

The Clotting Connection

A Newsletter for Families with Bleeding and Clotting Disorders

September 2016
Volume 6, Issue 9

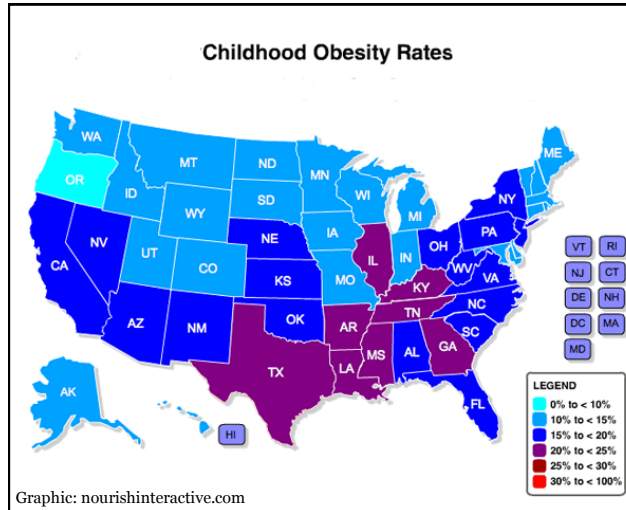


University of Colorado
Anschutz Medical Campus
Hemophilia and Thrombosis Center

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

SEPTEMBER IS NATIONAL CHILDHOOD OBESITY AWARENESS MONTH

Colorado was just ranked, once again, as the “leanest” state in the country. But before locals get feeling smug and celebrate with a piece of cake, the state is still sporting a 20.2% obesity rate. That is up from 14.5% in 2000 and about double the rate back in 1995 of 10.7%. Colorado is not the leanest when it comes to childhood obesity, that’s Oregon. Childhood obesity rates in Colorado are holding at about 14.6%. Recent statistics show higher rates of obesity in all ages, and a long, slow trend of weight gain nationwide.



Graphic: nourishinteractive.com

September is National Childhood Obesity Awareness Month and brings into focus the need for improving healthy habits and preventing obesity from a young age. Studies show that children with obese parents are more likely to also be obese. Children who are obese also have a much higher risk of staying obese as they age.

Unfortunately, kids and adults with bleeding disorders nationwide are more likely to be overweight or obese than their peers without bleeding disorders. In addition, those with bleeding disorders who are carrying extra weight tend to lose joint mobility faster and are at risk for more frequent joint bleeds.



Choosing to eat healthy foods as a child plays a large part in maintaining weight throughout a lifetime.

Experts believe the higher obesity rates for those with hemophilia are due mostly to an inactive lifestyle. Parents of children with bleeding disorders may tend to be cautious when it comes to encouraging kids to engage in physical activity to reduce the risk of a bleed. This caution can extend to caregivers, teachers, and gym teachers or coaches, in a well-meaning effort to prevent bleeds in kids.

But more bleeds and increased joint damage are only additional problems to the already known problems from obesity. Obesity and sedentary lifestyles increase the risk of many types of cancer as well as other serious health issues like heart disease, type 2 diabetes, and stroke.

Continued on page 3



INSIDE THIS ISSUE

- September is Childhood Obesity Awareness Month
- Hemophilia Walks-Update
- Webinar available
- News
- Events

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

NHF CO & RMHBDA WALKS FOR HEMOPHILIA



Dr. Marilyn Manco-Johnson at the Denver Walk. Photo: Merilee Ashton

The Colorado Chapter of the National Hemophilia Foundation (NHF CO) held their Walk for Hemophilia at Sloan's Lake Park on August 27th and it was a wonderful success. There was a great turnout, and many members of our HTC were able to attend. NHF CO estimated that over

500 people joined us at the Denver walk.

Dr. Manco-Johnson and Dr. Wang were able to attend and loved spending time walking and visiting with members of our community. Our HTC nurses, pharmacy, physical therapy, research, and other staff members enjoyed the chance to walk alongside so many they care about.



Amy Board of NHF CO snapping pictures along the route. Photo: Merilee Ashton

The NHF Colorado Chapter reported that they had a lot of community involvement and were able to meet their fundraising goal. The chapter is very grateful to all who were able to contribute and participate in making the walk a success. Support from so many in the community makes a huge difference in



Excited walkers at the Denver starting line. Photo: Amy Board

the lives of those families living with bleeding disorders.

The Rocky Mountain Hemophilia & Bleeding Disorders Association (RMHBDA), based in Montana, also held their Walk for Hemophilia recently. Their walk was held

on September 10th at Zoo Montana. There was a very healthy turnout of about 200 people and a fun time was had by all. The RMHBDA is still working to reach their fundraising goal and would love any support. Donations can be made by going to their fundraising page here: **walk.hemophilia.org/RockyMountain**

If you were unable to attend either of the Denver or Montana walks and would like to still help contribute to the amazing programs that both the NHF CO chapter and the RMHBDA provide to those with bleeding disorders in their local communities, please consider donating. Both organizations can accept donations at their walk pages even though the walk has already happened.

Go to **walk.hemophilia.org/Denver** or **walk.hemophilia.org/RockyMountain** to donate.

More details on the programs that these fundraisers support can be found at **www.cohemo.org** for NHF CO, or **www.rmhbda.org** for the RMHBDA.

Thanks for your support!



Walkers at the RMHBDA Walk for Hemophilia in Montana. Photo: Brad Benne



Dr. Wang and his family joined us at the Denver walk. Photo: Merilee Ashton

Losing weight, particularly if a child needs to lose weight, can be very hard to do alone if others in the family do not



also make it a priority. Families that incorporate healthy eating and exercise habits together are more successful in losing weight and maintaining a healthy weight. Working as a family to keep healthy and active not only increases the health of children, but it can also strengthen family bonds.

Including healthy meal planning as a family can encourage leaner options and smaller portions when food is made at home. Plus, simple things like eating one meal a day together has been proven to reduce other health related problems like alcohol, drugs, or smoking.

Getting in at least 30 minutes of physical activity a day can make a big difference in overall health and weight loss. Having a bleeding disorder can bring challenges to finding the right physical activity that works for you but there

are many fun options that are safe for most to participate in.

Talk with the HTC or your doctor about what kinds

of sports or exercises would be the best for you or your child and look into creative options. Swimming, biking and golf are among the regularly suggested activities, but

hiking, walking, archery, and even things like playing Frisbee can add to fun activities to get in physical activity.

Choosing healthy foods and encouraging active physical activity as a family provides a basis for long term health for children and can be a fun way to connect. If your family needs to focus on healthier eating and activity, take the opportunity to find out what works for you.

There are many resources with great ideas on how to work as a family to eat better and get healthy.

We have listed several, including some with recipes and fun exercise ideas for the entire family, in the digital version of this newsletter. This can be found by going to our website here:

medschool.ucdenver.edu/htc and go to the **RESOURCES** tab and find **NEWSLETTERS** and look for the **SEPTEMBER 2016 DIGITAL** issue.

WEBINAR

September 22, 2016
2 pm ET or 12 noon MDT

TOPIC:

Voices of 5,000+ Patients:

The First National Survey on Experience of Care at U. S. Hemophilia Treatment Centers

GUEST PRESENTERS:



Judith R. Baker DrPH, MSHA
Center for Inherited Blood Disorders and University of California Los Angeles; Regional Coordinator, Western States Regional Hemophilia Network



Brenda Riske MS, MBA, MPA
University of Colorado Hemophilia & Thrombosis Center, Regional Coordinator, Mountain States Region

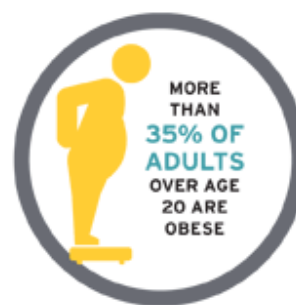
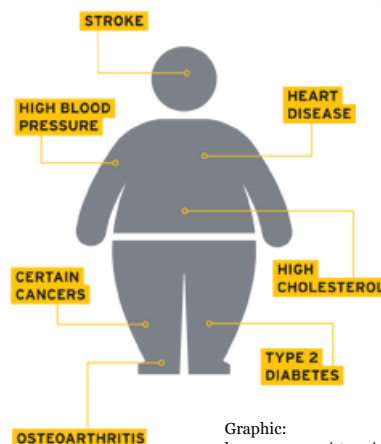


Rick Shearer BS
Senior Data Manager, University of Colorado Hemophilia & Thrombosis Center

To register: <http://ow.ly/6qD3303wg40>

If you miss it, check in with us on Facebook or our website. We will post a link to the completed webinar.

OBES PEOPLE ARE AT A HIGHER RISK OF DEVELOPING JUST ABOUT EVERY CHRONIC DISEASE IN THE HEADLINES TODAY:



NEARLY ONE IN FIVE CHILDREN AND TEENS IS OBESE



Graphic:
hemaware.org/story/weighty-matters

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** page.

New Method Identifies Female Carriers of Hemophilia A in Study

Greeley Tribune Shares Ride the Rockies Experience of HTC Patient

PPTA Updates News Release about Zika Virus & Safety of Blood Supply

Sangamo BioSciences Receives Orphan Drug Designation for SB-FIX

National Hemophilia Foundation Wins Awards for Videos

UPCOMING EVENTS

Sep 21-23: Outreach Clinic-Grand Junction, CO

Sep 21: NHF CO Mix and Mingle-Grand Junction

Sep 22: NHF CO Pain Management Discussion-Grand Junction

Sep 27: Pediatric Stroke Support Group Meeting-at Brain Injury Alliance of Colorado location

Sep 30-Oct 1: RMHBDA Men's Retreat- Chico Hot Springs, MT

Nov 4-6: RMHBDA Women's Retreat- Chico Hot Springs, MT

Nov 24-25: Clinic and Admin closed for Thanksgiving Holiday

Dec 23 & 26: Clinic and Admin closed for Christmas Holiday

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

Hemophilia & Thrombosis Center

13199 E. Montview Blvd., Suite 100
Aurora, CO 80045

Clinic Main: 303-724-0724
or toll free at 888-297-0724
Pharmacy Main: 303-724-0168
or toll free at 888-724-7427

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

PLEASE
PLACE
STAMP
HERE