

# First Woman Patient in India Receives Prophylaxis for Hemophilia A

## Location

Thrissur, Kerala

## Key Development

A 32-year-old woman in Thrissur has become the first female patient in India to receive prophylactic treatment for Hemophilia A using emicizumab, a monoclonal antibody therapy. This marks a breakthrough in the treatment of bleeding disorders in women, an area often underdiagnosed and undertreated.

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## Background on Hemophilia A

- Hemophilia A is a genetic bleeding disorder caused by a deficiency of clotting factor VIII.
  - It predominantly affects men, but carrier women can also develop symptoms ranging from mild to severe.
  - Prophylaxis, i.e., regular preventive therapy, significantly reduces bleeding episodes, joint damage, and complications.
  - Emicizumab (a bispecific antibody) mimics the function of factor VIII and can be given subcutaneously, offering ease compared to frequent intravenous factor infusions.
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## Treatment & Policy Significance

- Kerala has introduced state-funded prophylaxis programs for hemophilia, expanding access to modern therapies like emicizumab.
  - This case highlights a paradigm shift in India's hemophilia care—from emergency replacement therapy after bleeds to preventive management.
  - The state is also drafting clinical guidelines for women with bleeding disorders, addressing an often overlooked population.
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## National Context

- India has an estimated 1.4–1.5 lakh people with hemophilia, but only about 20% are registered with the Hemophilia Federation of India.
  - Female carriers and symptomatic women are grossly under-recognized, leading to delayed diagnosis and lack of care.
  - Kerala has historically led in rare disease management (e.g., hemophilia registry, rare blood disorder programs).
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## Expert Opinions

- Hematologists emphasized that this development will set a precedent for gender-inclusive hemophilia care.
  - Patient advocacy groups welcomed the move, noting that “women with bleeding disorders deserve equal recognition and treatment opportunities.”
  - Experts believe wider adoption of prophylaxis will improve quality of life, reduce disability, and lower long-term healthcare costs.
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## Global Perspective

- Emicizumab is widely used in developed countries for prophylaxis in severe hemophilia A patients.
  - India's step toward publicly funded access is significant, as the drug is considered very expensive in private markets.
  - This could pave the way for policy models in other states to adopt similar programs.
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## Key Takeaways

- First Indian woman to receive hemophilia A prophylaxis with emicizumab.
- Marks a policy shift in Kerala toward inclusive care.
- Could influence national rare disease and hemophilia management strategies.