

Dear Friends,

In 2004, the Languedoc-Roussillon chapter of the French **NMO** launched a study on diving and hemophilia. To date, there have been 355 exploratory dives and 93 maiden dives with no hemophilia accidents. In the light of this experience, we now want to share and promote this activity with other hemophiliacs in Europe in the framework of our therapeutic leisure program.

Diving is highly beneficial for patients with hemophilia or Willebrand's disease as it enables them to gently maintain their muscle strength and protect their joints. It also provides an opportunity for self-reflection and personal development, enabling divers to better understand their body and its limits. Leisure diving is particularly well-adapted for older members of the community as, even in cases of joint arthropathy, the body is weightless during this activity, which means that the joints and muscles have very few constraints.

We would like to offer you the possibility to take part in a diving course organized for European hemophiliacs and their families during the summer 2008.

Depending on the interest shown in the project and the number of pre-registrations, we will subsequently prepare a budget in order to find donors to help us fund this therapeutic leisure activity.

The course will be open to both hemophiliacs and their families, enabling parents and children to take part in a physical activity together.

The only conditions are that participants must be autonomously mobile, have reached the legal age for diving in France (8 years old for maiden dives and 14 year old for the 1st level), hold a certificate of non contraindication to underwater diving dated within the 3 last months, and have regular hematological monitoring, the knowledge and ability to identify the circumstances of hemophilia risk, and have their own products and the ability to self administer treatment.

The diving centre has been tested and approved for hemophiliacs, the instructors know about our pathology, a physiotherapist will be present on the site to provide physical assistance and the treatment centre in Montpellier (P^r Jean-François Schved and his team) will be on call in case of need.

Dates: 1 or 2 weeks from August 9 to 23, 2008

Location: Cerbère, in the Oriental Pyrenees, close to Spain.

Diving centre: Cerbère plongée - <http://www.capcerbere.com/>

- The dives and levels will be included in the project

Accommodation: Résidence Grand Bleu

<http://www.location-vacances-residences.com/cerbere-aloes/index.htm>

- Each participant will have a single room in a shared apartment (for 2, 4, 6 or 8 people). Each family will be allocated a single apartment.

Travelling expenses and meals are not included in the cost.

Each participant over 14 years of age will pay a contribution of 100 Euros a week.

Pre-registration form

(the organization of the course depends on finding the necessary funding)

I am interested in taking part in this activity for 1 week – 2 weeks

Surname and first name of participants:

..... Age wish to dive (yes / no)

..... Age wish to dive (yes / no)

..... Age wish to dive (yes / no)

..... Age wish to dive (yes / no)

Country:

Email address Phone

Please return before February 15, 2008 to
AFH LR – Martial de Haro
42, avenue de la Fontvin – 34970 Lattes (France)

Looking forward to seeing you soon for some great diving,
Best regards,

Martial de Haro

Phone: +33 4 67 15 19 31

Email: martial.deharo@afh.asso.fr