



Nosebleeds?

Don't underestimate them. **It could be HHT**
Contact us, we can help

www.hhtireland.org





What is HHT?

HHT is a hereditary genetic disorder of the blood vessels. It affects 1 person in every 5000.

In a healthy individual arteries and veins are connected by capillaries. In HHT patients this connection is not always present, causing Arterio-Venous Malformations (AVMs). These AVMs cause all the symptoms and complications of the disorder



The Symptoms

Frequent unexplained nosebleeds are the most obvious symptoms and they usually appear in more than one family member. Other visible signs are tiny red dots on the skin, face, lips, tongue and fingertips and are called Telangiectases. Invisible AVMs due to HHT can occur in vital organs such as the Lungs, Brain and Gastrointestinal tract. They can be symptom-free or may cause severe and sudden complications.



What to do

When HHT is suspected it is recommended to contact a Specialist Centre in order to receive complete screening and an accurate diagnosis.

HHT is a manageable disorder but only an early diagnosis can avoid the most dangerous complications.

Don't wait to look for help. HHT Ireland can give you a helping hand.

Contact us now - We can help

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