

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

Celebrate Pharmacy Month



Our HTC Pharmacy Team: From left—Kara Taylor, Kyle Troksa, Paul Limberis, Trish Tucker, Desi Hill, Ali Schomerus, Candice Murchison.

October is American Pharmacist Month and the week of October 18th-24th is Pharmacy Week. This year the University of Colorado Hemophilia & Thrombosis Center Pharmacy is celebrating 20 years of service to our patients. The HTC specialty pharmacy provides services to patients throughout Colorado and to its outreach areas of Montana and Wyoming. Our pharmacy is unique from retail pharmacies in several important ways.

The HTC Pharmacy has been designated as a 340B Pharmacy. This classification is given to certain healthcare providers who receive federal grants. This allows our pharmacy to purchase medications at a lower cost thereby providing factor at a lower cost to patients.

Our pharmacy is fully integrated into the clinical care team at the HTC in order to provide seamless collaboration and more efficient care and communication. Time is not wasted by having to communicate with other pharmacies who don't know a patient's unique situation when there is an immediate need.

Our pharmacists understand that living with a bleeding disorder can be challenging. Our goal is to assist in easing that burden with factor management that meets our patients' specific requests. The service focus of the pharmacy is on patients with bleeding or clotting disorders only, allowing us to customize care. We welcome input from patients if there are any services that would be of assistance to improve care.

In the past year, our pharmacy team has grown and built upon the talents of each of our members. Our team is always striving to be at the forefront of hemophilia pharmaceutical care and carefully monitor patient response to adjust dosing and developing new formulations for medication administration. Our pharmacists provide the support necessary for the HTC to participate in research studies that bring new products into the market.

Our staff feels honored and privileged to work closely with all our patients as they progress through different stages of life. You are our everyday heroes!

Join us in celebrating Pharmacy Week and Pharmacy Month, and let us know how we can continue to serve you.



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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



HTC Website- Go to medschool.ucdenver.edu/htc



Email:

HTC.Newsletter@ucdenver.edu

HEALTHY HALLOWEEN TREATS

Halloween is almost here! With it comes the annual parade of cute kids in costumes, the cobwebs, pumpkins, witches, spiders, and of course, candy, candy, candy! Trick-or-treating is fun and kids love the sweets (and parents steal their favorites)! Parties are awash in spooky cupcakes and sugary treats and frosting ends up everywhere.



Photo: www.food.com

Too much of a sweet thing can be unhealthy so make plans now to temper the overabundance of goodies and balance things out with healthy choices.

If you are hosting a party, bringing treats to a Halloween bash, or simply making festive goodies to share, consider finding unique and less sugary options. You may be surprised that your healthier offering may be the first to go. Here are a few of our favorite ideas for treats that are delicious but not loaded with sugar.

Clementine Pumpkins



Photo: www.spaceshipsandlaserbeams.com

Fruit is always a great lower sugar alternative to candy-and the kids really love the tiny, seedless Clementine oranges that are just coming into season at this time of year. All you need to do is peel and add little 'stems' of celery. These are easy to do and naturally sweet.

Boo-nana Pops

These cute little ghosts are just bananas on Popsicle sticks, dipped and frozen. Many variations abound online, but we liked the ones dipped in melted white chocolate. A little less sweet option would be to use yogurt, or melted coconut butter as the coating. Remember to add chocolate chip eyes before the coating has hardened.



Photo: www.skinnytaste.com

Roasted Pumpkin Seeds

If you're carving a pumpkin or two, consider saving the seeds and roasting them as a healthy snack. Pumpkin seeds are loaded with nutrients, protein, and high in fiber. Fixing them up is as easy as rinsing them, sprinkling a little oil or butter and salt, and baking them to crunchy perfection.

Mummies

Wrapping hot dogs or small cocktail sausages in strips of crescent rolls to look like mini mummies not only is a fun finger food, but it brings a protein option to the mix, keeping the sugar buzz to a minimum. And these will disappear faster than any ghost!



Photo: www.dinahs-dishes.com

Candy Corn Pizza

No candy, no corn, but this cute pizza idea takes a favorite option and dresses it up by simple manipulation of cheese and sauce. A winner with the kids, it can be done without loading up the calories and fat by choosing your ingredients carefully.



Photo: www.cookiecraziness.com

Finger Pizza



Photo: www.cutefoodforkids.com

A little more ghoulish, these easy pizza 'fingers' can be as simple as cutting up any pizza of your choice and adding a creepy bell pepper 'nail'. The ultimate finger food and guaranteed to please the crowd.

Have a fun, spooky, and healthy Halloween!

CHOOSING HEALTH EVERY SEASON

As the days grow shorter and the weather turns cool, it is important to maintain healthy habits going into the winter months. With cold temperatures, less sunlight, holidays abundant with heavy foods and sweets, it is no wonder that Americans report less exercise and eating less healthy during the winter months. Cooler weather drives us indoors and the spread of colds, flu, and other infections begin to increase.

Take steps now to stay healthy through the winter. There are many tips to prevent spread of illness. One of the top recommended methods of staying healthy is simply staying active and making healthy food choices.

Many organizations offer health challenges designed to help increase fitness and encourage healthy eating through prizes and events. Often health insurance companies provide incentives to their members to improve their health, such as earning gift cards or discounts through programs designed to encourage healthy behaviors. Check with your health insurance company or your employer to see if a program is in place that you can benefit from.

Staying healthy can be fun and there are many opportunities to stay fit. If you like competition, sign up for a race such as a 5K and challenge yourself for a good cause. If you need more of a support system, find an app for your phone or computer that reminds you to check in and count calories,

or one that tracks exercise. Consider a fitness tracker as a gift for the holidays such as a Fitbit to encourage healthy living, or join up with a fitness or health program this fall and make the choice to stay healthy this winter.

There is an opportunity right now to improve your health and wellness, and win great prizes.

The Denver Broncos 45 Day Fitness Challenge is going on now.

Find more, and sign up at the Denver Broncos website listed to the right.



Oct 12-Nov 25, 2015

The Denver Broncos has teamed up with UHealth, Children's Hospital Colorado and 24 Hour Fitness to sponsor a 45 day fitness challenge to encourage health and wellness. Each week participants can earn points and win prizes by accomplishing daily goals in:

- * Physical Activity
- * Healthy Eating
- * Hydration
- * Broncos Themed Challenges

Join the challenge today:
denverbroncos.com/fitnesschallenge

PHARMACY REMINDER: 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.

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

OUTREACH CLINICS

Our next clinic in **Billings, MT** will be a follow-up clinic on **November 9th**. Dr. Marilyn Manco-Johnson and Nancy Spomer will be attending that clinic and providing interim visits for patients that need follow-up from earlier visits.

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 by going to www.medschool.ucdenver.edu/htc and clicking on the CLINIC tab at the top of the page. The drop down menu will have an OUTREACH CLINICS tab.

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 then find the **RESOURCES** tab, and go to the **NEWSROOM** tab.

New Hepatitis C Combination Shows Positive Results Across All Genotypes

Study Shows Infections May Temporarily Increase Children's Risk of Stroke

BioMarin Enrolls Patients in Gene Therapy Trial for BMN 270 to Treat Hemophilia A

NHF Announces Comprehensive Care Sustainability Collaborative (CCSC)

FDA Grants Fast Track Designation for Dimension's DTX101 to Treat Hemophilia B

UPCOMING EVENTS

Nov 6-8: RMHBDA Women's Retreat- Chico Hot Springs, MT

Nov 19: NHF Colorado-Black and Blue Gala-- Denver

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 13: NHF Colorado Holiday Party: Denver Metro

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

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