

The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders

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University of Colorado
Anschutz Medical Campus
Hemophilia and Thrombosis Center

Affiliated with
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and University of Colorado Hospital

CHOOSING A HEALTHY HOLIDAY



'Tis the season for parties and treats, gifting and sweets. The holidays are upon us, and with them lots of opportunities to overeat and indulge. Add traveling to visit family and friends, getting out of a routine, and the stress of the extra things to do and it is no wonder everyone needs to re-commit to a diet in January. Take control and plan ahead with a few tips to help keep holiday eating in check and manage seasonal pitfalls this year.

Prepare for the Party

Many times you won't have much control of the options available at holiday parties. There may not be many healthy options, making it harder to keep from overeating. But you can do a few things to make it easier to keep within your dietary budget when faced with a fancy spread by planning in advance.

- Try to eat close to your regular meal time to avoid being overly hungry when tempted with lots of food or at a holiday buffet.
- Consider eating a small, healthier snack before going to a party to prevent overeating once dinner is served.
- Look at all the options first, if available, and choose wisely. You don't have to sample everything. Choose what you want most.
- Plan on allowing yourself to indulge, but eat healthy for other meals.
- Look for foods you can cut back on when you know you want to have that decadent dessert.
- If you can prepare a holiday treat with less sugar, fat or sodium, do it.
- Don't skip meals; it will be harder to keep your hunger or blood sugar under control.

Be Choosy

Trick yourself into making better choices and allow careful selection to let those indulgent cravings pass.



- Pick a smaller plate and once it is filled, walk away from the buffet. Smaller portion sizes can help keep eating in check, and a small plate makes them seem larger.
- Include veggies and eat them first to fill up before the heavier foods or sugary treats.
- Eat slowly to allow time for your body to tell you when you are full.
- Avoid or limit alcohol intake. Choose plain or sparkling water with your meal and shave calories.
- Allow yourself to have that special treat, but choose small portions, taking small bites.
- If you're cooking, select healthy dishes and try new things with substituted healthier ingredients instead of sticking with a traditional recipe.

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



Go to facebook.com/ColoradoHTC



Go to twitter.com/HTCColorado



Website: Go to medschool.ucdenver.edu/htc



Email:

HTC.Newsletter@ucdenver.edu

HOLIDAY CLOSURES & SHIPPING DEADLINES

The HTC Clinic, Pharmacy and Administrative Offices will be closed for several upcoming holidays. If you have medical concerns or will need to order factor before any of the upcoming holidays, please be sure to contact us as soon as possible.

Our Clinic, Pharmacy and Offices are closed on the following dates:



Thurs, & Fri, Nov 23-24, 2017

Thanksgiving Holiday

Mon, & Tues, Dec 25-26, 2017

Christmas Holiday

Mon, Jan 1, 2018

New Year's Day

Mon, Jan 15, 2018

Martin Luther King Jr. Day

During these times if you have an urgent medical issue:

Adult Patients: 720-848-0000 to page the Hematology/Oncology Fellow on call, or go to the University Hospital Emergency Room.

Pediatric Patients: 303-785-3335 or toll free at 1-800-536-5105 to page the Hematology/Oncology Fellow on call who will direct you where to go.

To obtain emergency factor from our HTC Pharmacy, please contact the pharmacist on call at: 303-724-0168 or toll free at 1-888-724-7427.

Winter weather conditions can be unpredictable. Please plan ahead to ensure you have enough factor on hand in the event your factor order is delayed due to inclement weather or FedEx holiday closures. Our deadlines for shipping before holidays are as follows:

Last date to ship:

Before Thanksgiving Tues, Nov 21, 2017

Before Christmas Thurs, Dec 21, 2017

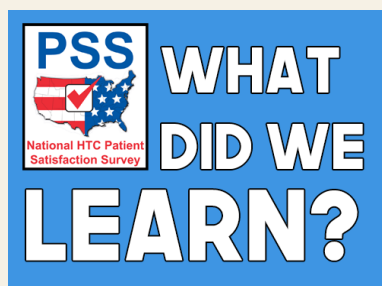
Before New Years Thurs, Dec 28, 2017

Before MLK Day Thurs, Jan 11, 2018

Our pharmacy appreciates your help in calling in any orders earlier than these dates if possible. Thank you for planning ahead.



Please like our Facebook Page at www.facebook.com/ColoradoHTC/ or follow us on Twitter at twitter.com/HTCColorado. We regularly share information on our closures and how to contact us after hours.



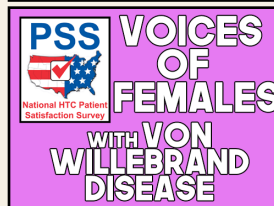
Did you take part in the National HTC Patient Satisfaction Survey in 2015? Did you know that a series of articles reviewing the survey findings are becoming available?

The survey was the first of its kind and gathered the feedback from over 5000 HTC bleeding disorder patients treated at more than a hundred HTCs across the US. The data has already helped HTCs nationwide find ways to improve care.

Each month the survey team is carefully reviewing the results and posting articles. These are available at their website www.htcsurvey.com. Look for the graphics such as these for each upcoming article.



Beginning early next year, there will be a second national survey offered and they would love your help in gathering more feedback from patients.



Watch for more information in future newsletters, on our social media pages and at the www.htcsurvey.com website.



You will be able to take the survey online or on paper, but we hope you will consider sharing your experiences at our HTC.

A special thanks to those who participated in 2015, your voices make a difference!

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Get in Some Exercise

It is easy during the holidays to eat and then nap or laze about watching football or movies. Try and work in time to move around. You may not keep to your regular gym schedule but that doesn't mean you can't get in some exercise.



- Wear a step counter and set a goal each day to move a minimum number of steps. Shopping at the mall, or parking a little further away can make a difference. Indoor malls can be a great place to walk when it's snowing.
- If it is snowy, find ways to use the chill to your advantage. Go sledding, skiing, or ice skating, or just play in the snow with the kids.
- If you are somewhere warm, go for a walk or jog between meals, or gather a group of friends to play outdoor games.

Get Enough Rest and Reduce Your Stress

Holidays should be fun times with family and friends. Let go of the need to have everything "Pinterest Perfect" and allow yourself to have fun.

- Make an appointment for bed time. Experts recommend 7-8 hours of sleep for adults, and more for children.
- When people are stressed and tired they tend to eat higher fat, higher sugar foods and have less energy. Work in time to reduce stress. Make time to rest and play.

In our digital version we have linked to some additional resources to help you plan for a healthy holiday such as tips to adjusting meals, ways to curb your appetite, tricks to eat less, and finding ways to keep active.



To find these links, just go to our website at: www.medschool.ucdenver.edu/htc and click on the **RESOURCES** tab, then the **NEWSLETTER** page and find the link to our Current Digital Newsletter & Archives link and click on the **November 2017 newsletter**.

If you have not already subscribed, please sign up today! A link is on our Newsletter page at our website. You will receive the newsletter in your email box before it's been released online.

NHF COLORADO EVENTS

NHF Colorado has several upcoming events that you may want to attend!

Three Sisters Fall Hike – Backpacks & Bleeders

Sunday, Nov 19th, 2017 at 3 pm join NHF Colorado, HTC Staff and photographers from the National Hemophilia Foundation as we hike the Three Sisters Fall trail

near Evergreen with Chris Bombardier and Backpacks & Bleeders! Chris Bombardier is a Colorado native and this year accomplished the incredible journey of being the first person with hemophilia to climb Mount Everest! To RSVP and learn more go to cohemo.org.



Western Slope Holiday Party

NHF Colorado is hosting a holiday party for our community members on the Western Slope/Grand Junction area on Saturday, December 2nd, 2017 from 12-3pm at the Bananas Fun Park.



Pizza, soda, mini-golf, laser tag, go karts and more! RSVP at the events area at cohemo.org

VWD Coffee Chat Series

Join us Saturday, December 9th, 2017 from 10 am to 11:30 am as our HTC physicians and NHF Colorado combine forces for a new VWD Coffee Chat series. This is specifically designed for our von Willebrand patients. Coffee and breakfast snacks will be available. Questions or to RSVP please go to cohemo.org.



Denver/Colorado Springs Holiday Party

NHF Colorado's Annual Holiday Party for the Denver/Colorado Springs area will be on Sunday, December 10th from noon to 2 pm at the Family Sports Center in Englewood/Centennial. We will have our own private banquet room for lunch and have fun at the many exciting activities available at the Sports Center. Questions, directions and to RSVP, go to cohemo.org.

For questions about any of these events you can contact Sean Jeffrey at sjeffrey@hemophilia.org.



RECENT HEADLINES

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

FDA Approves Genentech's Hemlibra (Emicizumab-kxwh), New Treatment for Hemophilia A with Inhibitors

Alnylam Announces Successful Outcome Following FDA Meeting and is Working to Resume Studies of Fitusiran

Colorado Local Chris Bombardier Readies for Mt. Vinson Climb, Final of 7 Summits

FDA Accepts Beyer's Biologics License Application for BAY 94-9027

FDA Grants BioMarin Investigational New Drug Status to BMN 270

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 go to: www.medschool.ucdenver.edu/htc then find the **RESOURCES** tab, and go to the **NEWSROOM** page. Find other stories at our Facebook page at www.facebook.com/ColoradoHTC/

UPCOMING EVENTS

Mark Your Calendars:

Nov 19: Backpacks & Bleeders Hike

Nov 23-24: Clinic, Pharmacy & Admin closed for Thanksgiving Holiday

Dec 2: NHF CO Western Slope Holiday Party-Grand Junction

Dec 9: NHF CO/HTC Coffee Chat Series for VWD patients

Dec 10: NHF CO Denver/CO Springs Holiday Party-Centennial

Dec 25-26: Clinic, Pharmacy & Admin closed for Christmas Holiday

Jan 1: Clinic, Pharmacy & Admin closed for New Year's Day

Jan 15: Clinic, Pharmacy & Admin closed for Martin Luther King Jr. Day

See more at our Events Page on our website: www.medschool.ucdenver.edu/htc find RESOURCES tab, go to EVENTS

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

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