a challenge, so changes in lifestyle can prevent future complications. The presence of other diseases is increasing as life expectancy does. The active participation of patients, professionals and health systems is need to achieve comprehensive care.

### Referencias

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