

# The Clotting Connection

*A Newsletter for Families with Bleeding and Clotting Disorders*

November 2015  
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University of Colorado  
Anschutz Medical Campus  
Hemophilia and Thrombosis Center

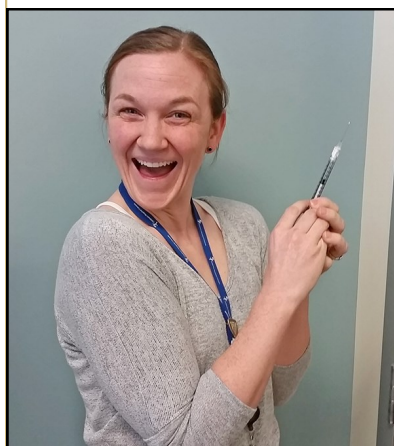
Affiliated with  
Children's Hospital Colorado  
and University of Colorado Hospital

## Prevention Key to Healthy Season

Colds and coughs, fever and flu. It's the time of year for spreading germs and illnesses, but you can start now to control how much cold and flu season will affect you and your family this year.

We asked our nurses: What are the best ways to stay healthy this cold and flu season? This is what they told us.

### Get Vaccinated



"The flu shot is much less painful than the flu!" Nurse Amber

The CDC recommends everyone over the age of 6 months be vaccinated for flu. Flu shots are formulated to help create immunity to the viral strains expected to be the most prevalent. The flu vaccine cannot give you the flu. While it is possible to get the flu after a shot, it would be a strain that is not in the vaccine, or you may be exposed to the flu before immunity kicks in. The 'stomach flu' is caused by a different virus and is not included in the vaccine.

If you get the flu, the vaccine may make the symptoms milder and can help you recover faster. Being fully updated with your other vaccines can also help. The Whooping Cough (pertussis) vaccine, for example, needs booster shots even for adults, and can be mistaken for flu. When everyone is up to date on vaccinations, it helps protect

those who are most vulnerable, such very young babies or others who are immunocompromised. Now is the best time to get vaccinated for flu, but even if you delay into January or February, the vaccine can still offer health benefits through the winter and spring months.

### Wash Your Hands

Prevention is the key to staying healthy during the cold and flu season. Washing your hands in warm, soapy water for 20 seconds can help prevent the spread of germs and disease. Just like your hands, other areas that are commonly used such as computer keyboards, phones, door handles, and working spaces should be regularly cleaned by wiping them down with antibacterial wipes or alcohol. Don't forget to include pens, steering wheels, toys, and the remote control to help prevent the spread of colds, flu and other germs.

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"Sing 'Happy Birthday' twice while you wash, that's about 20 seconds." Nurse Kim



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



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**HTC**

Website- Go to [medschool.ucdenver.edu/htc](https://medschool.ucdenver.edu/htc)



Email:

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# HOLIDAY PARTIES IN DECEMBER

## NHF COLORADO

## PEDIATRIC STROKE SUPPORT GROUP

The Colorado Chapter of the National Hemophilia Foundation will be hosting three holiday parties throughout Colorado in December. Anyone can attend any of the three parties, even if it is not in your geographical area.

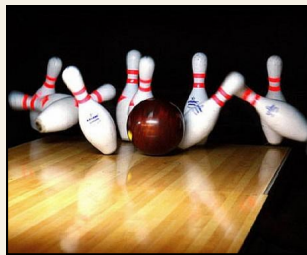
Please RSVP so they can get an accurate count to plan their activities. To RSVP email [rsvp@cohemo.org](mailto:rsvp@cohemo.org) or call at 720-626-1263. They will need your name, the number of adults and children attending, and any new contact information.

### December 5th

12-3 pm

#### Freeway Bowl

Pizza and Bowling  
Grand Junction, CO



### December 6th

5:30-8:30 pm

#### Cheyenne Mountain Zoo

Dinner and Electric Safari  
Exhibit Access  
Colorado Springs, CO



### December 13th

5-8 pm

#### Butterfly Pavilion

Dinner and Living Lights  
Exhibit Access  
Denver, CO

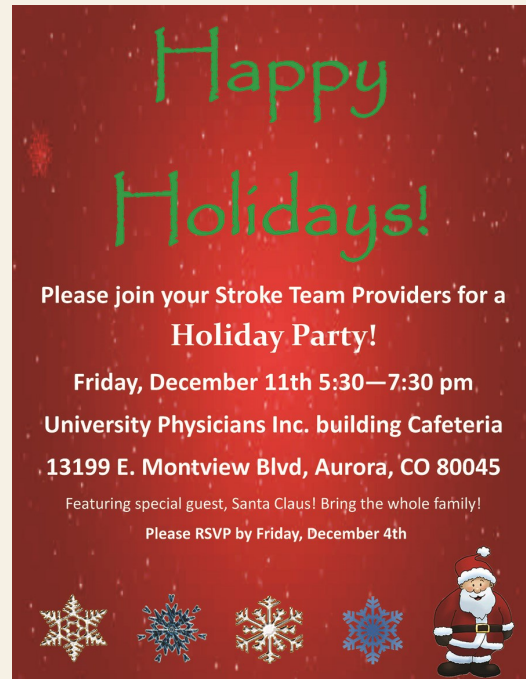
Our Pediatric Stroke Parent Support Group meeting in December is a Holiday Party! Please join your stroke team providers for some family fun. Please plan on bringing the entire family.

Please RSVP to Amanda at [strokesupport@childrenscolorado.org](mailto:strokesupport@childrenscolorado.org) or 303-724-2677. Details are also available at our website: [www.pedsstrokesupport.ucdenver.edu](http://www.pedsstrokesupport.ucdenver.edu).

### December 11th

5:30-7:30 pm

University Physicians Inc. Building Cafeteria  
Dinner and Special Guest: Santa!



## OUTREACH CLINICS

Every year the HTC provides the opportunity for patients who live in the farther corners of our region to meet with the same doctors and specialists available in our Denver clinic at locations much closer to them. These clinics allow patients to schedule their annual comprehensive visit with our doctors, spend time managing care with our nurses, see physical therapists, social workers, and update their pharmacy needs.

### Save the date:

The next full staff clinic visit to **Billings, MT** is already scheduled and will be held **June 6-8, 2016**.

Details about our Outreach Clinics can be found at our website at [www.medschool.ucdenver.edu/htc](http://www.medschool.ucdenver.edu/htc) and clicking on the **CLINIC** tab at the top of the page. Then go to the **OUTREACH CLINICS** tab.

## PREVENTION (CONT'D FROM PAGE 1)

### Exercise

Getting in some moderate exercise on a regular basis can help prevent catching colds or flu. Exercise can increase blood flow and improves your overall fitness, allowing you to fight infection more efficiently. Researchers have found



Amy and Amber say, "Get some exercise!"

that those who walked for only 30 minutes every day had half the colds as those who didn't exercise. Regular exercise is especially helpful for those with bleeding disorders as it can help improve and maintain overall joint function as well as fighting off disease.

### Eat Healthy, Stay Hydrated

Following a balanced diet with proper nutrition, and supplementing with vitamins can help your body fight infection. Proper hydration, especially in winter months, makes a big difference in keeping healthy. If you do come down with a cold or flu, drinking plenty of fluids (including chicken soup) can help your body fight back against disease.

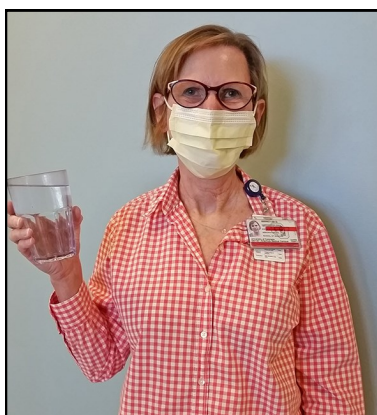
### Avoid Sick People

Although it is hard to avoid a family member who is ill, be cautious around those who are clearly sick. If you or a child are ill, be sure to stay home and restrict interaction with the

public as much as possible until the cold or flu has passed. Unfortunately, many people are unwilling or unable to take a sick day, or it strikes while they're in public. When you are around those who are ill, take precautions, such as wearing a mask, and using hand sanitizer often.

### See Your Doctor

Colds and flu are caused by viruses and, other than getting rest and managing symptoms, there is not much you can do to 'cure' it. If your condition worsens beyond what over-the-counter remedies can provide, you may want to consider visiting your physician. Your healthcare provider may be able to suggest ways to manage your illness or may indicate other treatment. Some conditions can become very serious and may require hospitalization if not treated. Your doctor may prescribe anti-viral medication, if needed, and can check for other illnesses that are caused by bacteria such as Strep, Pneumonia, or Whooping Cough. These would require antibiotics, but most colds and flu do not.



"Hydrate and take precautions."  
Nurse Nancy

If you or your family member becomes ill, help prevent the spread of germs by covering your mouth and nose if you sneeze or cough, washing your hands often, staying home while contagious, and seeing your doctor if needed.

You can find links to our resources for this article at our website by going to:

[www.medschool.ucdenver.edu/htc](http://www.medschool.ucdenver.edu/htc) and then going to the **RESOURCES** tab and finding our **NEWSLETTER** page. These articles are linked in our digital version of the November issue.

## RETURN YOUR SIGNED PACKING SLIPS!

When you receive factor or other medications from our HTC Pharmacy, please be sure to pay attention to the paperwork included in the packaging. There will be two copies of a packing list included. **One copy is to keep for your records and a second copy is stamped in red ink for you to sign, date, and return.** A self-addressed and stamped envelope is provided to make returning the delivery receipt easy and painless.

**Failure to return the signed packing list verifying that you received the medications could result in a delay in receiving your next factor order or possibly being held financially responsible for the order.**

If you have questions about our pharmacy or healthcare regulations, please give us a call or send us an email. Our main pharmacy line is 303-724-0168 or toll free at 888-724-7427 and our email is: [hemophilia@ucdenver.edu](mailto:hemophilia@ucdenver.edu).

Complying with healthcare regulations is a partnership between you and your pharmacy. Thanks for doing your part to help us be in compliance!



## RECENT HEADLINES

These are a few of the headlines that we've recently featured on our home page.

We maintain a Newsroom page at our website with a list of the news we feel may be of interest to our patients and families. To see more head to:

**[www.medschool.ucdenver.edu/htc](http://www.medschool.ucdenver.edu/htc)** then find the **RESOURCES** tab, and go to the **NEWSROOM** tab.

**FDA Approves Adynovate for Hemophilia A**

**BDI Pharma, Inc. Selected as Authorized Distributor of Coagadex**

**Research at Rice University Yields Answers About Factor VIII**

**FDA Approves First Factor X Concentrate, Coagadex**

**Lettuce Can Make Drugs That Don't Require Refrigeration**

## UPCOMING EVENTS

**Nov 26-27:** Clinic and Admin offices closed for Thanksgiving Holiday

**Dec 5:** NHF Colorado Holiday Party: Western Slope-Grand Junction, CO

**Dec 6:** NHF Colorado Holiday Party: Social Factor South-Colorado Springs, CO

**Dec 11:** Pediatric Stroke Support Group Holiday Party

**Dec 13:** NHF Colorado Holiday Party: Denver Metro

**Dec 24-25:** Clinic and Admin offices closed for Christmas Holiday

**Dec 31-Jan 1:** Clinic and Admin offices closed for New Year Holiday

### Hemophilia & Thrombosis Center

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Pharmacy Main: 303-724-0168  
or toll free at 888-724-7427

Web page:  
<http://medschool.ucdenver.edu/htc>

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