

Managing HAE During Every Stage of Life

CHILDREN TEENAGERS
YOUNG ADULTHOOD & BEYOND



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What to Do During Childhood

CHECKLIST FOR PARENTS of children with HAE

- ✓ Test children from HAE-affected families as soon as possible
- ✓ Help children to “name” symptoms
- ✓ Identify potential triggers with them
- ✓ Give them a card with emergency contacts
- ✓ Keep a doctor letter on file at school
- ✓ Inform everyone involved in your child’s care about what to do in case of an HAE emergency
- ✓ Ask your doctor about HAE treatments approved for children

Talk to Your Family

Communicate with your family members about HAE and how it affects you



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Navigating the Teenage Years

CHECKLIST FOR TEENAGERS with HAE

- ✓ Recognize and avoid triggers
- ✓ Be aware of physical warning signs that may precede an HAE attack
- ✓ Learn as much as you can about your treatment options and be prepared for an HAE attack
- ✓ Carry an HAE Identification Card or wear a medical ID bracelet in case of emergency
- ✓ Try to limit emotional or physical stress
- ✓ Talk with your doctor before you have surgery or dental work

The World Allergy Organization recommends plasma-derived C1-INH as long-term prophylaxis therapy in adolescents

Talk to Your Family

Ask affected family members to share tips on how they manage HAE



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Planning for College and Beyond

CHECKLIST FOR ADULTS with HAE

- ✔ Try to limit emotional or physical stress
- ✔ Talk with your doctor before you have surgery or dental work
- ✔ Tell your doctor before starting or changing any therapy
- ✔ Inform your close friends about your condition so they know what to do in case of an emergency
- ✔ Know the location of the nearest treatment center when you're away from home
- ✔ Carry your emergency contact information with you
- ✔ Always have 2 doses of your on-demand treatment available

Talk to Your Family

Everyone is different—work with your doctor to develop an individualized treatment plan that works for you

