Use screening and counseling to reduce alcohol misuse. Alcohol misuse includes “risk/hazardous” and “harmful” drinking that places individuals at risk for future problems. "Risk"y or "hazardous" drinking has been defined in the United States as more than 7 drinks per week or more than 3 drinks per occasion for women, and 14 drinks per week or more than 4 drinks per occasion for men. Love your liver! Coagulation factors are synthesized from the liver. Also, many adults with hemophilia are hepatitis C antibody positive, having more reason to protect their liver.

Ask your Treatment Center what tobacco cessation programs are available. It is never too late to quit!

Screening in women and men over age 50. If you are at higher risk screening may be recommended to start earlier. Call your hemophilia treatment center prior to any invasive testing (i.e. sigmoidoscopy/colonoscopy).

Screening mammograms every one to two years for women 40 years and older at average risk. Monthly Self Breast Exam (SBE). Call your hemophilia treatment center if any biopsies are planned.

Screening every one to three years as recommended by your primary care provider or gynecologist. Call your hemophilia treatment center if any biopsies are planned.

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**HIGH BLOOD PRESSURE SCREENING**

Adults 18 years of age or older should be screened annually*

<table>
<thead>
<tr>
<th>BP</th>
<th>SBP</th>
<th>DBP</th>
<th>DRUG THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prehypertensive</td>
<td>120-139 or 80-90</td>
<td>Maybe</td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>140-159 or 90-99</td>
<td>Yes, monotherapy usually</td>
<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>&gt;/=160 or &gt;/=100</td>
<td>Yes, two-drug therapy</td>
<td></td>
</tr>
</tbody>
</table>


**LIPID DISORDERS**

Screening is recommended for men aged 35 years or older. Abnormal lipids should be treated in people who are at risk for coronary heart disease.

Screening younger adults (men aged 20-35 years and all women) for lipid disorders in the presence of any of the following:

- Diabetes
- Personal history of Coronary Heart Disease
- Family history of premature cardiovascular disease
- Family history suggestive of dyslipidemia
- Hypertension, tobacco use or obesity

**HIV SCREENING**

Screening recommended for persons exposed to blood products (including factor concentrates) from 1978-1985 and for High Prevalence Settings (as defined by the Centers for Disease Control and Prevention as those known to have a 1% or greater prevalence of infection among patient population being served).