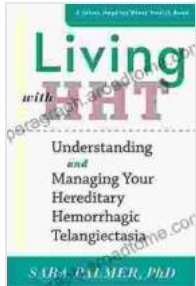


# Understanding and Managing Your Hereditary Hemorrhagic Telangiectasia



## Living with HHT: Understanding and Managing Your Hereditary Hemorrhagic Telangiectasia (A Johns Hopkins Press Health Book) by Sara Palmer

★★★★☆ 4.9 out of 5

Language : English  
File size : 4519 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 160 pages  
Screen Reader : Supported



Hereditary hemorrhagic telangiectasia (HHT) is a rare genetic disorder that causes abnormal blood vessels in the body. These abnormal blood vessels can occur anywhere in the body, but they most commonly affect the nose, mouth, lungs, and gastrointestinal tract.

HHT can cause a variety of symptoms, including:

- Nosebleeds
- Bleeding gums
- Gastrointestinal bleeding
- Pulmonary arteriovenous malformations (PAVMs)

Nosebleeds are the most common symptom of HHT. They can occur spontaneously or be triggered by minor trauma, such as blowing the nose or brushing the teeth. Bleeding gums are also common and can occur spontaneously or after eating hard foods.

Gastrointestinal bleeding can be a more serious symptom of HHT. It can occur anywhere in the gastrointestinal tract, from the stomach to the colon. Gastrointestinal bleeding can cause abdominal pain, nausea, vomiting, and diarrhea. In severe cases, it can lead to anemia.

PAVMs are abnormal connections between the arteries and veins in the lungs. They can cause shortness of breath, fatigue, and chest pain. In severe cases, PAVMs can lead to heart failure.

HHT is a serious condition, but with proper management, most people with HHT can live full and active lives. Treatment for HHT typically involves a combination of medications and lifestyle changes.

Medications that are used to treat HHT include:

- Tranexamic acid
- Estrogen
- Progestin
- Bevacizumab

Tranexamic acid is a medication that helps to reduce bleeding. Estrogen and progestin are hormones that can help to strengthen blood vessels. Bevacizumab is a medication that is used to treat PAVMs.

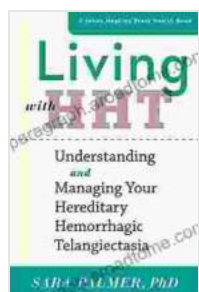
Lifestyle changes that can help to manage HHT include:

- Avoiding activities that could trigger bleeding
- Eating a healthy diet
- Getting regular exercise
- Not smoking

People with HHT should also see their doctor regularly for checkups and monitoring. This will help to ensure that their condition is being managed properly and that they are receiving the best possible care.

If you have been diagnosed with HHT, it is important to learn as much as you can about the condition and its management. There are many resources available to help you, including the HHT Foundation International website and the Johns Hopkins HHT Center website.

With proper management, most people with HHT can live full and active lives. Don't be afraid to ask for help and support from your family, friends, and healthcare providers.



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