

Brady Club

Activity Book

brady.haea.org | Fall 2020



WHAT'S INSIDE:

Let's Learn About HAE
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HAEA

Let's learn about HAE!

Brady the Bear wants to help you understand more about HAE.

HAE is NOT caused by an allergic reaction.

HAE-related swelling is not the same as swelling caused by allergies and cannot be treated as an allergic reaction. This means that allergy medication will not help HAE swelling go away.

The best way to treat an HAE attack is to use the medication prescribed by your HAE treating physician.



Let's learn about HAE! Brady the Bear knows a lot about HAE and he wants to help you understand more about what HAE is and how it works.



Hereditary is something you get from your mom or dad like your hair or eye color.



Angio means there is something missing in the protein of your blood (C1-INH). Just like you need protein to eat everyday, your body needs all kinds of different proteins. When one is missing or not working correctly, your body will react and not work the same as someone else's.



Edema is a medical word that means swelling.



**ALWAYS REMEMBER,
KNOWLEDGE IS POWER!**

The more you know, the quicker you can act to make sure you don't get too sick from your HAE! If a part of your body starts to feel funny and you think it might be a swell, make sure to tell an adult right away so they can help you.

Did you know?!



About 25% of people with HAE experience a non-itchy, blotchy red rash (also can appear as red circles), that often occurs before or during an HAE attack.

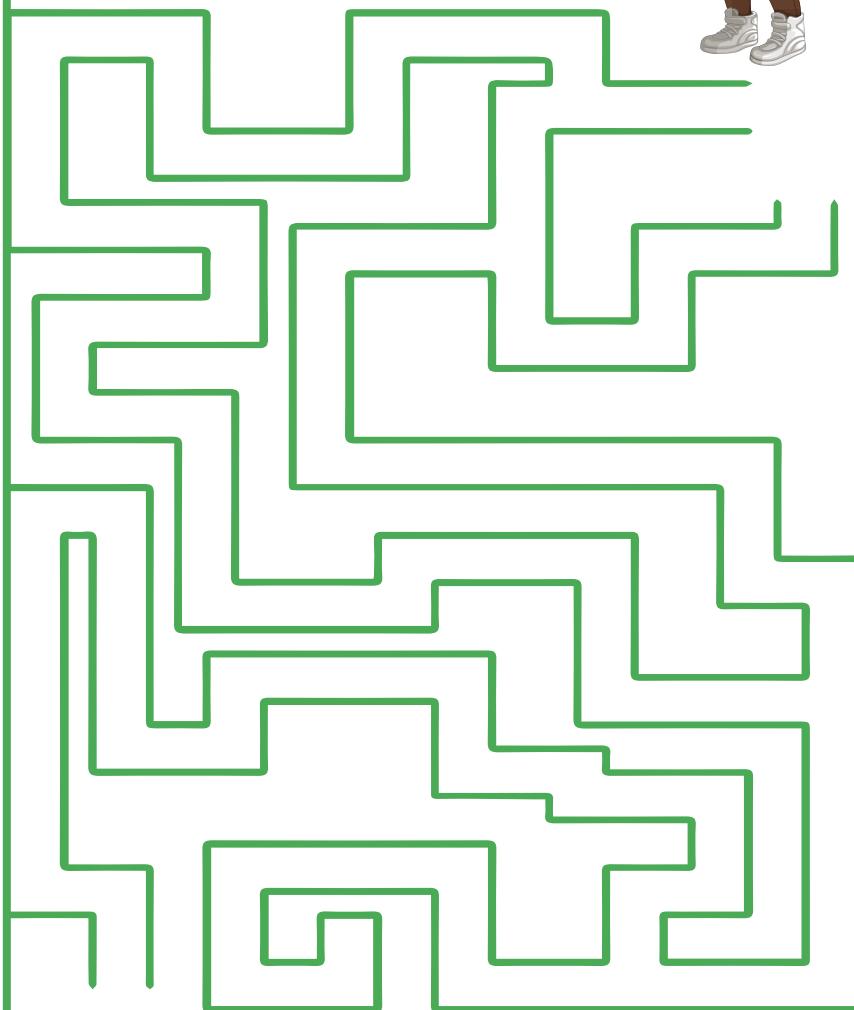
FIND BRADY'S HIDDEN PUMPKIN

Look closely on every page - can you spot the hidden Pumpkin? Find one and you're doing great, find two and you're on a roll, but can you find all seven? Only time will tell!



Maze

FIND YOUR WAY
THROUGH THE MAZE!



Have you downloaded the
Brady Club Mobile App?

Search for the Brady Club in the
app store and look for the Brady
the Bear icon.

DOWNLOAD

The Brady Club app - now available on IOS and Android



Make us Laugh!



Q: What is the cutest season?

A: AWWWTUMN!

Q: How do you fix a broken
pumpkin?

A: A PUMPKIN PATCH!

Q: If money really did grow on
trees, what would be everyone's
favorite season?

A: FALL!

Q: What did one leaf say
to the other?

A: I'M FALLING FOR YOU!



SEE YOUR JOKE IN THE
NEXT BRADY CLUB
ACTIVITY BOOK!

Send a joke or a riddle, along
with your name and age to
lisa@haea.org

Imagine the Possibilities

Color the Picture



B	R	H	D	F	O	B	E	I	L
W	H	S	O	L	A	K	E	I	E
H	P	Q	N	M	D	M	C	M	S
S	T	U	T	F	E	N	I	X	G
C	A	A	M	H	E	W	Z	L	X
H	M	S	C	P	N	C	O	N	Y
O	H	H	I	I	K	L	O	R	W
X	R	T	D	Y	O	I	V	Q	K
B	R	A	D	Y	K	I	N	I	N
G	S	T	W	C	J	Y	R	E	L

HAE Words

Work hard to find the hidden words! To learn more about the meaning of these words, log-in to the Brady Club and click on HAE Words.

PUMPKIN
PENCIL
HOMEWORK
SQUASH
FAMILY
BRADYKININ



MEET BRADY'S FRIENDS

Brady would like to introduce you to some of his friends. Submit your story and you could be featured in the next Brady Club Activity Book! You can receive a free Brady Club t-shirt* when you submit your own story and photo. Visit the Brady Club and click on **Submit Your Story**. Then, you can click on the Storybook to read stories that have been submitted by other kids just like you!



Hi, my name is Leigh. I am 7 years old in this picture. My favorite thing to do is play soccer. I really don't like burnt hamburgers. I think a superhero is someone who flies me to the moon. When I grow up I want to be a mom.



Hi, my name is Caroline. I am 9 years old. My favorite things to do are: softball, baking, reading, basketball, cross country, field hockey, and cooking. I really don't like snakes and spiders. I think a superhero is someone who helps people when something is bad. When I grow up I want to be a baker or an artist.



*one t-shirt per child

Find 5 Differences



Art From Brady's Friends

In July, the HAEA asked kids to enter the #BeyondHAE Coloring Contest by drawing a picture showing what living life #BeyondHAE looks like, to them. We had many incredible pieces of art submitted and selected two to share in this Activity Book and two pieces to share in the Winter Activity Book.

#BeyondHAE Team

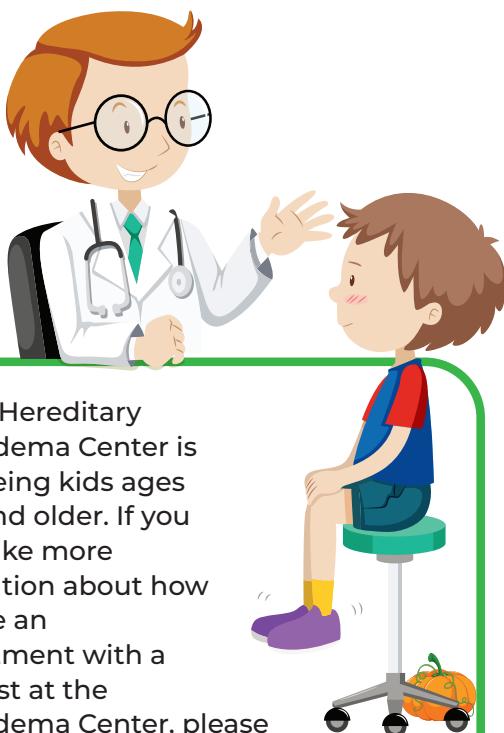


AVERY

She is 8 years old and lives in New Jersey.



Did You Know?



The US Hereditary Angioedema Center is now seeing kids ages eight and older. If you would like more information about how to make an appointment with a specialist at the Angioedema Center, please contact Troyce Venturella at troyce@haea.org.

Going to the Bahamas!



HANNA

She is 13 years old and is from Washington state.



HAE From All Around the World



Did you know the Brady Club is for kids with HAE from all around the world?

The US HAEA partners with the HAE United Kingdom, HAE Australasia, HAE Canada, HAE Japan, and HAE Poland to provide access to the Brady Club for kids around the world.

The Brady Club Activity Book is now available in Spanish.

Fun Fall-Themed Activities!

Let's get creative! Color in the pumpkin below with a creative design or a funny face.



Over the next couple weeks, select a few activities from the list to do in your spare time.

1. Make warm apple cider
2. Go on a hike to collect fall leaves (ask an adult to go with you)
3. Make a 'thankful for' list
4. Watch the sunset
5. Do a random act of kindness
6. Sit outside and read a book
7. Carve a pumpkin (ask an adult for help)
8. Send a kindness note to someone you love



HAE AlphabEt

HOW MANY HAE ALPHABET WORDS CAN YOU LEARN?

You can find these words and more by visiting the Brady Club Website or Mobile App and clicking on HAE Alphabet.

Read the words and definitions below, then fold this page in half to test your knowledge with the HAE Alphabet Word Review.



Blood Cell: Cells normally found circulating in your blood.

Blood Test: A scientific look at your blood to try and find out what is making you sick.

Bradykinin: A part of your blood that can cause HAE symptoms like swelling.

C1-Inhibitor: A protein in your blood that helps to stop swelling. If you don't have enough of it, or it doesn't work right, you probably have HAE.

Diagnosis: Naming the cause of your illness, usually by a doctor or medical professional, by understanding your symptoms and through medical testing.

----- FOLD HERE TO TEST YOUR KNOWLEDGE -----

DRAW A LINE FROM THE HAE ALPHABET WORD TO ITS DEFINITION.

— Blood Cell

— A scientific look at your blood to try and find out what is making you sick.

— Blood Test

— A protein in your blood that helps to stop swelling. If you don't have enough of it, or it doesn't work right, you probably have HAE.

— C1-Inhibitor

— Naming the cause of your illness, usually by a doctor or medical professional, by understanding your symptoms and through medical testing.

— Bradykinin

— Cells normally found circulating in your blood.

— Diagnosis

— A part of your blood that can cause HAE symptoms like swelling.

