

The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders



Hemophilia and Thrombosis Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

SPOTS AND DOTS CLINIC CHANGES LIVES

Our Hemophilia Thrombosis Center (HTC) started over 50 years ago treating mostly hemophilia patients and has expanded to other bleeding and clotting disorders. Did you know that our HTC has a special clinic called “Spots and Dots” that was specifically designed for young women with bleeding disorders? This clinic was set up for patients who experience heavy menstrual bleeding and is focused on diagnosing, educating, and supporting them.



Our Spots and Dots team includes (from left) Kim Hurdstrom, DeEtta Barnhardt, Kari Fontenot, Dr. Genevieve Moyer, Dr. Tricia Huguelet, Keara Matthews, and Jennifer Brown. Photo: Merilee Ashton

This targeted area of bleeding disorder care at our center started in 2008 with Dr. Mike Wang and Dr. Steve Scott creating a Young Women’s Bleeding Clinic. Dr. Tricia Huguelet, a gynecologist, joined their team and management of this clinic shifted to her care between 2010 and 2012. In 2018, Dr. Genevieve (Jenna) Moyer joined the clinic and she and Dr. Huguelet renamed it “Spots and Dots” to have a more inclusive approach to patients young and old struggling with heavy menstrual bleeding.

The clinic strives to normalize talking about menstrual issues and the toll they may take on patients, to help them navigate the health system, and receive the optimal evidence-based care. Often patients are unaware that their heavy periods are abnormal because family members may have also experienced heavy bleeding during menstruation and thought that was typical.

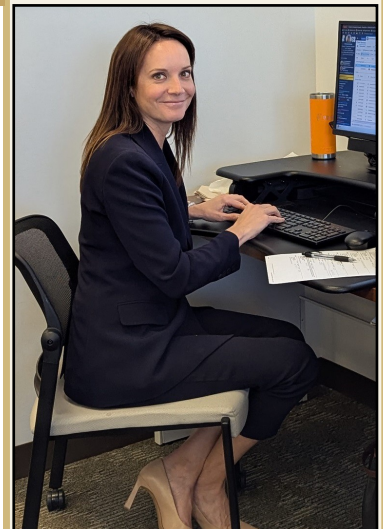
Sometimes these patients discover that they have a genetic bleeding disorder while seeking support, helping make sense of the history of heavy bleeding in a family tree. Others may not have a diagnosed bleeding disorder, or there is no apparent cause for their bleeding, but the Spots and Dots clinic provides support and treatment options regardless of the cause.

Spots and Dots is a weekly clinic that is held on Wednesday afternoons. It allows patients to address problems they are facing, both physically and psychologically, with their specific menstrual bleeding symptoms. This can include increased feelings of anxiety related to bleeding, feeling isolated, and even depression that can come with managing heavy bleeding. Fear about bleeding through clothing, pain from cramping, missing school, and feeling alone all can contribute to mental health issues or physically being able to live normally.

Many of these patients feel validated by being able to share the impact of their experience and often their psychological symptoms improve with this added care and support. Some of these patients may need a medical treatment plan, such as gaining access to IV iron infusions or other medication options to help alleviate symptoms and problems that come with heavy periods.

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Dr. Tricia Huguelet, gynecology, is one of the co-directors of the Spots and Dots program at the HTC. Photo: Merilee Ashton

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Find us on Facebook, Twitter, and our website for frequent updates on news and events.



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Website: Go to

medschool.cuanschutz.edu/hemophilia-thrombosis



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HTC SPOTLIGHT: CANDICE MURCHISON, INSURANCE SPECIALIST



Candice and her husband Rob enjoy going to all kinds of concerts. Photo: Candice Murchison

April, Candice has been working at the HTC for 22 years! Hopefully you have had the pleasure of talking with or meeting Candice, but we wanted to honor her and share a little about her as one of our longer serving employees.

Candice has seen the insurance landscape change a lot over the years, noting that one constant thing about insurance is that it is very fluid and changes often. This has required her to keep up with the ever-adjusting policies and laws that impact patients and the care they receive. She spends most of her day talking with insurance providers, negotiating on behalf of patients, helping patients get authorizations for care, and tracking down payments. It is a challenging job that requires specific knowledge, insight, and patience, but can be rewarding to know you made a difference for a patient.

Candice was born and raised mostly in Louisiana, but did a lot of moving around, including living in Texas, Oklahoma, Illinois, New Mexico, and Colorado. She was a competitive swimmer as a child and loved spending time camping, water skiing, fishing, and snow skiing. She attended Colorado State University in Fort Collins, Colorado earning a BS in Exercise and Sports Science with a concentration in Sports Medicine.

Candice loves working at the HTC because of her co-workers and the patients she helps. With hemophilia and bleeding disorders being lifetime conditions, getting to know and support patients from infancy to adulthood is a unique experience. She enjoys the satisfaction of helping patients navigate the annoying field of insurance and is thrilled when patients finally get the medication and care they need. Candice won the Controllers Spot Award in 2009 and often finds new ways to help patients.

Have you ever struggled with understanding your health insurance? Our HTC is lucky enough to have Candice Murchison as our Insurance Specialist to help with just this issue. Candice joined the HTC in 2003 after a friend of a friend referred her to Judy Primeaux, who was over our pharmacy at the time and looking for someone to take on the role. As of this past

Recently our pharmacy has been undergoing some changes to our software. Candice has been heavily involved in this project as they try to get the new system to work to fulfill the needs of our patients and our center. This has been a lot of work, but we hope that in the end the new system will allow our HTC to better serve patients and streamline many processes.

Candice loves working out and trying to stay healthy, especially cooking healthy foods, and trying new recipes. She loves spending time with her husband Rob and two girls, Kennedy and Ainsley. They are her absolute priority, but she includes her devotion to her dogs, Archie, Whiskey, and Waylon! Candice enjoys going to CSU football games, visiting with friends, and hosting parties (especially Mardi Gras).

Attending a good concert is a great entertainment for her and her family. She enjoys everything from country to classical music and will even travel with attending a concert in mind. Snorkeling and paddle boarding are favorite activities and currently she lists Belize as her favorite place to go!

Candice is a delightful asset to our team at the HTC, and many patients can attest that her skills and kindness make a huge difference. She shared, ***“Just enjoy life, because it is not a rehearsal,”*** a mantra that sums up a lot of why Candice is such a great person to be around! Next time you have to call about insurance, thank Candice for her many years of support! We at the HTC thank her for her consistent efforts on behalf of our patients and are grateful for the important work she does.



Candice loves spending time with her family, including her two girls, her husband, and three dogs. Photos: Candice Murchison

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Our Spots and Dots team includes, Dr. Tricia Huguelet (gynecology), and Dr. Genevieve Moyer (hematology) who serve as co-medical directors of this clinic. Our patients will always see both gynecology and hematology, which in addition to Dr. Moyer, also includes Kari Fontenot, NP and Keara Matthews, PA. We also offer these patients the opportunity to see our Social Worker, DeEtta Barnhardt to assist with healthcare resources and behavioral health support. Patients will also see our nurses Jennifer Brown and Kim Hurdstrom and may be referred to genetics or physical therapy as well.

Our Spots and Dots team shared that they often see dramatic improvement in both physical and psychological symptoms for those they treat. Feeling seen and validated as well as gaining the knowledge and tools to address such a big quality-of-life issue can be a game-changer for many of these patients.



Nurses Kim Hurdstrom (left) and Jennifer Brown (right) work with our Spots and Dots clinic each week. Photo: Merilee Ashton



Spots and Dots team members (from left) Kari Fontenot, Dr. Jenna Moyer, and DeEtta Barnhardt prep for clinic. Photo: Merilee Ashton

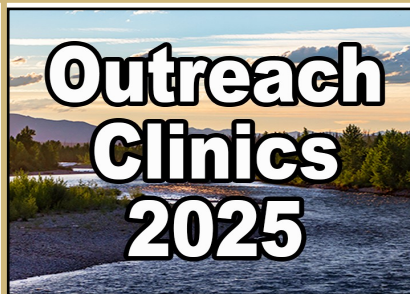
If you or a family member is experiencing heavy menstrual bleeding and you want to know more about our Spots and Dots clinic, reach out to our team at our HTC Nursing line at 303-724-0364. They can discuss options to be seen by an individual Hematologist or the full Spots and Dots team, explain the referral process, and answer any basic clinical questions. Patients are given a pre-screen evaluation prior to attending this clinic, including the PSC-17 for patients under 18 (tracking internalizing behaviors), and the PHQ-8 (depression) and GAD-7 (anxiety) screening for patients over eighteen. These evaluation tools allow our Spots and Dots team to tailor resources available to support treating the whole person.

We thank our dedicated Spots and Dots team who make such a powerful impact on these patients and hope that by sharing more about this clinic, additional patients can get the support they need to manage heavy menstrual bleeding and improve their quality of life.

DROPS OF LOVE: CELEBRATE CARING HTC STAFF MEMBERS

Our HTC has a program called “Drops of Love” to celebrate those who work at our HTC. Any patient, family member, caregiver, or visitor to our HTC can recognize anyone at our center who went above and beyond with a simple scan on your phone! We know that even one great interaction with a clinical team member can make a visit to the HTC a positive experience and help patients improve their health. This is also a great way to thank the nurses and other providers who make a difference to your care.

Just scan the QR code (right) or scan the code in our office to send a “drop of love” to our staff members and let us know how they made a difference in their service to you! Thank you for sharing your feedback with us!



Our HTC team visits locations in our region to offer comprehensive care to patients who live in more distant areas from our main clinic.

This gives patients the opportunity to more easily visit with all our main

providers in-person on at least an annual level.

We have four Outreach Clinics in 2025:

July 29-31, 2025—Billings, MT

Aug 26-28, 2025—Billings, MT

Sept 9-11, 2025—Grand Junction, CO

Oct 7-9, 2025—Missoula, MT

Forms and details are mailed to our regular patients in these areas in the months before they take place. If you do not receive any information about an Outreach Clinic near you, or would like to schedule an appointment at one of these locations, please contact our front desk team at 303-724-0724 or toll free at 888-297-0724. [Details on our website.](#)

RECENT HEADLINES

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

Study Shows Gene Therapy Benefits for Hemophilia B Last More than a Decade

FDA Approves Jivi for use in Children with Hemophilia A as Young as 7 years-old

Study Finds Little Genetic Testing Done for Girls at Risk of Being a Hemophilia Carrier

Study Finds Blood Group O is Not Tied to Inhibitor Risk in Kids with Severe Hem A

Scholarships Available for those with Bleeding Disorders at bleeding.org

FDA Approves Qfitlia (fitusiran)- a Subcutaneous Therapy for Hemophilia A & B

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 [X/Twitter](#) accounts.

Sign up to get this newsletter delivered directly to your email box each month! Just go to eepurl.com/bnszoz or scan the QR code and fill out the form!



QR Code to Subscribe!

UPCOMING EVENTS

Mark Your Calendars:

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

June 21: NBDF Colorado—Families on the River

June 21-25: ISTH 2025 Congress—Washington, DC

July 4: Clinic, Pharmacy, and Admin offices closed for Independence Day

July 13-17: Mile High Summer Camp and Teen Retreat—Empire, CO

July 21-23: 340B Coalition Summer Conference—Washington, DC

July 29-31: HTC Outreach Clinic—Billings, MT

Aug 21-23: NBDF Bleeding Disorders Conference—Aurora, CO

Aug 23: NBDF Colorado Unite for Bleeding Disorders Walk—Sloan's Lake, CO

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

ME-WE-HTC We create hope.

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