SUMMER SAFETY TIPS

School is out and it’s time for summer shenanigans to begin! Vacations, going to the pool, summer camps, hiking and camping are just a few things many families enjoy during these warmer months. Planning ahead can help keep your activities fun and safe. Whether you’re taking a road trip, going camping, or heading to the park, we’ve compiled a few summer tips to keep things safe while having fun.

Sunscreen and Shade

Many activities in the summer involve being outside and exposed to the sun. It doesn’t matter if you’re vacationing at a beach, playing by the river, or swimming at a local pool, sunscreen is your first line of defense to keep skin from burning. However, no sunscreen is completely waterproof, and the effects do wear off over time. Be sure to check your sunscreen to see how often you should re-apply, especially when going in and out of water. If you are spending time near water, be aware that the bright reflection of the sun can cause your eyes to be sunburned too, so wear sunglasses when you can, and get some shades for your kids. If you will be outdoors for long periods of time, especially when the sun is most intense between 10 am to 2 pm, it might be a good idea to find some way to keep out of direct sunlight, like an umbrella, the shade of a tree, or a pop-up shelter. Even in the shade young kids can get too much sun, so have options for clothing to cover skin if you plan on being out when it’s very sunny.

Water Safety

The Mountain West states had significant snow last winter and a lot of it has still not melted. On top of that, many areas have had a large amount of rain in the late spring and early summer. This can lead to dangerously full rivers and streams, often roiling with mud and debris from erosion and runoff. Be cautious around rivers and lakes, check with local officials to see if there are any restrictions, and be prepared with safety gear when boating, fishing, or playing near any water source. Sudden afternoon thunderstorms can also pose a big risk, especially in areas prone to flooding. Rapid water can even cause cars to be swept away, so be cautious when crossing any running water. A child can drown in only a few inches of water, so never get distracted, and have extra adults if possible, when caring for children around pools or other water sources. Try to find beaches or pools with a lifeguard on duty and take the opportunity to enroll children in swim classes to give them opportunities to improve their swimming skills.

Hydration

It is easy to forget to drink water while swimming, playing at a theme park, or even when driving long distances. Dehydration can be a problem for anyone, including pets, so it’s important to bring enough water, and drink it, even if you are sitting in cool water. Warmer weather can pose a risk of overheating and [Continued on page 3]
In late April, our Pediatric Stroke Team held an Education Day Event for families of children who have survived a stroke. The event was a great opportunity to learn and connect with others who have had similar experiences. We had a wonderful turnout with about 40-50 people in attendance. Our speakers explored cognitive compensation strategies, allied therapies, and stress management.

Our team was thrilled with the chance to connect with these families and to work together to provide support and community to those who have experienced pediatric stroke. A special thank you to all who helped make it happen and to those wonderful families who made it a delightful day of learning.

Our Pediatric Stroke Parent Support Group is planning a fun day in the park coming up in August! Our Pediatric Stroke families are invited to join us on August 5, 2023 between 10 am and noon at Red Tailed Hawk Park in Aurora. This is an informal, BYOL (bring your own lunch) event to give us a chance to meet up and let kids play at the park.

We will be starting up our full monthly meetings in the fall, so stay tuned for more information on dates and details. If you have questions about the event in August or our Pediatric Stroke Parent Support Group, contact us at strokesupport@ucdenver.edu or at 303-724-8520.
Congratulations, Lia! The future is brighter because of the change you will bring! because of Lia and her commitment to our program, team, and stroke community.

Our area has many opportunities to hike, bike, or camp out in the wild, but there are some unique problems that could make a trip to the mountains a miserable experience. If you’re going to higher altitudes, be prepared with jackets and layers as the weather can turn cold quickly, even if your hike started out sunny. A nice day can turn freezing cold at night, so be sure to know going in what to prepare for. Get a weather app on your phone and check the forecast before you go. If you’re going up to the top of a mountain, be aware that the risk of lightning is very real, especially if you are summiting at or after noon. Plan ahead to be heading down the mountain early in the day, and do not attempt to get to the top if a storm is rolling in. Some weather apps also have lightning alerts that notify you when a dangerous storm is near. Hiking requires lots of water, extra food, good shoes, and first-aid kits in case of blisters or falls. Wherever you are planning to go, plan on bringing insect repellent to ward off mosquitoes and other bugs, and know what kinds of ticks or snakes may cross your path. Always hike with at least one other person, and always let others know where you are planning to be and how long you should be there, or share your location on your phone. Sharing basic information or having someone nearby to call for help can be the difference between life and death. Know the risks and what resources you have that are nearby in case of injury.

For those with bleeding disorders, traveling and outdoor excursions can mean being extra prepared. Have a supply of your medication and supplies with you and know where the closest HTC is in case you need immediate help. Keep emergency numbers on hand, including ways to contact our after-hours clinic or pharmacy. The HTC pharmacy can help you prepare with ways to keep factor medication at the right temperatures while traveling and can provide the paperwork to allow you to bring medication through security if you are flying.

Make summer a time for fun but also a safe adventure for everyone in your family. Contact us at the HTC if you have questions about making travel easier or avoiding injuries during outdoor summer play. And enjoy the summer!

CONGRATULATIONS TO RESEARCHER LIA THOMPSON

Lia with her Master’s Degree in Public Health.
Photo: Dee Thompson

Lia with her fiancé Frank, and her mom, Dee, celebrating her graduation with cake. Photo: Kristi Norton.

Congratulations to one of our HTC’s Stroke Research Coordinators, Lia Thompson, for graduating on May 22, 2023, with her Master’s Degree in Public Health from CU! Lia has poured so much hard work and dedication into her coursework, practicum, and Capstone projects, while maintaining the highest level of research work for the Stroke Program. Lia has a passion for the work she does in her “day job” but also has a passion for public health.

Lia has been with the HTC Stroke Program since November of 2019. Since the day she joined the HTC, she has jumped in with both feet, showing dedication to the patients we serve and the work we do. She is a shining light in our group, and we often refer to her as the “Vitamin C” of our team, because she gives everyone a little boost of sunshine. Lia might not be done on her graduate school pathway, but we are so proud of her and consider it a privilege to work alongside her every day.

Cindy Nederveld, Stroke Clinical Specialty Coordinator, who works very closely with Lia shared:

“Lia is an integral member of the stroke team, and her influence in quality research is significant. Lia functions at the top of her scope as she invites stroke survivors, patients at risk of stroke, and families into relevant research projects. She has presented research at various conferences, completed abstracts and written manuscripts. Not only does Lia work tirelessly to ensure every patient has the opportunity to participate in high quality research, but she is also a passionate coordinator for the stroke support group and welcomes families into this community. Our team is better because of Lia and her commitment to our program, team, and stroke community.”

Congratulations, Lia! The future is brighter because of the change you will bring!
RECENT HEADLINES

These are a few of the headlines that we’ve recently featured on our Newsroom page or on Social Media.

FDA Will Review Ixinity for Use in Children Under 12 with Hemophilia B
Early Prophylaxis Leads to Better Outcomes for Hemophilia A Patients
Pfizer Announces Positive Results from Phase 3 BASIS Study of Marstacimab
Study Shows Female Hemophilia A Patients & Carriers Undertreated
AstraZeneca, Sernova Join Forces on Cell Therapy Research

We maintain a newsroom page at our website with a list of news articles that may be of interest to our patients and families. Go to medschool.cuanschutz.edu/hemophilia-thrombosis/resources/newsroom to read more. We also share news on our Facebook and Twitter accounts.

UPCOMING EVENTS

Mark Your Calendars:
Please note. These dates may be tentative and subject to change. Please check appropriate websites for confirmation of events.

July 4: Clinic, Pharmacy, and Admin offices closed for Independence Day
July 15: NHF CO Denver Aquarium Lunch Presentation
July 21-23: Teen Leadership Weekend
July 23-27: Mile High Summer Camp
Aug 10-11: RMHBDA Teen Retreat—Rollins, MT
Aug 11-13: RMHBDA Big Sky Family Camp—Rollins, MT
Aug 17-19: NHF National Bleeding Disorders Conference
Aug 26: Unite for Bleeding Disorders Walk—Denver CO
Sep 4: Clinic, Pharmacy, and Admin offices closed for Labor Day
Sep 9: Unite for Bleeding Disorders Walk—Billings, MT

See more at our Events Page on our website: medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar

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