

# NATIONAL NEWS

## Steps for Living Site Unveiled

The Steps for Living website was created by the National Hemophilia Foundation in collaboration with Pfizer and with the help of parents, patients, and healthcare professionals from the bleeding disorders community. This site will prove to be the go-to online bleeding disorders guide with age-appropriate tips, tools, and resources for everyone.

Curriculum is divided into different sections pertaining to different stages both in life and in terms of medical needs. First Step (birth to 8 years of age), will focus on topics like basics of bleeding disorders, child care/school, treatment, maintaining a healthy body, family life, insurance, and other various resources. Next Step (9-15 years of age), which is slated to be released in November, will focus on education, independence, and healthy decision making. Stepping Out

(16-25 years of age) will feature resources on the transition from high school to college and even beyond. There will also be a general resources center for information that everyone should know and resources that are specifically for adult patients.

From tips on finding the right babysitter, to meal planning guides to maintain a healthy body weight, Steps for Living will help people with bleeding disorders answer questions and cope with life's daily challenges. Whether you are newly

diagnosed with hundreds of questions and concerns or an adult that is facing the challenges of aging with a bleeding disorder, we believe that Steps for Life will prove to be the best web-based resource for people coping with bleeding disorders.

For more information please visit:  
<http://www.stepsforliving.hemophilia.org/>



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