

Brady Club

# Activity Book

brady.haea.org | Summer 2020



## WHAT'S INSIDE:

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

# What is HAE?



## DIFFERENT TYPES OF HAE

Most people with HAE have a problem in their gene that controls a protein called C1-Inhibitor. This problem causes the body to swell. This type of HAE, or HAE Type I, is also known as a C1-Inhibitor Deficiency. People with HAE Type I don't produce enough C1-Inhibitor, while people with HAE Type II do produce C1-Inhibitor but it doesn't function well. Another type of HAE is called HAE with Normal C1-Inhibitor. In the case of people with this type of HAE, they have enough C1-Inhibitor and it works well, but they still have HAE swelling. Researchers are working hard to learn more about the causes of swelling for people who have HAE with Normal C1-Inhibitor.

**Do you know what kind of HAE you have?**

Ask your parents or your doctor during your next visit.

**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.



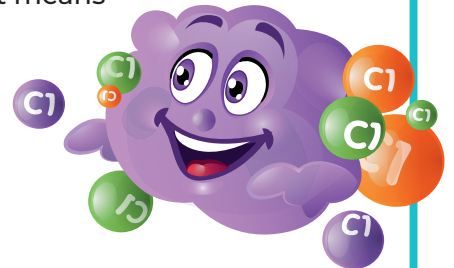
Hereditary is something you get from your mom or dad like your hair or eye color.



Angio means there is something missing in the protein of your blood (C1-Inhibitor), and just like you need protein to eat everyday, your body needs all kinds of different proteins.



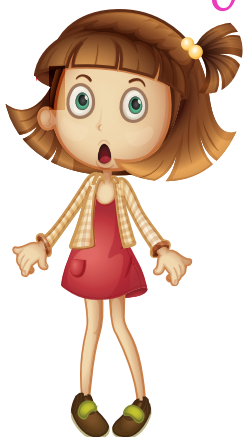
Edema is a medical word that means swelling.



**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?!



Not everyone with HAE inherits it from a family member. Some people are the first in their family to have HAE and they are called '**de novo**' cases. About 25% of people with HAE are 'de novo', meaning anew.

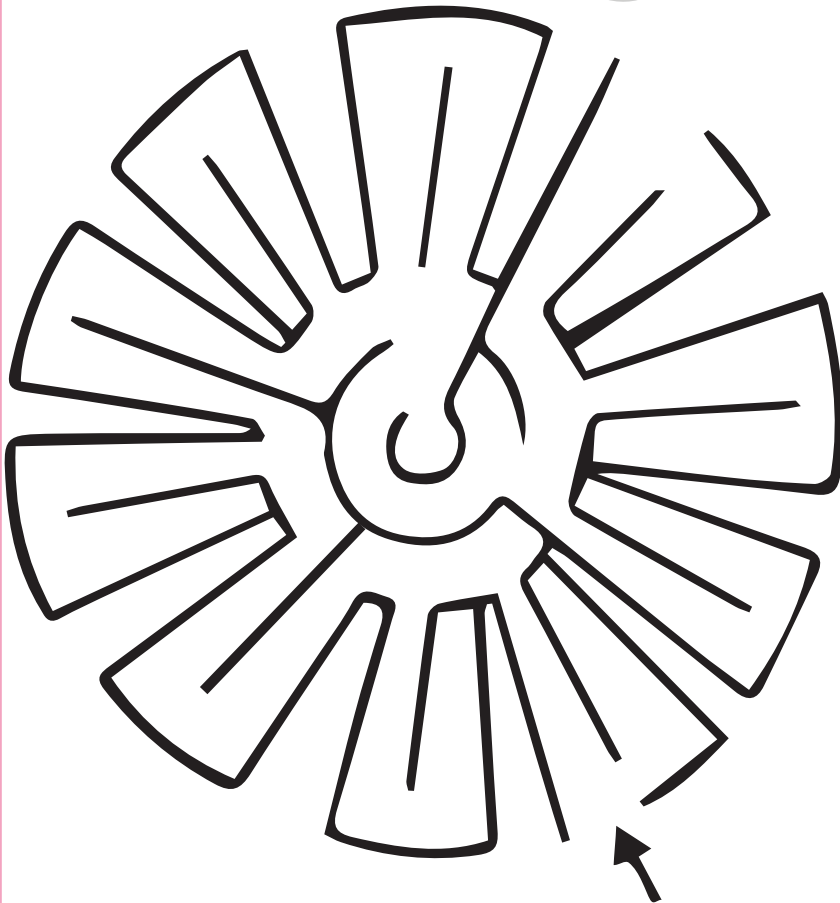
## FIND BRADY'S HIDDEN ICE CREAM CONE

Look closely on every page- can you spot the hidden ice cream cone? 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!



# Make us Laugh!



Q: What kind of tree fits in your hand?

A: A PALM TREE!

Q: What do ghosts like to eat in the summer?

A: I SCREAM!

Q: Why did the robot go on vacation?

A: IT NEEDED TO RECHARGE ITS BATTERIES!

Q: What does a mermaid use to call her friends?

A: A SHELL PHONE!

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



**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



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

## 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.

BEACH

LAKE

INFUSION

HEALTHY

SUNSHINE

ADVENTURE



# MEET Brady's Friends

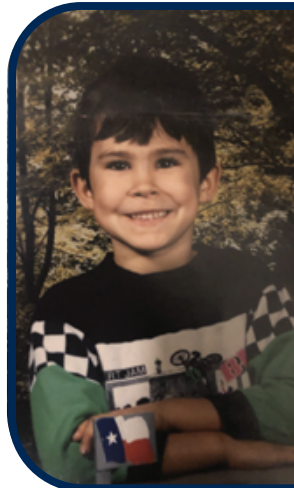
Brady would like to introduce you to some of his friends. Submit your story and you could be featured in the next Brady Club Activity Book! You can receive a free Brady Club t-shirt\* when you submit your own story and photo. Visit the Brady Club and click on Submit Your Story. Then, you can click on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



Hi, my name is Oliver. I am 4 years old. My favorite thing to do is play in the mud with cars, getting nice and dirty, going camping with my family and exploring. I really don't like being restricted and not getting my own way (I am 4 after all). I think a superhero is someone who saves the city and flies. When I grow up I want to be a moped driver.



Hi, my name is Parker. I am 9 years old. My favorite thing to do is play basketball. I really don't like potatoes. I think a superhero is someone who saves people. When I grow up I want to be a doctor.



Hi, my name is John. I am 8 years old in this picture. My favorite thing to do is play football outside with my friends. I really don't like when my mom is sick. I think a superhero is someone who helps people when they need it.

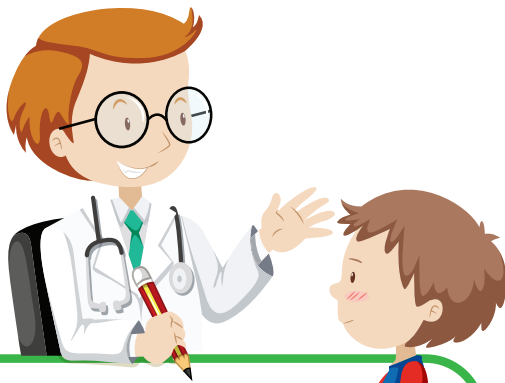


Hi, my name is Emily. I am 7 years old. My favorite thing to do is arts & crafts. I really don't like beans or peas. I think a superhero is someone who saves someone's life. When I grow up I want to be a pilot instructor.



\*one t-shirt per child

# 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).

## FIND 5 DIFFERENCES



## STORIES FROM BRADY'S FRIENDS

This is Kinley. Kinley is 6 years old and from New Jersey. With the help of her family and her teddy bear, Brady, she stays strong when she needs to get her regular infusions.

'Being brave during my infusion helps me stay out of the ER. I have been able to stay swell free for almost 2 years now! The infusion doesn't hurt that much because I use super band-aids at the end. When I get scared I just take a deep breath and hug Brady. Brady shows me how to stay brave!'







# 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.



## Backyard Scavenger Hunt

It's summertime! Spend some time outside exploring your backyard or neighborhood. Make sure to ask a parent to join you for this activity if you leave the house.

**Explore your surroundings to find the items on the list.**



- ☐ FIND 3 KINDS OF LEAVES
- ☐ FIND SOMETHING YELLOW
- ☐ NAME A BUG THAT IS RED
- ☐ FIND TWO STICKS
- ☐ FIND SOMETHING THAT SMELLS GOOD
- ☐ NAME SOMETHING THAT YOU SEE IN THE SKY
- ☐ FIND SOMETHING THAT IS ROUND
- ☐ FIND SOMETHING THAT GROWS THAT IS GREEN
- ☐ FIND A BIRD
- ☐ FIND THREE DIFFERENT COLORED ROCKS
- ☐ FIND SOMETHING PURPLE
- ☐ FIND A BUG



# Brady Club Activities!

## WHAT DOES HAE MEAN?

Go back to the "What is HAE" section in this edition of the activity book. Ask a parent or a sibling to help you read the first section and answer the following questions.

What does the **H** in Hereditary Angioedema mean?

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What does the **A** in Hereditary Angioedema mean?

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What does the **E** in Hereditary Angioedema mean?

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## Submit Your Story



**Want to share your HAE story with friends?**

It is easy. Log in to the Brady Club and visit the Submit Your Story and Storybook sections. First, read the stories from other kids who have already submitted theirs in the Brady Club. Then, visit the Submit Your Story section and complete the questions with your personal answers. Upload a photo of yourself using the photo uploader, ask your parents to complete the short parent

form and click submit! Once you complete this activity we will send you a Super Brady T-Shirt in the mail (offer is only available to children in the US).

**\*\*All stories that are submitted will have the chance to be featured in an upcoming edition of the Brady Club Activity Book!**

