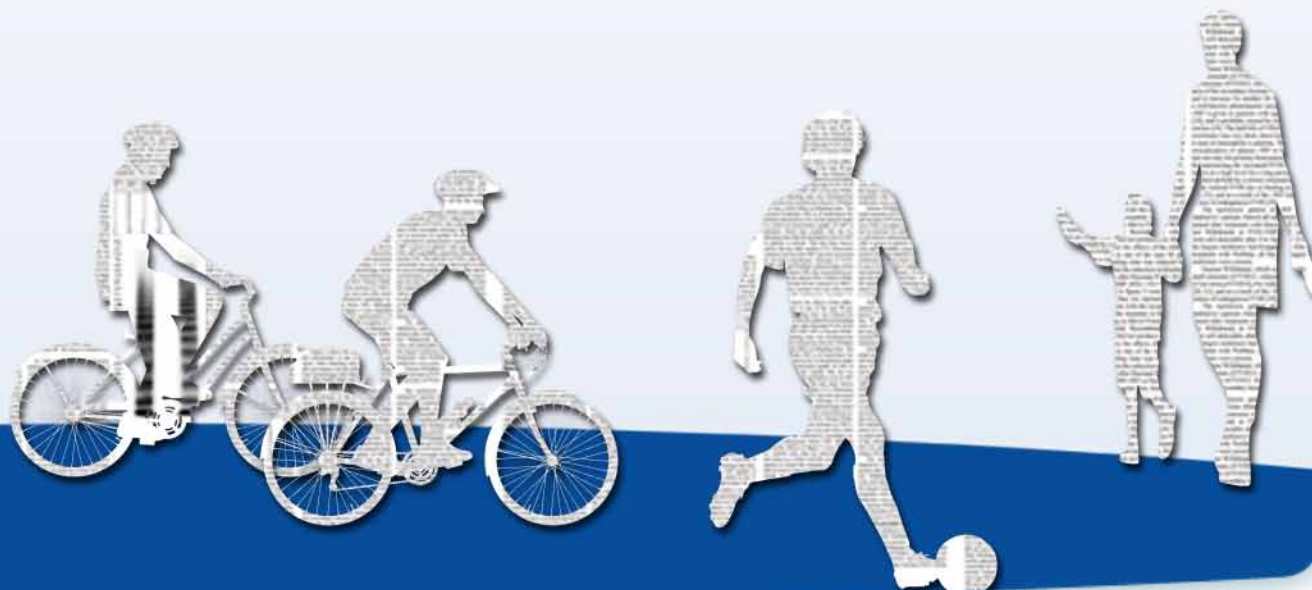


Built on data

**HUMATE-P®**

Antihemophilic Factor/von Willebrand  
Factor Complex (Human)



## Which Sport For You?

When you're ready to choose a sports or exercise program, you may want to consult the lists that follow. They're adapted from *Hemophilia, Sports, and Exercise*, a booklet published by the National Hemophilia Foundation. Experts on VWD note that the recommendations listed here are a good guide for people with severe VWD. However, they also point out most people with VWD have milder symptoms than most people with hemophilia. Therefore, some of the precautions may be excessive for people with mild VWD.

Before engaging in any physical activity, always consult with a doctor to make sure that activity is right for you. Your doctor can help you determine which choices will be safe for you.

## Activities Many Patients With VWD Can Enjoy

Most people with VWD can safely participate in the following low-risk activities:

biking  
fishing

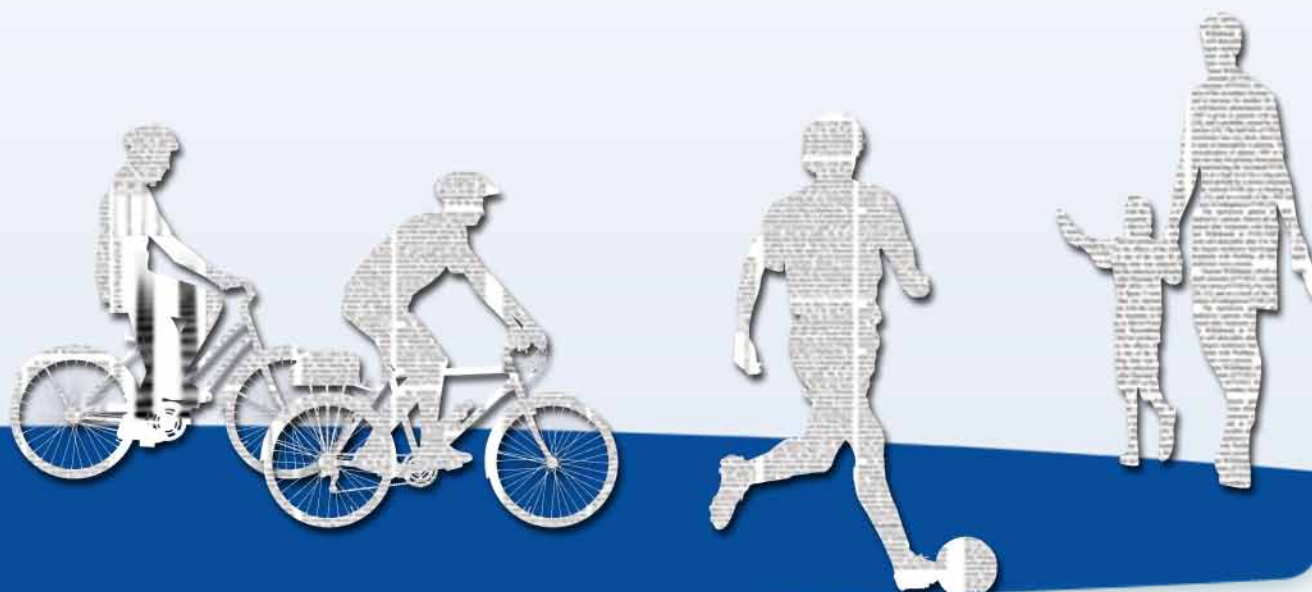
frisbee  
golf

hiking  
swimming

tai chi  
walking

Biotherapies for Life™ **CSL Behring**

For additional information about programs or services that CSL Behring has to offer, please contact CSL Behring Consumer Support at 1-888-508-6978 or email [CSL-ConsumerSupport@CSLBehring.com](mailto:CSL-ConsumerSupport@CSLBehring.com).



## **Activities That Offer More Benefits Than Risks**

These activities offer physical, social, and psychological benefits, and their risks can be reduced by protective equipment, such as helmets, protective pads, and life jackets.

**baseball (softball)**

**basketball**

**bowling**

**cross-country skiing**

**diving (recreational)**

**downhill skiing**

**gymnastics**

**horseback riding**

**ice-skating**

**in-line skating**

**karate**

**kung fu**

**roller-skating**

**rowing**

**running**

**skateboarding**

**soccer**

**tennis**

**track and field**

**volleyball**

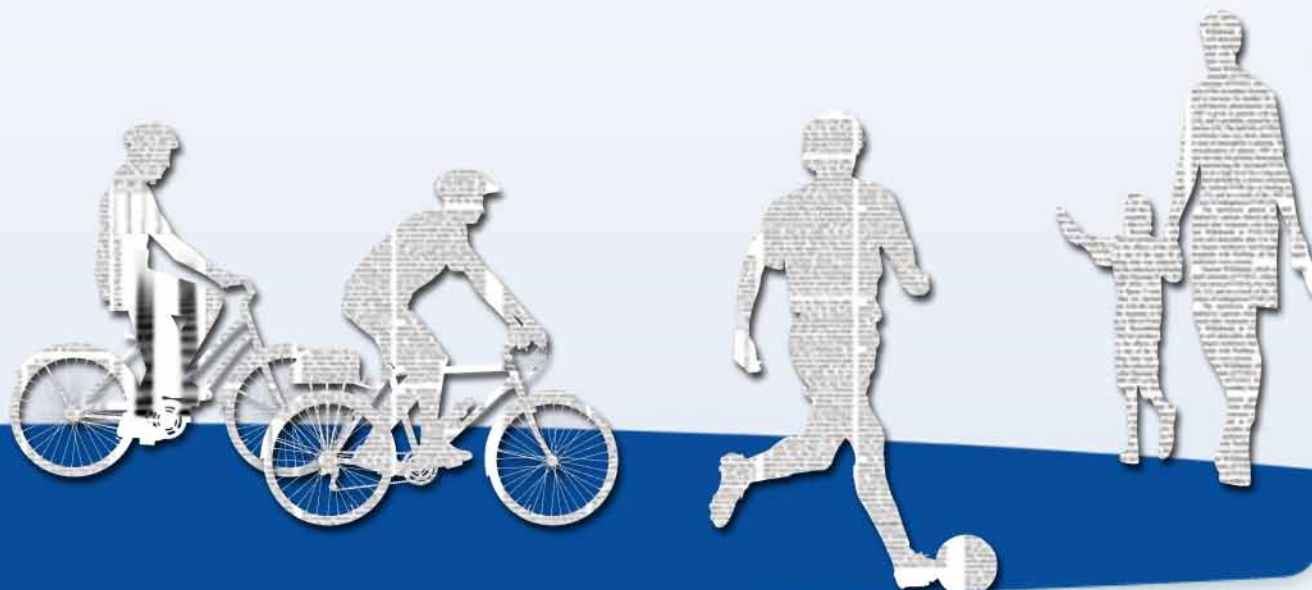
**water skiing**

**weight lifting**

Built on data

# **HUMATE-P®**

Antihemophilic Factor/von Willebrand  
Factor Complex (Human)



## **Activities That Should Probably Be Avoided by Anyone With a Bleeding Disorder**

These activities may be dangerous even for people without VWD. Some might cause severe bruising, and others have high accident rates.

**boxing**

**competitive diving**

**football**

**hockey**

**(field/ice/street)**

**lacrosse**

**motorcycling**

**racquetball**

**rock climbing**

**rugby**

**wrestling**

Biotherapies for Life™ **CSL Behring**

For additional information about programs or services that CSL Behring has to offer, please contact CSL Behring Consumer Support at 1-888-508-6978 or email [CSL-ConsumerSupport@CSLBehring.com](mailto:CSL-ConsumerSupport@CSLBehring.com).