

MY PARTNER HAS HHT

IN COLLABORATION WITH
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If your partner has other serious health problems that are a result of HHT, you are likely to know about them. But even if he or she seems healthy, it's important to know what you might be facing together in the future.

FACTSHEET
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SOME IMPORTANT FACTS TO REMEMBER ABOUT HHT ARE:

When your partner or spouse has HHT, you are also affected by the disease in several important ways:

You share concerns about your partner's health and its effects on your life together.

You need to be prepared for parenting children with HHT

You will need to help or care for your partner if he or she become ill or disabled by HHT



HHT Foundation International Inc.
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MY PARTNER HAS HHT:

Helping your partner with HHT can be demanding and cause strain on your time and energy, but it can also be personally rewarding. To help you cope, reach out to family, friends, and caregiver's groups, and continue to enjoy the romantic and fun things you like to do together as much as possible.

Sharing Concerns About Your Partner's Health

At the start of your relationship, the first sign of HHT you'll encounter is likely to be your partner's nosebleeds. Be prepared for nosebleeds in social or intimate situations where they can be embarrassing or annoying, and learn how to help your partner if he has severe bleeds. If your partner has other serious health problems from HHT, you are likely to know about them. But even if he seems healthy, it's important to know what you might be facing together in the future.

- Educate yourself about HHT
- Encourage your partner to get screened for AVMs
- Talk openly with your partner about how HHT might affect your lives as a couple

Preparing For Parenting

If you're considering a long term relationship, you'll probably discuss your plans to have-or not have-children. When your partner has HHT, each of your children will have a 50% chance of inheriting HHT. Some children with HHT have serious symptoms, such as brain AVMs, and may need procedures or surgeries. It's important to be prepared and not surprised. Some things you can do are:

- Get information about HHT screening, prevention, potential problems and treatments for children

- Meet with a genetic counselor
- Talk to other families, including your partner's family about raising children with HHT
- Decide whether you are willing and able to parent a child with HHT

Helping Your Partner

Because of HHT-related illness or disability your partner may need help with household chores, personal care or other tasks he can no longer do. Helping your partner can be personally rewarding, but multiple demands on your time and energy can make caregiving stressful. If you need to care for your partner over an extended period of time, the following things may help you cope:

- Get help from other family members or friends so you can take a break
- Make time for yourself to take care of your own health, relax and socialize
- As much as possible, continue to enjoy the romantic and fun things you like to do together; don't make life all about HHT and caregiving
- Find support through a caregiver's group or the HHT Foundation



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