

The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders



Hemophilia and Thrombosis Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

DEVELOPING GRATITUDE



Expressing gratitude to others has measurable positive physical and mental health impacts.
Photo: Adobe Stock

This is the time of year where we often think about being thankful or grateful. However, gratitude shouldn't be something we only express or think about during the holiday season. There is power in expressing gratitude and it can be a beautiful experience to be thanked by another.

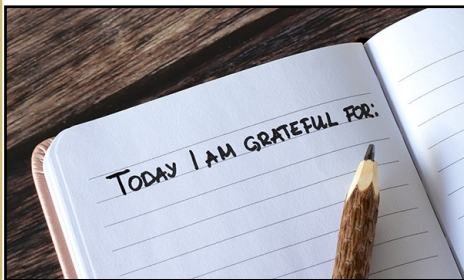
Research has shown that regularly focusing on and expressing gratitude can have a big impact on both mental and physical health. Multiple studies reveal that keeping consistent practices that focus on gratitude can shift our mindset, literally rewiring our brains for positivity. And it isn't just our attitude.

Gratitude can have measurable impacts on physical health with improved ability to fall asleep, better sleep quality, lower blood pressure, and fewer common health issues like headaches or stomachaches. It helps with depression, anxiety, stress, and improves relationships with others. So why don't we all show more gratitude? Like all good things, we do need to put in some effort to get positive results.

The "cup analogy" is one way to think about cultivating gratitude instead of other negative emotions. We've all probably held a cup of liquid and been bumped, spilling some of the contents. If you imagine your thoughts and emotions being in a cup, and life shakes that cup, what will spill out? If you fill that cup with negativity, anger, or frustration—that is what will spill out. If you try to fill the cup with gratitude, positivity, joy, forgiveness, grace, empathy, or kindness, when life bumps you, maybe those will spill out instead.



When life bumps you and things spill out, what is in your cup?
Photo: Adobe Stock



Regularly writing down what you are grateful for helps foster a thankful heart.
Photo: Adobe Stock

What can you do to make gratitude a part of your daily life, or even just taking small steps toward being more grateful? A few ideas could include:

Keep a gratitude journal – This can be a notebook or an app on your phone where you note things you are grateful for. This is a proven method to shift your mindset as well as supporting mental health.

Write thank you notes to others – It is good manners to thank others for their

kindness or generosity, but it also comes with benefits to you. Even writing letters of gratitude that you do not send is shown to have benefits.

Pause, and focus on gratitude through meditation or prayer – Those who practice religious prayer or mindfulness and meditation can cultivate a grateful heart and feel deep peace, even when facing hard things in their lives. [Continued on page 3]

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Get to know Dr. Thomas Kartika, one of our newest physicians. (article on page 2).
Photo: Thomas Kartika.

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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



Email:

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SPOTLIGHT: DR. THOMAS KARTIKA



Dr. Thomas Kartika has joined our HTC in treating adult hematology patients.

Our HTC is excited to share that Thomas Kartika, MD, has recently joined our center as our newest adult hematologist. Dr. Kartika is from New York and attended Cornell University in Ithaca, NY followed by SUNY Upstate Medical University for medical school. He completed his internal medicine residency at Oregon Health & Science University in Portland, OR. He stayed an extra year at OHSU to complete additional training in hemostasis and thrombosis at the HTC there before moving back to New York for a fellowship in adult hematology and oncology.

Dr. Kartika sees our adult hemophilia and thrombosis patients and treats all aspects of classical hematology. He has always thought blood disorders were interesting and that he wanted to focus with some kind of specialty when he began his medical training, but he didn't want to focus so narrowly as to not think about other aspects of the body. He shared, ***"Hematology, with its influence on every part of the body and every organ, became a very intriguing subject for me."*** It was working with the patients and families at the Oregon HTC where he began to appreciate the close relationships patients and providers have in treating bleeding disorders.

One thing that Dr. Kartika finds rewarding in working with bleeding disorder patients is the ability to form a successful partnership with a patient to best manage their care. ***"So much of medicine, and hematology especially, is steeped in ambiguity. When I get a chance to understand what is important to a patient, and when they can understand my thinking, and then for us to come up with a plan together that ends up working-that is incredibly satisfying."***

He is excited to work at our center and study the mechanisms of blood clots. There are many complications with clots, even when treatment may seem straightforward. He hopes that the development of a personalized, precision

medicine approach can help treat and prevent blood clots in the future.

Dr. Kartika is particularly interested in providing support to helping our pediatric thrombosis patients transition to adult providers in the same way we do for bleeding disorder patients. Ideally, our HTC can serve the adult population who have genetic and complex causes for blood clots, many of whom would have been diagnosed as children.

Dr. Kartika enjoys outdoor adventures, especially hiking, whether it is a multi-day trip, or hiking to the top of a mountain peak. He also is a big fan of soccer, both watching and playing. He loves to explore and experience new places, and if he can incorporate being immersed in nature all the better. Since he moved to Colorado he loves to spend any free weekend in the mountains, hiking, biking, or skiing.

His philosophy draws from paraphrasing Dr. Martin Luther King Jr., "If you are to be a street sweeper, be the best street sweeper you can be," and recognizing that science is the pursuit of truth and in having a greater understanding tomorrow than we had yesterday. From these two ideas Dr. Kartika's personal philosophy is to be the best physician and human being he can be, and what that means is working toward being a better person tomorrow than he was yesterday.

We are excited to have Dr. Kartika join our HTC and look forward to seeing him make a difference in the lives of many of our patients.



Dr. Kartika enjoys exploring and hiking. Photo: Thomas Kartika

DROPS OF LOVE: CELEBRATE CARING HTC STAFF MEMBERS



Our HTC has a program called "Drops of Love" to celebrate and thank 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 an easy way to thank the nurses and other providers who make a difference to your care.

Just scan the QR code (left) 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!

UPCOMING EVENTS & HOLIDAY CLOSURES



As we approach the holiday season, be aware that our clinic, pharmacy, and admin offices have some closures that may impact your care or ability to get medications in a timely manner.

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

Thurs-Fri, Nov 27-28, 2025: Thanksgiving Holiday

Wed-Fri, Dec 24-26, 2025: Christmas Holiday

Thurs, Jan 1, 2026: New Year's Day

See our holiday closure calendar on our website contact page for more information and for how to contact us after-hours or during a holiday closure. <https://bit.ly/3Ir2x2y>

Please also see our [pharmacy shipping page](#) for an updated schedule of holiday shipping deadlines.

NBDF Colorado has several upcoming events for the remainder of 2025. Please see their website's event calendar page at co.bleeding.org to learn more and register for events.

Thurs., Dec 4, 2025 5 pm-9 pm: NBDF Colorado Holiday Party 2025: NBDF Colorado is hosting their annual holiday party at Children's Museum of Denver. The event includes access to the whole museum just for their group, dinner, and time to connect with others in the bleeding disorders community.

Sun., Dec 14, 2025 1 pm-3 pm: NBDF Southern Colorado Holiday Party: NBDF Colorado is also hosting a smaller holiday party for the southern Colorado community. This is a fun event at Top Golf in Colorado Springs, which will include a fajita lunch, and bays reserved to golf from. Registration is limited and priority will be given to residents of El Paso, Pueblo and surrounding southern Colorado counties.

[Continued from page 1]

Express gratitude verbally to those around you – taking the chance in the moment to express gratitude, whether to family or a stranger who holds the door for you, encourages kindness and engenders civility.

Give simple gifts to others to share your gratitude – An easy way to practice gratitude is to give small gifts to others. Finding creative ways to say “thank you” can be an uplifting effort that benefits you and the recipient.

Create art to share gratitude – Painting, photography, music, even crafting social media posts about things you are grateful for can be a way to get into a habit of expressing gratitude.

Listen to or read about the lives of others who are grateful – Sometimes learning about the lives of others and how they used gratitude in their struggles can help you refocus and find your own way of expressing gratitude.

The studies are clear, having a grateful heart can help your heart, mind, and body. Learn more and find ways to focus on gratitude at some of these web pages:

<https://positivepsychology.com/benefits-of-gratitude/>

https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://positivepsychology.com/gratitude-ted-talks-videos/>

<https://www.uclahealth.org/news/article/health-benefits-gratitude>

“If you think it’s happiness that makes you grateful, think again. It’s gratefulness that makes you happy.”
— David Steindl-Rast



Finding creative ways to express your thanks to others can help build relationships.
Photo: Adobe Stock

RECENT HEADLINES

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

Biomarin Plans to Sell Rights to Roctavian, FDA Approved Hemophilia A Gene Therapy

Trial Shows Once-Weekly Marstacimab Reduces Bleeding Rates for Hemophilia A and B Patients

Star Therapeutics Gains New Financing to Boost Investigational VWD Therapy

Study Finds Infection is Most Common Cause of Death in Acquired Hemophilia A

Study Shows Spinal Stenosis May be a Complication in Older Hemophilia Patients

Discovery of F8 Mutation May Lead to Better Bleeding Control for Hemophilia A Patients

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.

Nov 27-28: Clinic, Pharmacy, and Admin offices closed for Thanksgiving Holiday

Dec 4: NBDF CO Denver Metro Holiday Party—Children's Museum Denver

Dec 6-9: ASH Annual Meeting and Exposition—Orlando, FL

Dec 14: NBDF CO Southern Colorado Holiday Party—Top Golf Colorado Springs

Dec 24-26: Clinic, Pharmacy, and Admin offices closed for Christmas Holiday

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

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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Web page:

medschool.cuanschutz.edu/hemophilia-thrombosis

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