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# Qfitlia: A breakthrough in hemophilia treatment

Revolutionizing care for hemophilia A and B patients

April 3, 2025

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# Introduction

Hemophilia is a rare and life-threatening bleeding disorder in which the blood does not clot properly. Until recently, managing this condition required frequent intravenous infusions, significantly impacting the quality of life of patients.

However, with the recent FDA approval of Qfitlia (fitusiran), a new and innovative therapy, the landscape of hemophilia treatment is set to change dramatically. Qfitlia is the first therapy in the U.S. designed to treat both hemophilia A and B, with or without inhibitors, offering patients a more effective and convenient option.

# Understanding Qfitlia: a game-changer in hemophilia treatment

## What is Qfitlia?

Qfitlia is a novel subcutaneous therapy that works by lowering antithrombin, a protein that inhibits blood clotting. This unique mechanism enhances the body’s ability to form clots, reducing the risk of spontaneous and excessive bleeding. Unlike traditional treatments requiring multiple weekly infusions, Qfitlia is administered once every two months, making it a more convenient option for patients.

## How does it work?

- Traditional treatments focus on replacing missing clotting factors, while Qfitlia works by adjusting the body’s natural anticoagulation system.
- By targeting antithrombin, Qfitlia helps restore the body's clotting ability, even in patients who develop inhibitors to conventional factor replacement therapies.

## Clinical benefits and efficacy

The FDA approval of Qfitlia is backed by strong clinical evidence. Studies have demonstrated significant benefits, including:

- Up to 90% reduction in annualized bleeding rates compared to on-demand treatments.
- Effective for both hemophilia A and B patients, regardless of whether they have inhibitors.

- **Patients reported an improved quality of life** due to fewer bleeding episodes and a reduced need for medical intervention.

## Safety and considerations

As with any medical treatment, Qfitlia comes with certain risks. Patients should be aware of the following:

- Common side effects: Mild infections (such as colds), mild liver enzyme elevations, and injection-site reactions.
- Serious risks: The FDA has issued a boxed warning for thrombotic events (blood clots) and gallbladder disease, with some patients requiring gallbladder removal.
- Regular monitoring required: Doctors recommend routine liver function tests to ensure patient safety.

## Why does Qfitlia stand out?

Qfitlia represents a paradigm shift in hemophilia treatment, offering:

- A simplified treatment schedule (once every two months instead of multiple weekly infusions).
- A universal solution for patients with both hemophilia A and B, including those with inhibitors.
- Improved freedom and quality of life, with fewer bleeding episodes and hospital visits.

## What experts are saying?

- Jeff Schaffnit, a prominent hemophilia advocate, called Qfitlia’s approval a “monumental moment” for the hemophilia community, emphasizing its potential to revolutionize patient care.

- The FDA approval is based on robust clinical trials, reinforcing confidence in the treatment's efficacy and safety.

## Next steps for patients

If you or a loved one has hemophilia, here’s what you can do:

1. Consult your doctor to see if Qfitlia is a suitable treatment option for you.

2. Discuss insurance and access options, as coverage for new therapies can vary.

3. Stay informed about upcoming research and advancements in hemophilia care.

# Conclusion

The approval of Qfitlia marks a significant milestone in hemophilia treatment, offering patients a more effective, convenient, and life-changing therapy. Unlike traditional therapies that require frequent infusions, Qfitlia provides a long dosing interval of once every two months, offering patients greater convenience and fewer disruptions to their daily lives.

This novel treatment works by targeting antithrombin, a key protein involved in the clotting process, and has been proven to significantly reduce bleeding rates by up to 90%, especially in patients with both hemophilia A and B, with or without inhibitors.

With its unique mechanism of action, Qfitlia helps restore the body's clotting ability and reduces the frequency of spontaneous bleeds, improving the overall quality of life for individuals affected by this rare and often debilitating condition. Its success in clinical trials has paved the way for a new era in hemophilia care, where patients no longer have to endure the burden of frequent and painful infusions. The therapy has been shown to increase patient confidence and empower them to engage more actively in everyday activities and social interactions.

Qfitlia stands as a beacon of hope for hemophilia patients worldwide, offering not just a treatment but a life-changing option that promises to redefine what is possible in managing this rare disorder. Its approval is more than a medical breakthrough—it is a testament to the ongoing progress in rare disease treatments and the continuous pursuit of better, more patient-friendly therapies.

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