

# Healthy Living in India... even with Hemophilia!!

Nataraj Selvaraj

## Introduction and Objectives:

Healthy life is a dream for everyone with a chronic disorder, like hemophilia. In a developing country like India with the high cost of treatment, its nearly impossible even to dream about it. But in my case I've considered hemophilia to be my key motivator to lead a healthy life. I'm 28 years old healthy male with severe hemophilia A, living a healthy and near bleed-free life. A dream come true, thanks to the life style I chose.

## Materials and Methods:

My life style includes regular physiotherapy, various exercises, a nutritious diet, self discipline, and a healthy dose of patience and perseverance. In 2009, I was taught about the importance of physiotherapy at my first youth camp and stayed the course. As a result, in about 6 months my target joint started showing positive results, which gave me great confidence. I gathered more knowledge about hemophilia. I applied that knowledge whenever needed and found out the result to be amazing. Simple things like RICE protocol helped in controlling the bleeding at the beginning stage itself and changing to nutritious diet made my body healthier than before.

## Results:

Motivated by this, I started gathering more knowledge on hemophilia and the bleeding mechanism. By experimenting with recipes including sprouts, vegetables and greens with exercises, it turned out to be highly successful. Once, even a little extra pressure on my target ankle would result in a bleed and keep me in bed for nearly 2 weeks. Now I'm able to jog for 10 KM without any problem. I chose my diet to be simple, nutritious and easily affordable, so that one's economic status won't be a problem to follow my diet.

## Conclusions:

Even though I had a few bleeds after a trauma in 2009 I was very well able to manage them without factor treatment and able to stop them at very beginning. When I shared my experience with others in the community they were astonished and most started following these ideas, and getting good results.



Hemophilia Society  
- Salem Chapter

Hemophilia  
Society - Salem  
Chapter

