



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 taken 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.

Your healthcare professional can help you determine which choices are best for you. Be sure to talk with them about the activities that interest you the most.

Activities Many Patients With VWD Can Enjoy

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

bicycling	golf	tai chi
fishing	hiking	walking
frisbee	swimming	



The Key to Control

STIMATE[®]
(desmopressin acetate) Nasal Spray, 1.5 mg/mL

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)	ice-skating	soccer
basketball	in-line skating	tennis
bowling	karate	track and field
cross-country skiing	kung fu	volleyball
diving (recreational)	roller-skating	waterskiing
downhill skiin	rowing	weight lifting
gymnastics	running	
horsesback riding	skateboarding	

Reprinted with permission from the National Hemophilia Foundation.



The Key to Control

STIMATE[®]
(desmopressin acetate) Nasal Spray, 1.5 mg/mL

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	motocycling
competitive diving	racquetball
football	rock climbing
hockey (field/ice/street)	rugby
lacrosse	wrestling