

Brady Club

# Activity Book

brady.haea.org | Winter 2020



## WHAT'S INSIDE:

Let's Learn About HAE  
Jokes and Stories  
HAE Words  
Brady's Friends  
Learning Activities

# Welcome to the Brady Club

Hereditary Angioedema (HAE) is called hereditary because it is often passed down in families.

If you have HAE, you probably inherited it from your mother or father, but sometimes you can be the first one in your family to have HAE. Everyone gets chromosomes from their parents when they are born. Chromosomes are tiny structures inside cells made from DNA and protein. The information inside chromosomes acts like a recipe that tells cells how to function and replicate. Some of the chromosomes determine what hair color you have or what color your eyes are. You have a 50%

chance of having brown eyes if your mom has brown eyes and your dad has blue. It is the same way with HAE. If one of your parents has HAE you have a 50% chance of inheriting it as well.

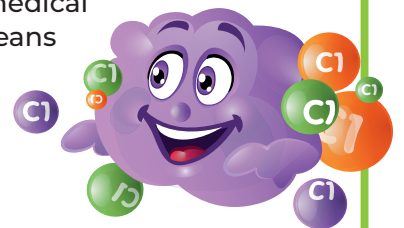


**Let's learn about HAE!** Brady the Bear knows a lot about HAE and he wants to help you understand more about what HAE is and how it works.

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

**A** 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.

**E** 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?!

HAE is rare, meaning not many people have it (so we are special!). Only about 1 in 10,000 to 1 in 50,000 people have HAE. That is a small number of people when you realize there are approximately 320 million people that live in the United States of America.

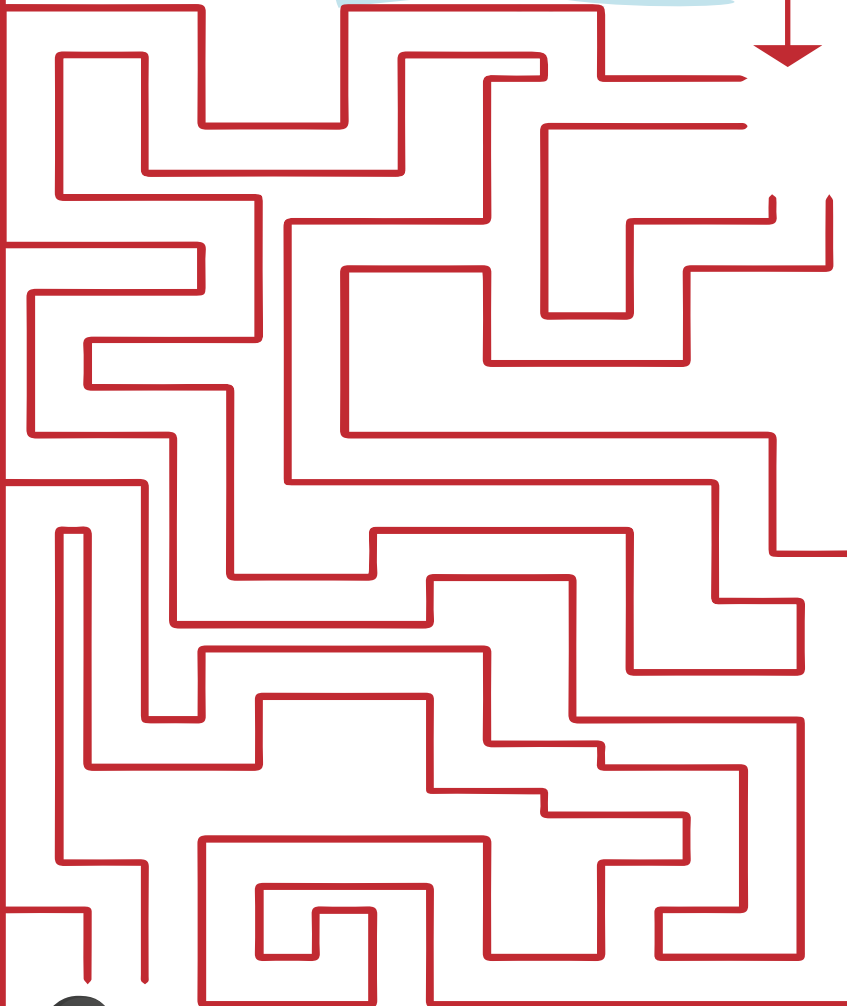
### FIND BRADY'S HIDDEN SNOWMAN

Look closely on every page - can you spot the hidden Snowman? Find one and you're doing great, find two and you're on a roll, but can you find all seven? Ready, set, go!



# 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: Where do snowmen love to  
dance?

A: THE SNOW BALL!

Q: What do you call a snowman  
temper tantrum?

A: A MELT DOWN!

Q: What's a snowman's favorite  
drink?

A: ICE TEA!

Q: What's the best kind of cereal  
to eat in the winter?

A: FROSTED FLAKES!

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](mailto:lisa@haea.org)



# Imagine the Possibilities



Color the Picture



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

## Find the Hidden 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.

S N O W M A N  
 W I N T E R  
 S W E A T E R  
 I N F U S I O N  
 M E D I C A T I O N  
 C A R E G I V E R

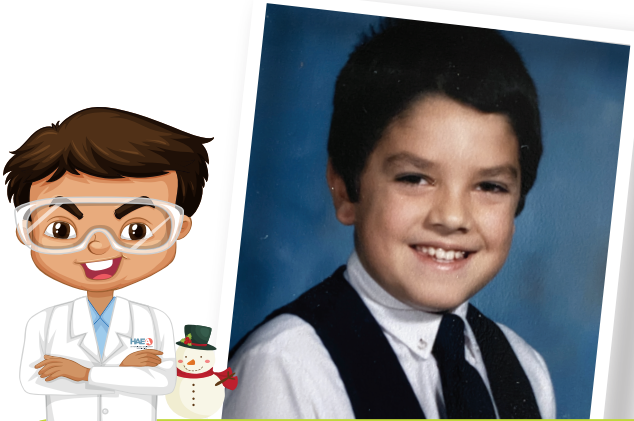


# MEET BRADY'S FRIENDS

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 Kai. I am 3 years old. My favorite thing to do is to play in the pool. I really don't like trying new foods. I think a super hero is someone who is strong. When I grow up I want to be like my daddy.



Hi, my name is Mike. I am 8 years old in this picture. My favorite thing to do is meet new people. I really don't like mean people. I think a superhero is someone who excels at putting other people's needs before their own. When I grow up I want to help find a cure for HAE.

\*one t-shirt per child



## Find 5 Differences



# ART FROM BRADY'S FRIENDS



Earlier this year, the HAEA asked kids to enter the #BeyondHAE Coloring Contest by drawing a picture showing what living life #BeyondHAE looks like. We received many incredible pieces of artwork, and have selected two to share in this Activity Book.

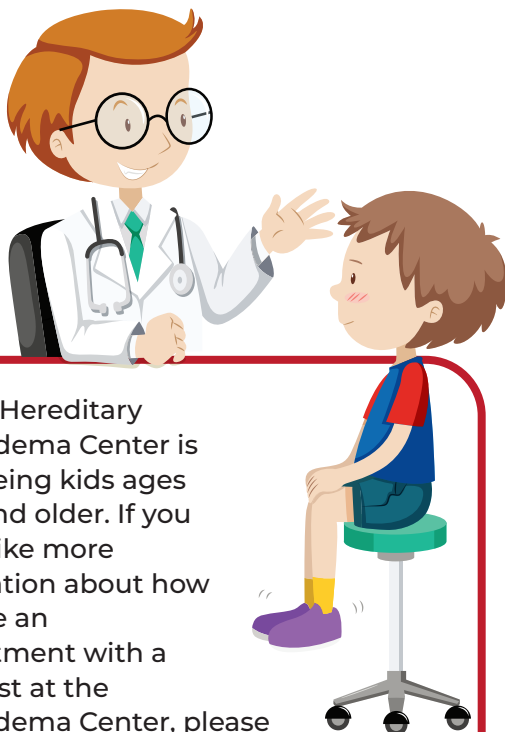
## Snow Much Fun Camping!



**SELAH**

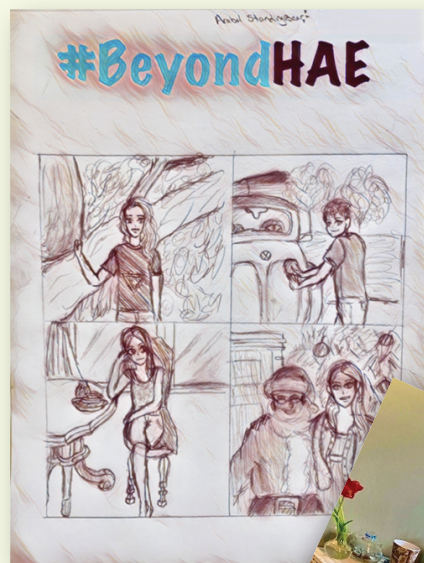
She is 10 years old and is from Washington state.

## 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](mailto:troyce@haea.org).

## BeyondHAE



**ARABEL**

she is 13 years old and lives in Missouri.

# 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.

## Let's make a snowflake!

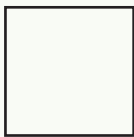
They're simple and fun to do, so why not make some colorful paper snowflakes this winter? They make great window decorations, they can be attached to gifts or you can hang them from your tree. You could even make snowflake jewelry.

### WHAT YOU NEED:

Paper (make sure it is square).

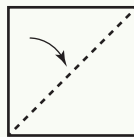
Scissors (with adult supervision).

1



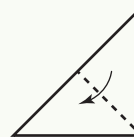
Get a square piece of paper or trim a piece of paper so that it is square.

2



Fold your square in half diagonally.

3



Fold your triangle in half – again diagonally.

4



Fold paper in thirds ... one side to the front, the other to the back.

5



Trim the extra piece of paper off the end of your small triangle.

6



First, cut the point off your triangle. Then, around the outside of your triangle, cut some fun designs — circles, squares, triangles, squiggles... anything goes.

Unfold your paper and look at your masterpiece. A snowflake!

# Can you find the answers to these questions?

Visit the "What is HAE" section on the Brady Club website or mobile app. Ask a parent or a sibling to help you read the Learn About HAE section, then answer the following questions to test your knowledge.

1. How many people have HAE?
2. If you have HAE, what is the protein that is either missing or not working?
3. Some people get a 'warning' sign on their skin before an HAE attack, what does this look like?
4. If your C1-Inhibitor is missing or doesn't work correctly, what happens to the "dam" in your blood vessels?
5. What is Bradykinin?

Q5: A SMALL PEPTIDE IN YOUR BODY  
Q4: FLUID CAN LEAK OUT  
Q3: A RASH  
Q2: C1-INHIBITOR  
Q1: 1 IN 10,000 - 1 IN 50,000