Alphanate®

antihemophilic factor/von Willebrand factor complex (human)

Using the activity risk scale to help patients with hemophilia A or von Willebrand disease plan their activities

No matter how well-conditioned you are and no matter what level of skill you have, various activities carry risks.

Individuals with hemophilia A or von Willebrand disease can be at an increased risk when playing sports or exercising. Understanding these risks can help you make good choices about your participation in certain activities.[1]

Use the table below to see how certain activities rank on a scale from 1 (safe) to 3 (dangerous). It is important to note that Level 1, Level 1.5, and Level 2 indicate that the health benefits of these particular activities may outweigh the associated risks. All sports that are rated as Level 2.5 and Level 3 are dangerous and are not recommended for people with bleeding disorders.[1]

Activity	Low Risk 1	Low to Moderate Risk 1.5	Moderate Risk 2	Moderate to High Risk 2.5	High Risk 3
Aquatics	1				
Archery	1				
Baseball			1.5–2.5		
Basketball			1.5–2.5		
Bicycling			1.5–3		
BMX Racing					3
Body Sculpting Class		1.5			
Boot Camp Workout Class			2		
Bounce Houses				2.5–3	
Bowling			2		
Boxing					3
Canoeing			1.5–2.5		
Cardio Kickboxing Class			2		
Cheerleading			1.5–2.5		
Circuit Training		1.5			
Dance			1–3		
Diving, Competitive				2–3	
Diving, Recreational			2		
Elliptical Machine (Training Equipment)	1				
Fishing		1–2			
Football, Flag or Touch			2		
Football, Tackle					3
Frisbee®		1–1.5			
Frisbee®, Golf		1.5–2			
Frisbee®, Ultimate			2–2.5		
Golf	1				
Gymnastics				2–3	
High Intensity Functional Training				2–3	
Hiking		1–1.5			
Hockey, Field/Ice/Street					3
Horseback Riding			1.5–2.5		
Indoor Cycling Class		1.5–2			
Personal Watercraft				2–3	
Jumping Rope			2		
Kayaking			1.5–2.5		
Lacrosse					3
Martial Arts, Tai Chi	1				
Martial Arts, Traditional and Mixed				2	
Motorcycle/Motocross (ATV, Dirt Bikes)					3
Mountain Biking				2.5	
Pilates		1.5–2			

Activity	Low Risk 1	Low to Moderate Risk 1.5	Moderate Risk 2	Moderate to High Risk 2.5	High Risk 3
Power Lifting					3
Racquetball				2.5	
River Rafting			2		
Rock Climbing, Indoor / Ropes Course		1.5–2			
Rock Climbing, Outdoor				2–3	
Rodeo					3
Rowing		1.5			
Rowing Machine (Training Equipment)		1.5			
Rugby					3
Running/Jogging			2		
Scooters, Motorized				2–2.5	
Scooters, Nonmotorized			1.5–2.5		
Scuba Diving				2–2.5	
Skateboarding			1.5–2.5		
Skating, Ice			1.5–2.5		
Skating, Inline and Roller			1.5–2.5		
Skiing, Cross-Country			2		
Skiing, Downhill				2.5	
Skiing, Water				2–2.5	
Ski Machine (Training Equipment)		1.5			
Snorkeling	1				
Snowboarding				2.5	
Snowmobiling					3
Soccer				2–3	
Softball			1.5–2.5		
Stationary Bike (Training Equipment)	1				
Stepper (Training Equipment)		1–1.5			
Strength, Resistance, Weight Training		1.5			
Surfing				2–2.5	
Swimming	1				
Tee-Ball		1.5			
Tennis			2		
Track and Field				2–2.5	
Trampoline					2.5–3
Treadmill (Training Equipment)		1.5			
Volleyball				2–2.5	
Walking	1				
Water Polo				2.5	
Wrestling					3
Yoga		1.5–2			
Zumba® Class		1.5–2			

GRIFOLS

Please see accompanying full Prescribing Information for ALPHANATE or visit www.alphanate.com

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antihemophilic factor/von Willebrand factor complex (human)

INDICATIONS

ALPHANATE® (antihemophilic factor/von Willebrand factor complex [human]) is indicated for:

- Control and prevention of bleeding episodes and perioperative management in adult and pediatric patients with factor VIII (FVIII) deficiency due to hemophilia A
- Surgical and/or invasive procedures in adult and pediatric patients with von Willebrand disease (VWD) in whom desmopressin (DDAVP) is either ineffective or contraindicated. It is not indicated for patients with severe VWD (type 3) undergoing major surgery

IMPORTANT SAFETY INFORMATION

TALPHANATE is contraindicated in patients who have manifested life-threatening immediate hypersensitivity reactions, including anaphylaxis, to the product or its components.

Anaphylaxis and severe hypersensitivity reactions are possible with ALPHANATE. Discontinue use of ALPHANATE if hypersensitivity symptoms occur, and initiate appropriate treatment.

Development of procoagulant activity-neutralizing antibodies (inhibitors) has been detected in patients receiving FVIII-containing products. Carefully monitor patients treated with AHF products for the development of FVIII inhibitors by appropriate clinical observations and laboratory tests.

Thromboembolic events have been reported with AHF/VWF complex (human) in VWD patients, especially in the setting of known risk factors.

Intravascular hemolysis may occur with infusion of large doses of AHF/VWF complex (human).

Rapid administration of a FVIII concentrate may result in vasomotor reactions.

Because ALPHANATE is made from human plasma, it may carry a risk of transmitting infectious agents, eg, viruses, the variant Creutzfeldt-Jakob disease (vCJD) agent, and, theoretically, the Creutzfeldt-Jakob disease (CJD) agent, despite steps designed to reduce this risk.

Monitor for development of FVIII and VWF inhibitors. Perform appropriate assays to determine if FVIII and/or VWF inhibitor(s) are present if bleeding is not controlled with expected dose of ALPHANATE.

The most frequent adverse drug reactions reported with ALPHANATE in >1% of infusions were pruritus, headache, back pain, paresthesia, respiratory distress, facial edema, pain, rash, and chills.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1.800.FDA.1088.

Please see accompanying full Prescribing Information for ALPHANATE or visit www.alphanate.com

Reference: 1. Anderson A, Forsyth A. *Playing it Safe.* New York, NY: National Hemophilia Foundation; 2017.

GRIFOLS