



## What goes in



Poster to tell young people about how to look after a friend if they drink too much or have an accident. Do your friends know what to do if you have a bleed?

What goes in has a big effect on what comes out. It's the same with a bleeding disorder. What you eat and if you smoke or drink can affect how your body bleeds. The big problem with alcohol, tobacco and illegal drugs is that no-one really knows how they interact with medication. It's known that alcohol can cause stomach bleeds and affect platelets, and smoking can cause gum bleeds.

## What you Eat

If you have a bleeding disorder, it's vital to eat healthily and keep your weight down. Studies show that being overweight puts more pressure on your joints and muscles. Keep active when you can and strengthen your body.

Some foods can even affect how your blood clots. It isn't known for sure if these foods have an affect or how much you would have to eat to cause bleeding, but it's suspected that some foods like garlic, ginger and fish oils can affect clotting. If you are concerned, talk to your doctor and find out what works with you. Many people avoid certain foods because they feel like it makes them bleed more.

Scratchy or crunchy foods can also cut your mouth.

## What else you take

Some medications interact with each other and give nasty side-effects. We've already explained you shouldn't take aspirin or ibuprofen. Anti-coagulants are also out - this means anti-clotting so not a good idea!

Many Chinese herbs are also thought to cause bleeding, as are some penicillins and anti-depressants. Our advice - always check with your centre before taking any kind of medicine or supplement.

## Keep your teeth clean!

It's so important to look after your teeth and gums if you have a bleeding disorder. Why? Because having dental surgery, even if you have a mild disorder, can cause a lot of bleeding and pain. It's best to avoid it where possible.

[Click here for some tips on keeping your teeth nice and clean.](#)

**Can I get a brace?** Yes, you can wear braces if you have a bleeding disorder. You might get some dental wax to stop the wires rubbing your mouth.

There are also medical mouthwashes you can use, especially if you get a lot of mouth bleeds. Always use a medium toothbrush, not a hard one and remember not to floss if your gums are bleeding.