Nutritional assessment and adherence to treatment of Hemophilia A and B patients in Integral IPS

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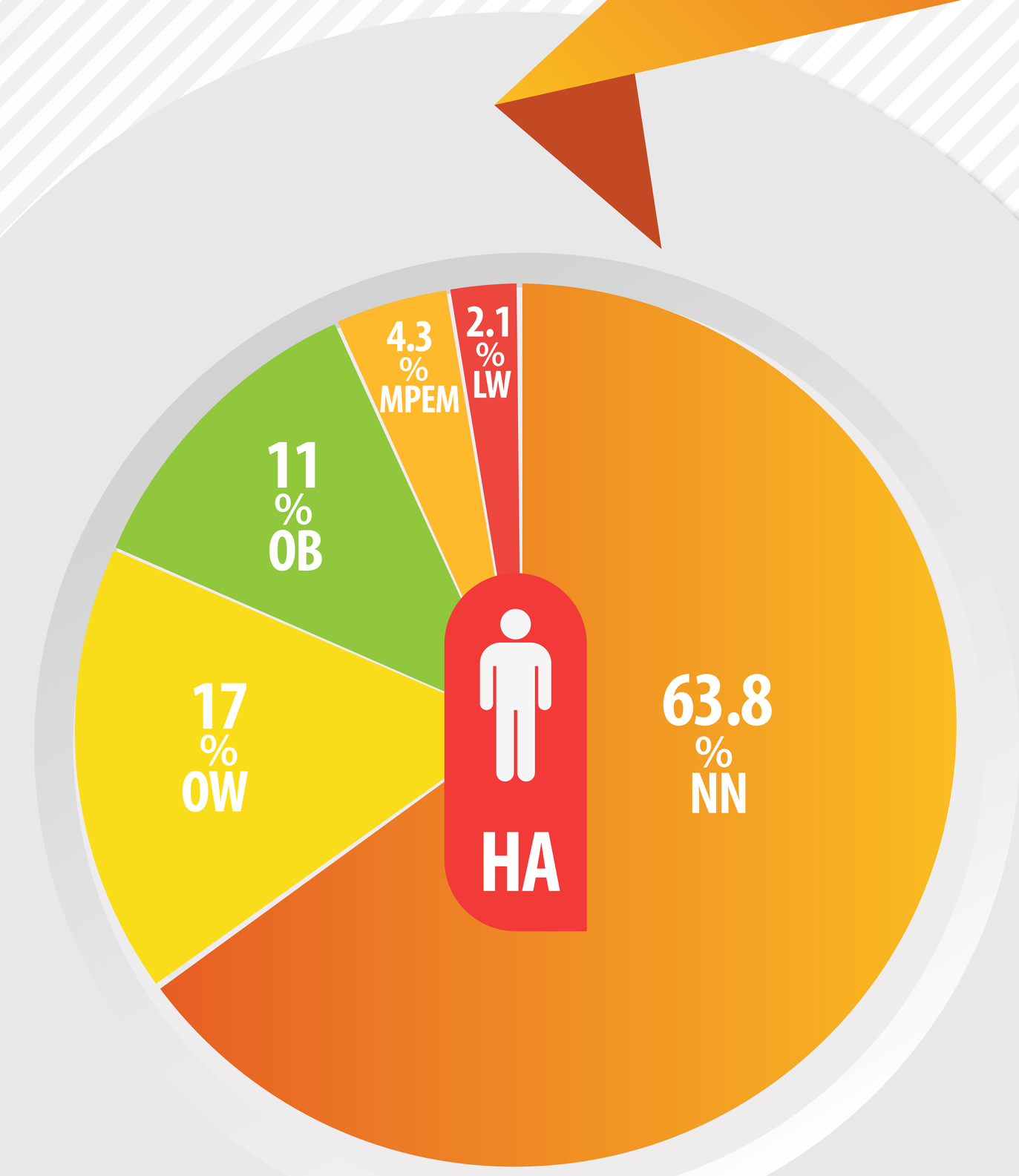
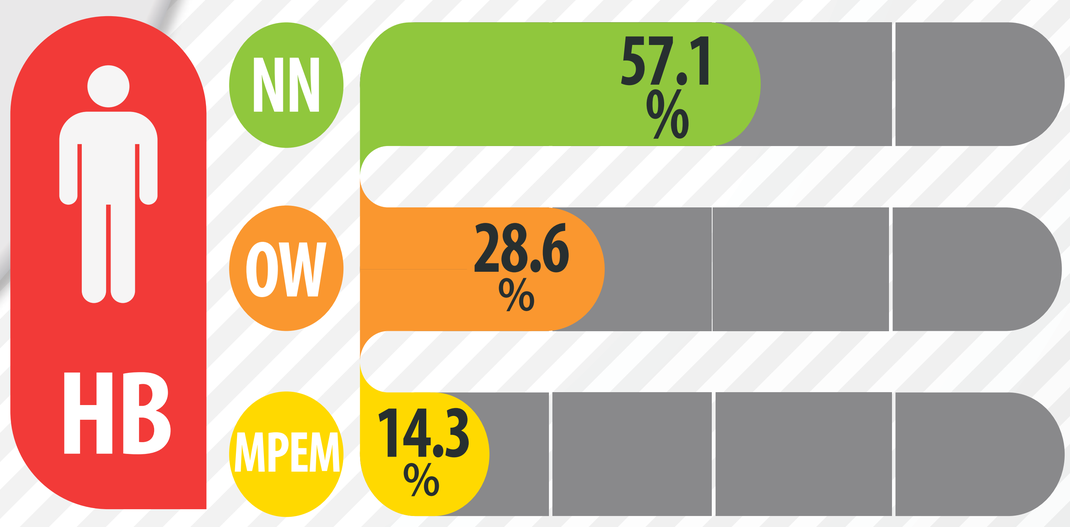
Today, the increasing development of non-transmissible chronic diseases has become evident in Hemophilia patients, given the increase in life expectancy, the joint deterioration and a high prevalence of inadequate lifestyles. That is why, since 2008 in Integral IPS, we have been developing a nutritional program for risk prevention and management of these diseases. This abstract seeks to explain the most important diagnosis and a general nutritional intervention with adherence of this population to a dietary management.



We evaluated 47 patients with hemophilia A and a 63.8% of this population had Nutritional Normality (NN), followed by an overweight diagnosis (OW) of 17 % and obesity (OB) 11%. Only 4.3% and 2.1% had a mild protein-energy malnutrition (MPEM) and low weight (LW) respectively.

Similarly, we evaluated 7 patients with hemophilia B and 57.1 % presented NN, followed by 28.6% with OW and 14.3 % with MPEM. Both groups received individual nutritional counseling as macro and micronutrient requirements, together with education, guidance and verification of compliance with the recommendations. The lipid panel results presented mixed dyslipidemia and HDL cholesterol > 40mg/dl in 8 patients of the Hemophilia group. In the Hemophilia B group, only 1 had mixed dyslipidemia and 4 patients HDL cholesterol > 40mg/dl.



According to the results obtained, both groups showed more patients in normal nutrition according to BMI. However, when confronted with the lipid panel, in both Nutritional Normality and Obesity or Overweight patients, alteration of the result was present, increasing a cardiovascular risk that associated with the difficulty of patients to a dietary adherence may weaken a long-term quality of life .

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