

# The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders

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Hemophilia and Thrombosis Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



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## CULTIVATING GRATITUDE



“Thank you!”

There's power in that small sentence. We often see examples of gratitude during this time of year, and it can be an uplifting experience to share our gratitude. Gratitude can diffuse tension between

family, friends, or strangers, easing the escalation of disagreement into an expression of praise or thankfulness. Most have probably had an experience where just a simple act of gratitude from others changed their outlook. Maybe you've received a kind note in the mail or a gentle word on a day you needed it. Therapists and researchers have done extensive studies about how expressing gratitude and feeling gratitude of others can help adjust our mindset and support our mental health.

What is it about gratitude that makes us feel better? Research has shown that expressing gratitude can help us change our brains to see things in a different light and help us live better, happier lives. Findings from research show having gratitude helps our relationships, physical and psychological health, helps us develop empathy, improves our self-esteem, and even helps us sleep better.

Multiple studies have found that even small acts of gratitude, such as taking time to write about things you are grateful for, can profoundly impact your attitude and mental health. When life is hard, having gratitude doesn't mean it will erase your problems, but practicing gratitude regularly can make it easier to cope when faced with difficult times. Finding a regular way to express gratitude seems to help keep negativity and other toxic emotions at bay. However, studies suggest that for gratitude to have a powerful effect on us, it will take time and continued effort to switch off the negativity.

Here are a few ways to express gratitude and help your mood and mindset at the same time.

**Write Thank You Notes to Others.** There are several books, blogs, and websites exploring the powerful effect of writing a note of thanks to people who have impacted you. This can involve a long letter or just a quick expression of gratitude about a simple kindness. Many who have taken up a challenge to be more grateful by writing to others have found a profound sense of peace and comfort from this simple act.

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Gratitude can be expressed in many ways, including thoughtful notes, a kind word, or a caring gesture.

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# SPOTLIGHT: DAVID HAYDUKE, PSYCHOLOGIST



David visiting the Red Butte Botanical Gardens in Salt Lake City, Utah exploring some of their gardens of medicinal herbs. Photo: David Hayduke.

Our HTC is very happy to share that we have added a new psychologist to our psychosocial team. David Hayduke, Psy.D. joined us just over a month ago and is a fantastic addition to our HTC! He joins Emily Wheat, and Bryn Dunham in addressing our patients' mental health needs. We connected with David to find out more about him and what he brings to our HTC.

David has lived in four states over the course of his life: Arizona, Colorado, Wisconsin, and Oklahoma. He studied at both the University of Wisconsin in Madison, Wisconsin and graduated from Fort Lewis College in Durango, Colorado. He went to Midwestern University in Glendale, Arizona for his graduate studies, and completed his post-doctoral fellowship in psycho-oncology at Oklahoma University Health Sciences Center. He loves to swim, hike, and play the drums, as well as reading a good book. His favorite book is *The Little Prince* by Antoine de Saint-Exupery but he shared he also loves *The Man Who Mistook His Wife for a Hat*, or anything written by Oliver Sacks. He loves pizza and hot wings and is getting married at Disney World next year!

In joining our team, David is able to work with our patients in helping them cope with complex, life-long disorders. He

helps patients with everything from managing adherence to their medications, dealing with medical trauma, depression, anxiety, pain, sleep issues, quality of life and coping with mentally managing their health and medical treatments. He will work in supporting patients in possible gene-therapy treatments and the challenges that may bring. In addition, he assesses the psycho-social and cognitive function of patients as they work on managing their treatments. He works with developing research and improving care through our HTC psychosocial program and working as a team to bring the best care to our patients.



David hanging out with sloths at Odyssey Aquarium in Scottsdale, AZ! Photo: David Hayduke.

We asked what David liked most about our HTC and he shared:

***“The patients! I enjoy getting to witness our patients achieve improved quality of life through the support of our multidisciplinary team.”***

He's excited to be working on our pre-gene therapy psychosocial screening projects and expressed how he really enjoys working with all our HTC team members. David is a great asset to that team! He's got a great sense of humor and is a supportive colleague. Welcome David Hayduke to our HTC team!



## NHF COLORADO FALL EVENTS

### Nov 29: The Zoo and You! Denver Zoo Lights Party

NHF Colorado has arranged a semi-private viewing of the Denver Zoo Lights as a part of their Holiday Party and State of the Chapter event on Tuesday, Nov 29, 2022. Hot cocoa, snacks and social time begins at 5:30 pm. For more information and to sign up go to [cohem.org](http://cohem.org).

### Dec 13: Bleeders and Blades: A Men's Event—Axe Throwing at Primal Axe House

A special event for all men in the bleeding disorder community, including directly impacted or caregivers, will be on Tuesday, Dec 13, 2022 from 6-9 pm. Registration includes dinner and 2 hours of training and throw time. Details and registration can be found at [cohem.org](http://cohem.org).





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### Keep a Gratitude

**Journal.** This tool is often employed by therapists or counselors to help focus on positive gifts we have in our lives. Those who regularly write down or share thoughts about things they are grateful for each day tend to be more optimistic and feel better about their lives. They even exercised more and had fewer visits to the doctor.



**Meditation and Prayer.** Mindfulness meditation helps focus on the present without any judgment but meditating on gratitude can also allow you to focus on things around you that lift you up. Prayer is a religious way to express gratitude for blessings in life and in turn can bring deep peace. Studies show that even just pondering and thinking about things you are thankful for can change your attitude and help your mental health.

### Express Gratitude and Appreciation in Person.

Taking the opportunity to express gratitude to those around you not only makes you feel more positive, but helps others feel recognized and respected. Expressing gratitude and love to family builds relationships and engenders positive

feelings. A simple thank you to a busy retail worker, waiter, or to someone holding the door encourages kindness and civility, which is needed in every corner of the world.

We at the HTC are so grateful for our patients, our co-workers, and the opportunity to work to make lives easier for those with bleeding disorders.

If you are interested in research about gratitude, check out some of these articles and books:



[7 Scientifically Proven Benefits of Gratitude at psychologytoday.com](https://psychologytoday.com)

[How Practicing Gratitude Can Rewire Your Brain at sagedmed.co/blog](https://sagedmed.co/blog)

[Gratitude Literally Rewires Your Brain to Be Happier dailyhealthpost.com](https://dailyhealthpost.com)

[Giving Thanks Can Make You Happier health.harvard.edu](https://health.harvard.edu)

[How Gratitude Changes You and Your Brain greatergood.berkeley.edu](https://greatergood.berkeley.edu)

[The Gratitude Project: How the Science of Thankfulness Can Rewire our Brains for Resilience, Optimism, and the Greater Good](#)

## HOLIDAY CLOSURES & SHIPPING DEADLINES



As the holiday season approaches, be aware of upcoming clinic closures, as well as the shipping deadlines needed to ship pharmacy orders on time.

Clinic, Pharmacy, & Admin offices are **closed** on the following dates:

**Thur-Fri Nov 24-25, 2022: Thanksgiving Holiday**

**Fri-Mon Dec 23-26: Christmas Holiday**

**Mon Jan 2, 2023: New Year's Day (observed)**

Last date to **ship** before each holiday:

Before Thanksgiving      Tues, Nov 22, 2022

Before Christmas        Wed., Dec 21, 2022

Before New Year's        Wed., Dec 28, 2022

If you need to contact our clinic or pharmacy during any holiday, see our [contact page](#) for our after-hours info.

## 2022 OUTREACH CLINICS COMPLETED SUCCESSFULLY

Our HTC successfully completed all four of the outreach clinics we had planned in 2022! We are so grateful for all our staff, patients, and the local support staff that made it possible! Re-starting this outreach program had many challenges, and we are so grateful for our patients who were so patient with us as we navigated new problems.



After many, many masks, and many COVID tests later, we saw a total of 108 patients at these outreach clinics.

We so appreciate all who worked with us to make these clinics a success! We look forward to 2023 and being able to re-connect with patients at future outreach clinics.

Keep up to date on details for future clinics at our [Outreach Clinic website page](#).

## RECENT HEADLINES

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

**BioMarin Faces Possible Delay for Hemophilia A Gene Therapy**

**Study Shows Heart Risk Higher in Less Active Adult Hemophilia Patients**

**Real World Study Shows Switch to Kovaltry Safe, Effective for Hemophilia A**

**BioMarin Resubmits Hemophilia A Gene Therapy for FDA Approval**

**Research Shows Untreated Hemophilia A Bleeds are Common**

**Pfizer/Sangamo Gene Therapy Phase 3 Trial to Resume After Pause for Safety Concerns**

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. Go to [medschool.cuanschutz.edu/hemophilia-thrombosis/resources/newsroom](https://medschool.cuanschutz.edu/hemophilia-thrombosis/resources/newsroom) to read more. We also share news on our [Facebook](#) and [Twitter](#) accounts.

Sign up to get this newsletter delivered directly to your email box each month! Just go to [eepurl.com/bnszoz](http://eepurl.com/bnszoz) and fill out the form!

## UPCOMING EVENTS

### Mark Your Calendars:

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

**Nov 24-25:** Clinic, Pharmacy, and Admin offices closed for Thanksgiving Holiday

**Nov 29:** The Zoo and You! Denver Zoo Lights Event

**Dec 13:** Bleeders + Blades: A Men's Event– Primal Axe House

**Dec 23-26:** Clinic, Pharmacy, and Admin offices closed for Christmas Holiday

**Jan 2, 2023:** Clinic, Pharmacy, and Admin offices closed for New Year's Day (observed).

**Jan 20-22:** NHF Colorado Teen Winter Retreat

**Jan 16:** Clinic, Pharmacy, and Admin offices closed for Martin Luther King, Jr. Day

**See more at our Events Page on our website:**

[medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar](https://medschool.cuanschutz.edu/hemophilia-thrombosis/resources/events-calendar)

### Hemophilia & Thrombosis Center

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or toll free at 888-297-0724

Pharmacy Main: 303-724-0168

or toll free at 888-724-7427

Web page:

[medschool.cuanschutz.edu/hemophilia-thrombosis](https://medschool.cuanschutz.edu/hemophilia-thrombosis)

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