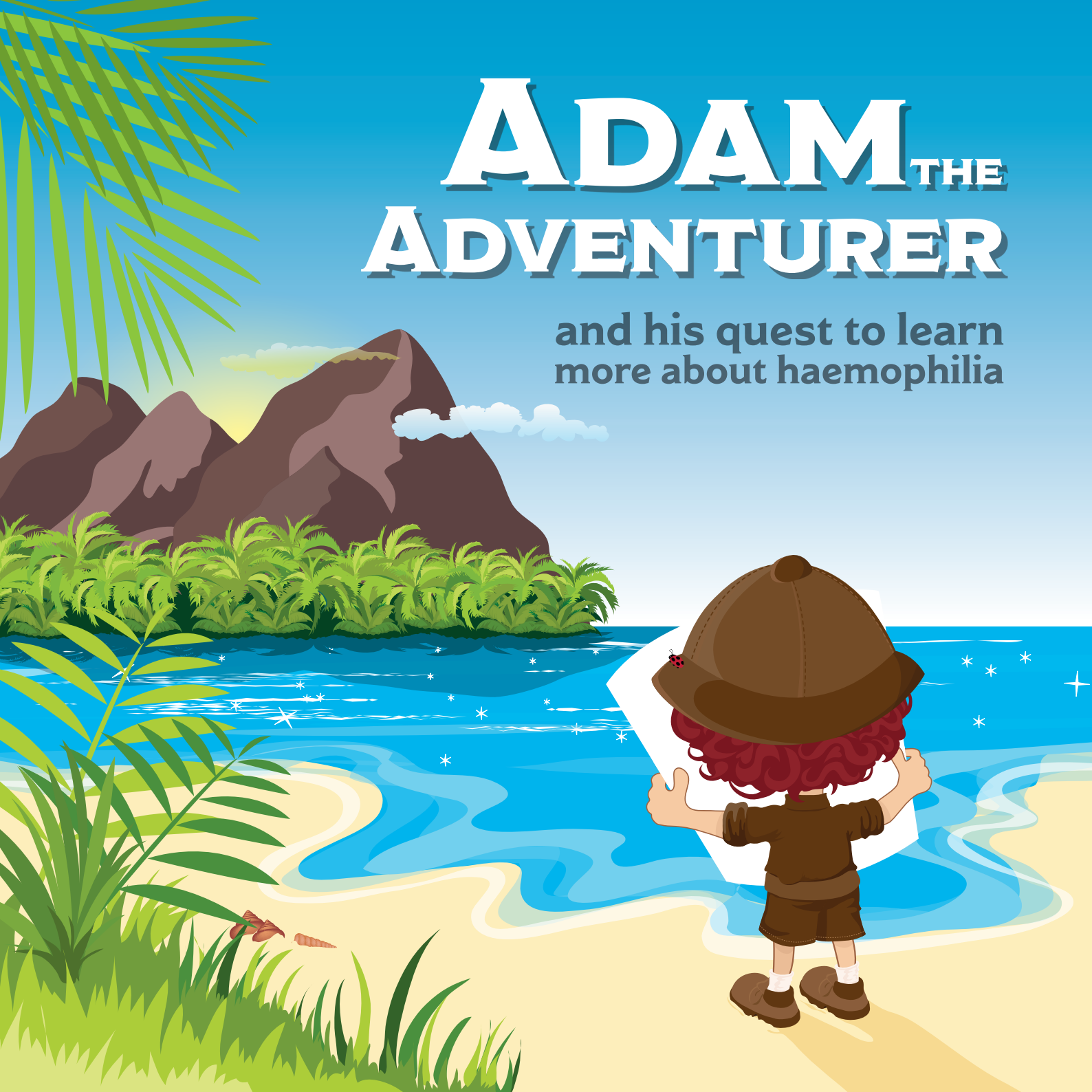


ADAM^{THE} ADVENTURER

and his quest to learn
more about haemophilia



Hello! I'm Adam.
I'm here to find out more
about haemophilia.



Adam has haemophilia, just like you! The thing is, he doesn't know much about it. He knows it's something to do with blood, but he wants to understand it better.



Luckily, Adam has some friends who can tell him more about haemophilia. He just has to find them. Join him on his adventure to find his friends and learn more about haemophilia!



I think the first person who can help me learn about haemophilia is Captain Courageous! He is often busy saving the world but always has time for friends like me!

Let's look at my map together to find Captain Courageous!

Captain Courageous lives in the city and works hard to keep the people who live there safe. Adam looks at his map to find out where to go and sets off on his adventure.

Hi Captain Courageous!

I'm here to learn more about haemophilia. I know it has something to do with how my body heals bumps, cuts and bruises. If I accidentally cut my knee, how does my body stop it bleeding?

To plug the cut and stop the bleeding, your body will make a clot, using 'clotting factors', or factor for short.

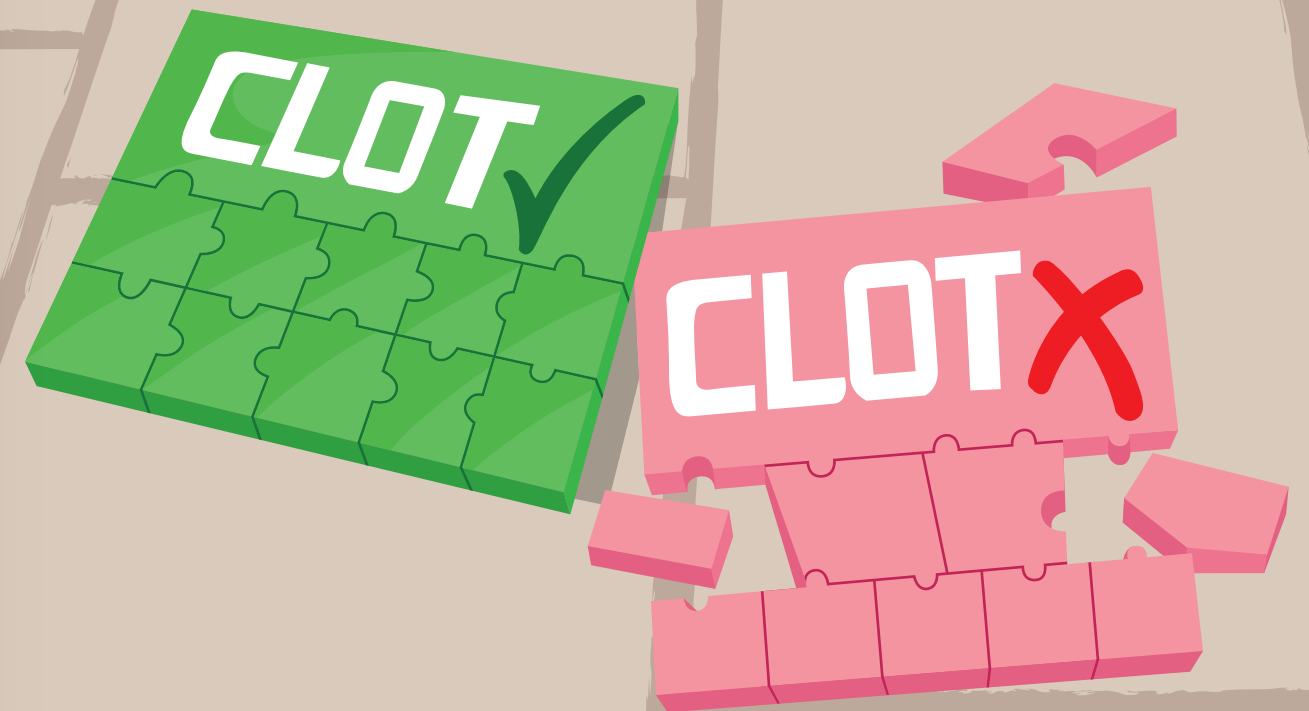


A clot works like a plug in a bath – it stops the bleeding in the same way that a plug stops water from leaving a bath. Once the clot has been made, the bleeding stops.

A clot is made of lots of different things and different factors, which work together like puzzle pieces in a jigsaw.

If you have haemophilia, it takes longer to make a clot. This is because your body doesn't make enough factor.

It's a bit like your body is missing some of the puzzle pieces to make the clot. This means that if you cut your knee, and your friend without haemophilia cut his knee at the same time, it would take longer for your bleeding to stop.



Okay - so what do I need if my body doesn't make enough factor?

Simple: your body needs to be given factor, as a medicine, instead. Then, if you bump, cut or bruise yourself, you can make the clot to stop the bleeding more quickly.

Factor also helps the body heal cuts and bruises that might be hidden deeper under your skin. It's important you know how to recognise when this happens as you might not see any blood at all.

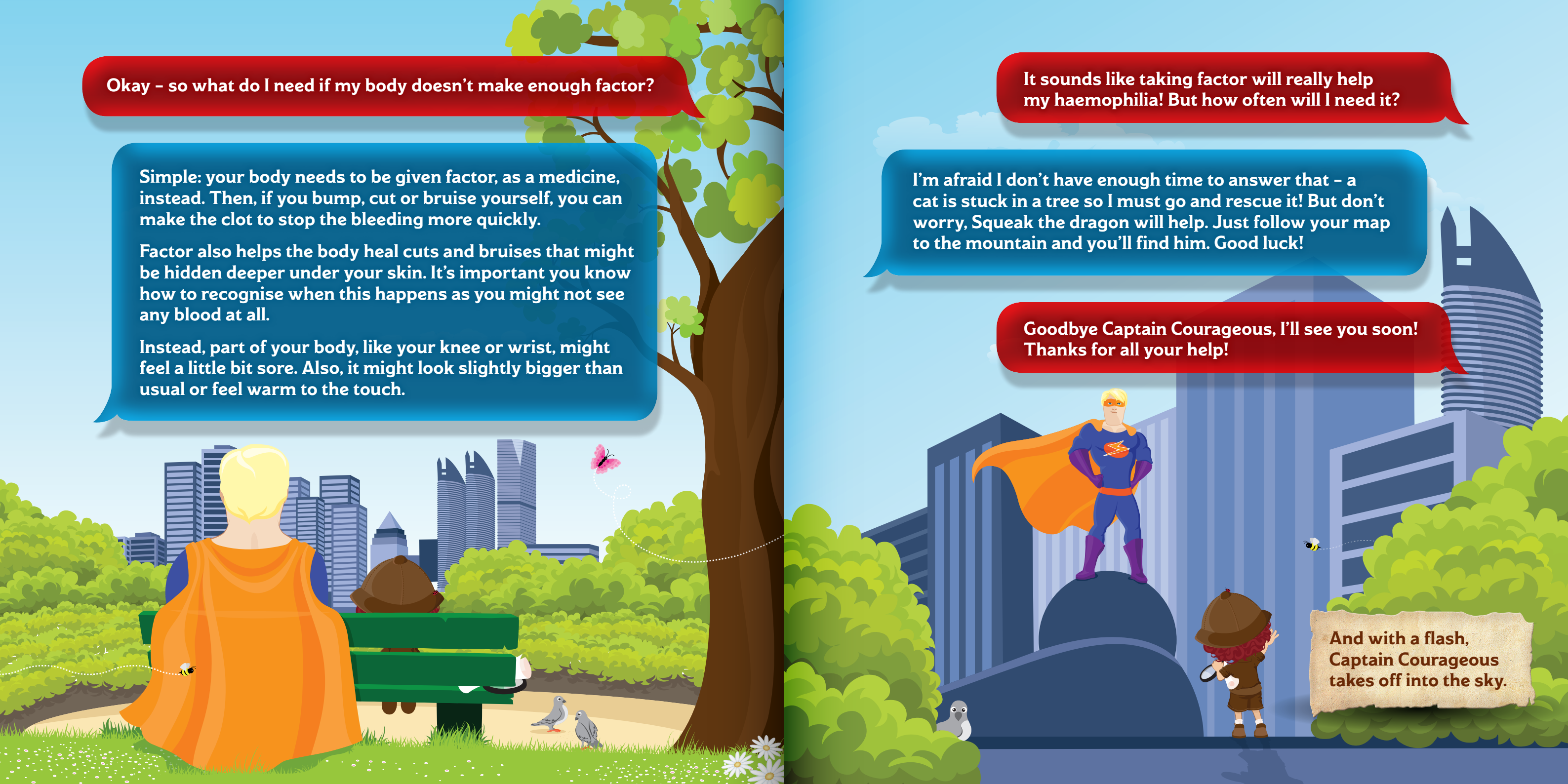
Instead, part of your body, like your knee or wrist, might feel a little bit sore. Also, it might look slightly bigger than usual or feel warm to the touch.

It sounds like taking factor will really help my haemophilia! But how often will I need it?

I'm afraid I don't have enough time to answer that - a cat is stuck in a tree so I must go and rescue it! But don't worry, Squeak the dragon will help. Just follow your map to the mountain and you'll find him. Good luck!

Goodbye Captain Courageous, I'll see you soon! Thanks for all your help!

And with a flash, Captain Courageous takes off into the sky.



Adam takes a quick look at his map. He had learnt so much already and was excited to hear what Squeak might tell him. He finds where Squeak is on the map, and continues his journey.



After a long walk, Adam finally arrives at the mountain. He sees Squeak the little dragon practicing his fire breathing.

Hi Squeak!

I have some questions about haemophilia. I was hoping you could tell me about when I will need my factor?



You're given factor regularly. Over time, the amount of factor in your body goes down as it gets used up. So, it needs to be kept topped up so your body can make clots properly.

It's a bit like when you're on an adventure like this one. You need to make sure that you top up your water bottle so you don't get thirsty and run out of energy!

Your doctor or nurse will tell you how often you need your factor, so that your body has enough to heal any bumps, cuts or bruises.

But remember, as Captain Courageous told you, sometimes bumps and bruises happen underneath your skin and you might not see them. It's important you keep taking your factor regularly to look after these hidden bumps.

What should I do if I hurt myself?

If something hurts, you must tell a grown-up like your mum, dad or teacher, even if you can't see anything.

If you think that you may have a bruise or bump that can't be seen on your skin, it's very important to let them know.

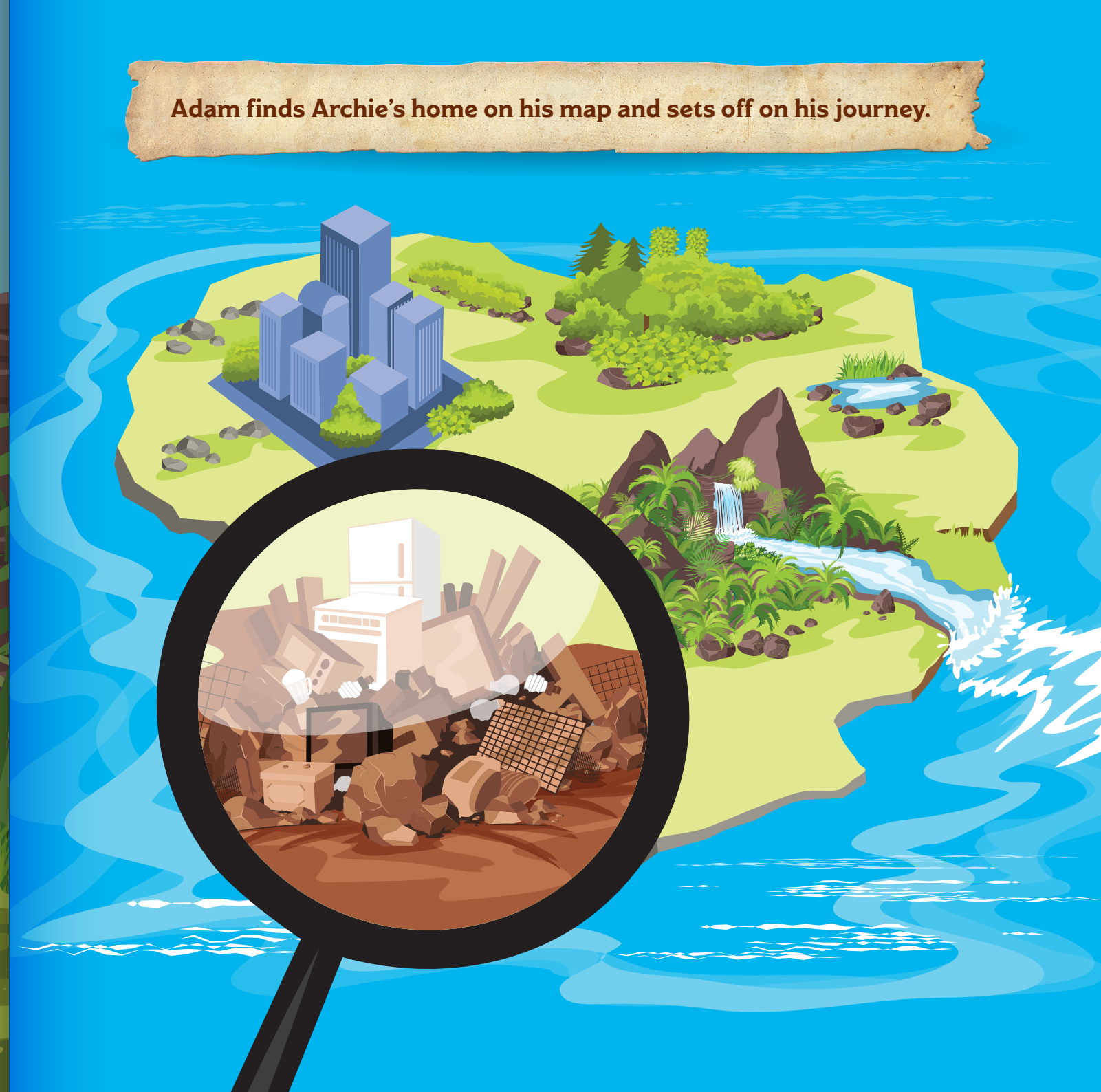


Thanks, Squeak! I feel like I know so much more already. But how will I get my factor?

I must get back to practicing my fire breathing but I know Archie the Robot would love to help! He doesn't live too far away. Just follow your map to his home and he will tell you! Good luck!



Adam finds Archie's home on his map and sets off on his journey.



Hello Archie!

Do I know you? My memory isn't very good because my memory circuits play up...

It's your old friend Adam!

Ah yes, of course!
What can I help you with Adam?

ARCHIE'S HOUSE

I want to learn more about haemophilia. Captain Courageous and Squeak have already taught me so much but I was wondering if you could tell me how I will get my factor?

Why of course!

You'll have a small injection into a vein in your arm or hand. If your doctor has given you a port under your skin, the injection will go through that.

You might get your treatment in hospital, or at home. If you get factor at home, your nurse will teach you and your parents how to give it to you.

So what will happen when I have my injection?

First, the person helping you will wash their hands. Then, they might put on a special cream or spray which will make your skin go numb so it won't hurt when you have your injection. Then they'll clean the skin where the injection will go and gently put the needle in.

Your factor will be injected slowly, and will take a few minutes. If you read a book or play a game like 'I spy', it will make the time go quicker! We've also got a fun game towards the back of this book where you can help find me, Squeak and Captain Courageous!

When the injection is finished, the person helping you will carefully put the needle into a special bin, called a sharps box. This makes sure that no-one will cut themselves on the needle.

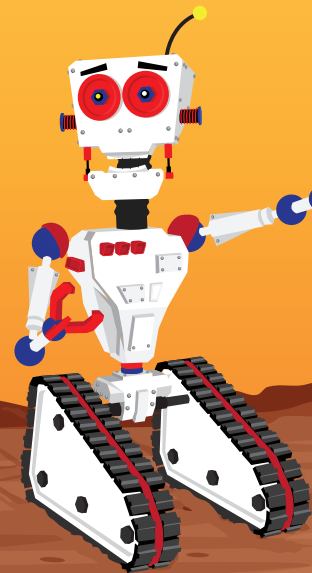
One day you will be able to learn how to give yourself your factor. It's really easy...even I can remember how to do it and you know how bad my memory is!



Wow, Archie! You've been so helpful. My quest to learn more about haemophilia is now complete!

You're welcome.

Oh...I almost forgot - Squeak told me to remind you that it is really important to take your factor regularly and always tell an adult when you think you might have a bump, cut or bruise, even if you can't see it.



ADAM
HAS
PASSED



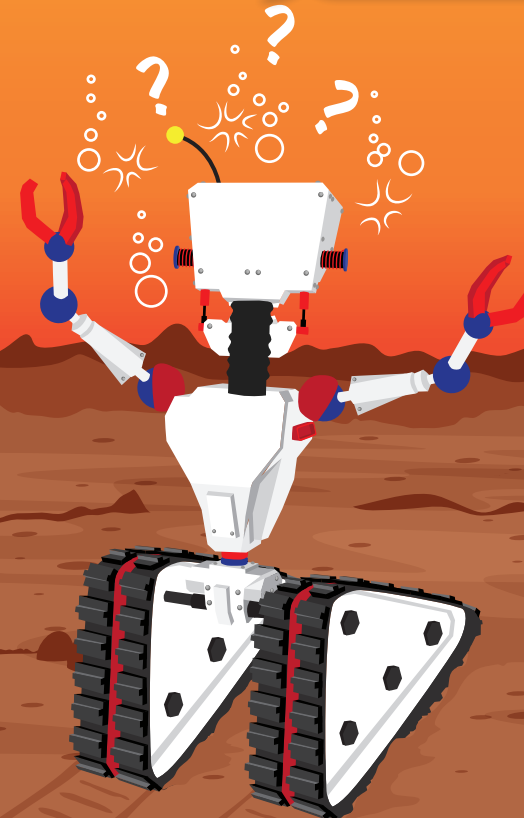
Adam has completed his adventure and now understands more about haemophilia. He feels more confident talking to his friends about it. Do you? Maybe you could tell your friends about haemophilia too?

Being a chatter-box, Adam can't wait to talk to someone about what he has learnt.

Adam's in luck. As Adam leaves Archie, Archie catches up with him. Archie looks a little confused.

Adam! Wait - I need your help...

What's wrong?

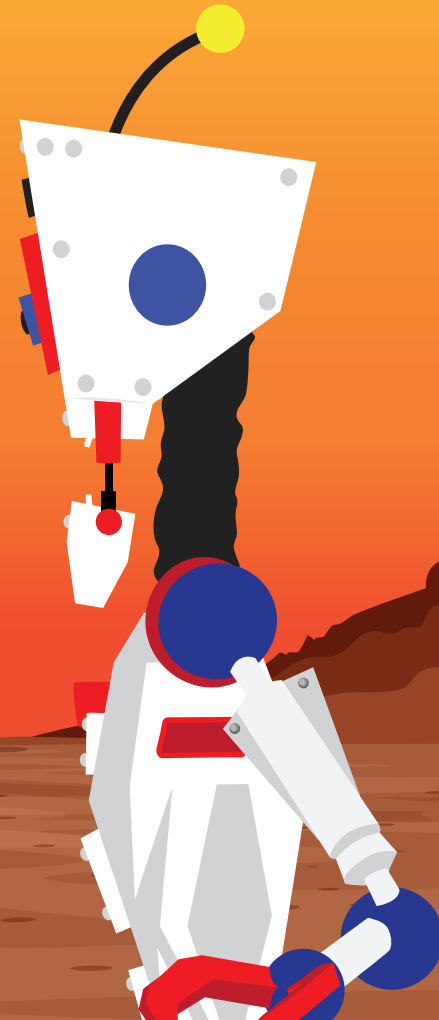


As you know, my memory circuits play up sometimes and I've already forgotten some things about haemophilia.

Could you run through some of the key words? It will help jog my memory.

Good idea Archie. You ask the questions and I'll answer them.

This should be fun!



To help Archie get his memory back, Adam also needs your help – **can you help Adam answer the questions?**

What is your condition called?

(Clue: this is quite a long word)

What do you need to put back into your body to make your blood clot?

(Clue: rhymes with tractor)

What is it called when a needle goes into your vein?

(Clue: it starts with the letter i)

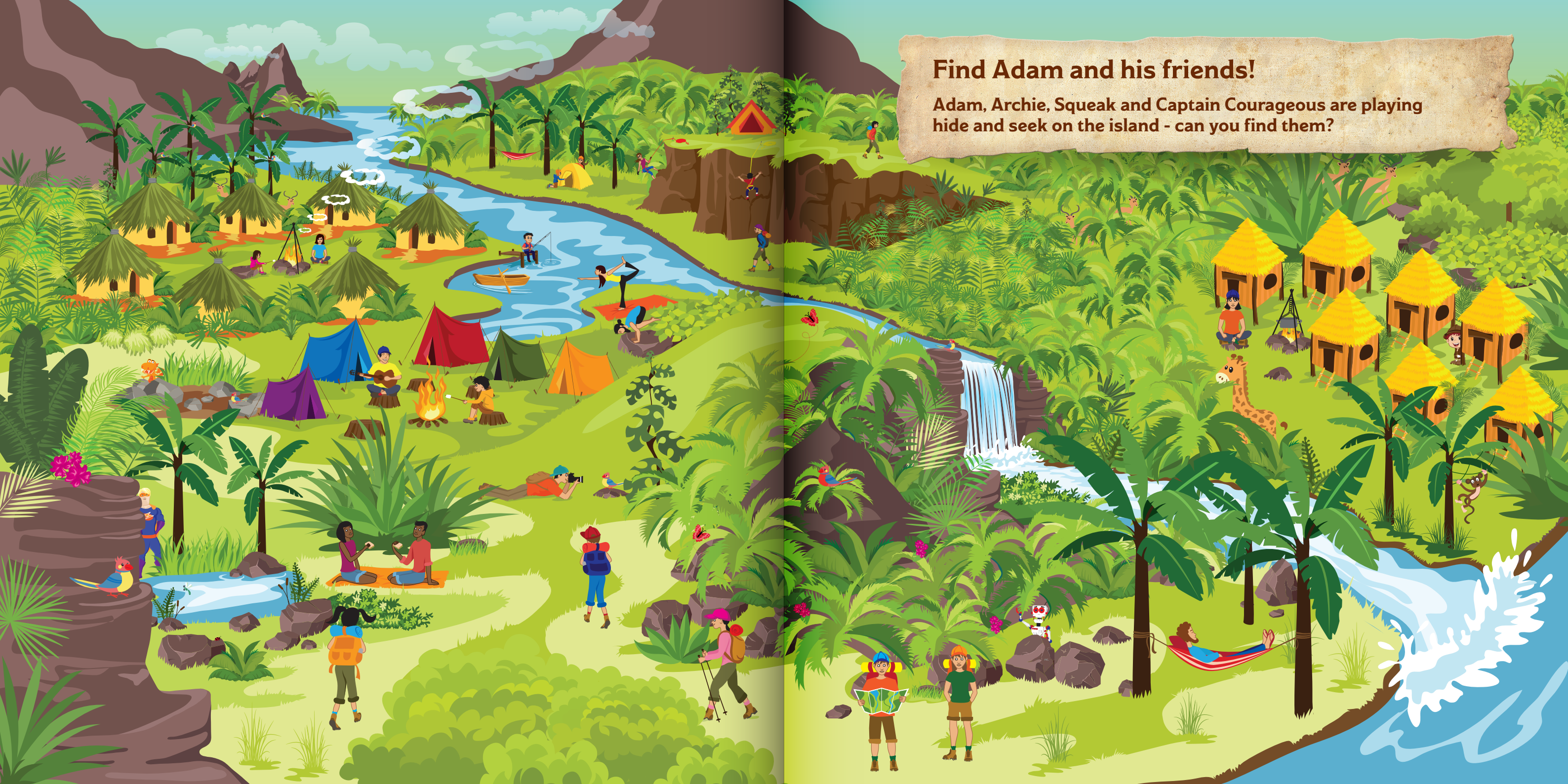
Who should you tell if something hurts or you bump or bruise yourself?

What should the person helping you do before they give you your injection?

(Clue: this helps to stop any germs)

Where do they put the used needle?

(Clue: sounds like SHARK'S SOCKS!)



Find Adam and his friends!

Adam, Archie, Squeak and Captain Courageous are playing hide and seek on the island - can you find them?



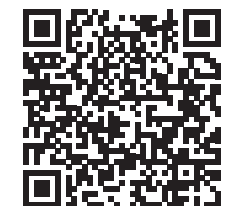
That's all from us for now, but we hope to see you soon on the Magic Movie Maker app!

Magic Movie Maker App

To see more of Archie, Squeak and Captain Courageous, ask your parents to **download the Magic Movie Maker** for the iPad.

Be the star of your very own movie, and choose which of Adam's friends you would like to be your co-star!

The app is completely free to download and use and can be downloaded from the App Store – just ask your parents to search for “**Magic Movie Maker**”.





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