

# HHT Medical Emergency Card

In the event of an emergency, this compact medical card fits in your wallet and can speak for you when you can't. The card features a description of HHT, recommended medical protocols, common HHT related complications, a link for physicians to review resources, and a place to enter your personal information.

**FOLD 1**

**For more resources, visit: [www.curehht.org/resource-library](http://www.curehht.org/resource-library)**

**RECOMMENDATIONS** - Administration of prophylactic antibiotics prior to invasive procedures is recommended: avoid air in IV lines (use a 0.22 micron filter if available); avoid blood thinners or NSAIDs unless medically necessary.

**COMPLICATIONS** - **BRAIN**: cerebral hemorrhage, epilepsy, migraine, stroke. **LUNGS**: dyspnea, hemoptysis, stroke, brain abscess, polycythemia. **NOSE**: epistaxis. **SPINE**: back pain, limb weakness/paralysis. **LIVER**: cirrhosis, heart failure, liver failure. **TRACT**: Angiodysplasia, anemia, GI bleeding. AVMs or VMs can appear in the lungs, brain and liver.

**FOLD 2**

**MY HHT INFORMATION**

Physician: \_\_\_\_\_  
 Past Treatment(s): \_\_\_\_\_  
 Current medication(s): \_\_\_\_\_  
 Other ☐  
☐ Epistaxis (nosebleeds) ☐ Iron Deficiency  
☐ Anemia ☐ GI Bleeding  
☐ Telangiectasias /location(s) \_\_\_\_\_  
☐ AVMs/VMs/type(s) \_\_\_\_\_

**PERSONAL INFORMATION**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Relation: \_\_\_\_\_  
 Additional Info. \_\_\_\_\_

**FOLD 2**

**MEDICAL ALERT**

The holder of this card suffers from a rare genetic disease called **Hereditary Hemorrhagic Telangiectasia (HHT)**.

HHT is a genetic disease characterized by abnormal connections between veins and arteries that are prone to rupture, which can cause numerous symptoms and complications. HHT affects roughly 1 in 5,000 people of all genders and ethnicities. The disease is also sometimes referred to as Osler-Weber-Rendu Syndrome (OWR).

**FRONT**

**COMPLICATIONS & RECOMMENDATIONS**





[www.curehht.org](http://www.curehht.org)