



The Difficult Times We Live in: The Factor Shortage and Tips for Traveling

By Amy D. Shapiro, MD, IHTC Medical Director

Factor Shortage

As many of you are aware, there has been a national shortage of factor VIII since the first quarter of 2001. The IHTC has previously sent information to patients and families regarding this shortage. All patients on home therapy with factor VIII should have received a letter from us in March 2001.

At this time, we want to give you some updated information regarding the status of the shortage and how we are faring in Indiana.

Throughout this period we have instituted some measures to decrease the total use of factor VIII in Indiana through a variety of mechanisms including:

- Postponing all surgeries that are not absolutely needed.
- Changing the dosing amount or dosing schedule for some patients on prophylaxis or immune tolerance.
- Ordering or shipping less factor per shipment.



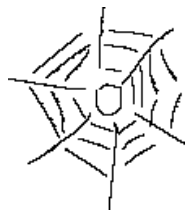
- Requesting patients on primary prophylaxis to call the center to discuss decreasing use through more frequent infusion (every other day instead of three times a week) and using smaller doses per infusion.

Currently, the national demand for recombinant factor VIII concentrate has continued to exceed the supply, largely due to Bayer's continued difficulty manufacturing their recombinant factor VIII product, Kogenate FS®, as well as a smaller-than-anticipated supply of Genetics

Institute's recombinant factor VIII product, Refacto®. Despite this, only a small number of patients in Indiana have had to change to plasma-derived factor VIII concentrate. Fortunately, the majority of patients using recombinant factor VIII in Indiana were using the product manufactured by Baxter BioScience. Therefore, although we were allocated less product compared to the time before ▶ 2

IHTC Launches New Web Site

www.ihtc.org Offers Visitors an Information-Rich Experience



THE WEB SITE for the Indiana Hemophilia & Thrombosis Center went live on the World Wide Web in early November 2001. The site, www.ihtc.org, serves as an up-to-date information resource on bleeding and clotting disorders

and sickle cell disease.

"The site reflects our comprehensive treatment center orientation, in that it will continue to grow as an information-rich resource for our patients, their families, health-care providers and those with an interest in the medical conditions we diagnose and treat," says Amy Shapiro, MD, the IHTC's medical director.

Information available at ihtc.org includes...

- Background on the work of the IHTC and the hematological disorders the center specializes in. These web pages highlight therapies as well as related information on

genetics and research.

- FAQs (frequently asked questions) on bleeding, clotting and sickle cell disease.
- An overview of the comprehensive treatment approach and descriptions of the work of each of the center's health-care staff – from hematologists and nurse practitioners to the physical therapist and social worker.
- Information on the clinics offered by the IHTC, including the bimonthly comprehensive clinic, outreach clinics throughout the state and other specialty clinics focusing on immune tolerance, prophylaxis, hepatitis and anticoagulation, among others.
- Breaking local (Indiana) and national news of interest to our community of patients and medical providers.
- Helpful information for patients visiting the center, including the location of the clinic, parking instructions and maps that direct visitors from all points around I-465 ▶ 2

The Factor Shortage and Tips for Traveling from page 1

the shortage existed, we have been able to continue to maintain the majority of patients on genetically engineered product. This success also speaks well of everyone's efforts to conserve this precious resource during these difficult times.

Despite our success, please note that the shortage is not over. By continuing to do our part in conserving resources, we will help other patients across the country to have increased access to recombinant products.

Although it is tempting to hoard for fear of being caught short, please only order the amount of factor that you need. Again, our goal is to provide the best care for everyone, even with limited factor concentrate resources.

Traveling Tips

Web Site from page 1

to the St. Vincent Hospital campus to the clinic office suite; address and contact information; general insurance and payment information; and more.

- A "Media" section that provides easily downloadable Adobe Acrobat PDF files of educational posters for medical audiences; recent issues of the center's newsletters – IHTC News for patients and families and BloodType for physicians; information on how to obtain a copy of the center's CD-ROM, A Physician's Primer on Hemophilia and Other Bleeding Disorders (to be released March 2002, National Hemophilia Awareness Month); information on an IHTC-developed sickle cell medical treatment booklet for healthcare providers, along with ordering information; and news releases and disease state fact sheets, of special interest to journalists.

- Information on Indiana's annual summer camp for children with bleeding disorders, Camp Brave Eagle, and a link to the campbraveeagle.org web site.

- Links to additional sites such as the National Hemophilia Foundation (www.hemophilia.org), Centers for Disease Control and Prevention (www.cdc.gov) and other medical information content providers for bleeding, clotting and sickle cell disease.

- A "Friends of the Center" section for those interested

Kudos

IHTC hematologist Anne Greist recently received some noteworthy recognition, as did several of her patients.

On Sept. 13, 2001, Dr. Greist was awarded the Lois Kennedy Volunteer Service Award from the Martin Center in Indianapolis. The recipient of the award demonstrates "service without obligation" in providing time, labor and support to the Martin Center. William Blunt, Tangelia Wilkerson and Kevin Evans also received awards. The Martin Center provides support for sickle cell anemia patients. ◀

Due to changes in airline travel regulations, persons with hemophilia may encounter some difficulties trying to pass through airport security carrying infusion products and supplies. Security may become concerned with "white" powders in vials and syringes and needles. The National Hemophilia Foundation (NHF) has issued a

By continuing to do our part in conserving resources, we will help other patients across the country to have increased access to recombinant products.

Medical Advisory (#388) concerning these issues (see page 7; also, visit ihtc.org for updates on the situation). If you are traveling with factor concentrate and infusion supplies on an airplane, please bring a signed prescription and an updated travel letter from the IHTC with you. Be

sure to plan ahead by giving us time to put together these documents for you (a minimum of two weeks, if possible) and allow sufficient time to receive them by mail.

To request a travel letter, contact IHTC nursing at (317) 871-0000 or toll-free at (877) CLOTTER. Travel safely!

in making donations to help support the work of the IHTC.

Although ihtc.org is a medical education resource, the information provided should not be misconstrued as advice on how to diagnose and treat hematologic disorders. "Certainly, our aim is to satisfy the information needs of the site's visitors," notes Dr. Shapiro, "and we believe the site will effectively serve their interests. But the site is designed to encourage those with further need of information on bleeding and clotting disorders and who may need specialized medical attention to contact the treatment center. There is no substitute for providing medical services, including patient education, in person by a professional healthcare provider."

Because of the Web's unique two-way communication relationship between organizations and their web site visitors, and because the IHTC wants to provide the most valuable information services possible for the bleeding and clotting disorders community, we encourage your feedback about the site and suggestions to improve it. Send your questions and/or comments to info@ihtc.org, or call Tim Mulherin, IHTC executive director, at (317) 871-0011 ext. 207. ◀

Nutrition and Hepatitis C

By Marie Underwood, CD RD

MOST PEOPLE WHO HAVE CHRONIC HEPATITIS C may benefit from a few nutritional considerations.

First, avoid alcohol, which is toxic to the liver. It is also important to avoid Tylenol®, as its metabolic action is hard on the liver.

Second, eat a balanced diet rich in fruits and vegetables. A wide variety of vitamins, minerals and phytochemicals (plant chemicals that cannot be replicated by man) that come with a well-balanced diet can protect the liver. Aim for those rich in color such as dark green, orange, red and blue (e.g., blueberries); three different colors per day are ideal. Remember, the goal is to eat five or more servings of fruits and vegetables every day.

Third, avoid a diet high in fat, especially saturated fat. High-fat diets may make cirrhosis of the liver more likely. It's not certain that a low-fat diet is best for people with hepatitis C, but it is probably a good idea to follow a diet that is less than 30% fat and less than 10% saturated fat. Consider taking a multiple vitamin to assure that 100% of the recommended daily allowance (RDA) for vitamins and minerals is met. But remember, no vitamin pill or supplement can replace a well-balanced diet.

People with advanced hepatitis C and cirrhosis of the liver have very important nutritional guidelines to follow. Your physician will determine nutrition recommendations, depending on how well your liver is functioning. This may include a diet low in sodium and protein, and a restricted fluid intake. You should see a qualified nutrition professional for these guidelines. If liver disease is not advanced, then restrictions may not be necessary.

Here's how to reduce total fat and saturated fat in your diet:

People with advanced hepatitis C and cirrhosis of the liver have very important nutritional guidelines to follow.

- Limit fatty animal products in your diet such as hamburgers, bacon, sausage and organ meats (i.e., liver, brain, kidney).

- Read labels carefully and avoid foods that contain hydrogenated vegetable oils, cocoa butter, coconut or palm oil, beef fat and lard.

- Remove skin from poultry and trim the fat on meats before cooking.

- Prepare at least one meatless meal per day.

- Use skim or low-fat milk and milk products.

- Enjoy reduced fat snacks, including pretzels, air-popped popcorn and fruit.

- Avoid candies and desserts, especially those containing chocolate, butterscotch and caramel.

- Cook with egg whites or egg substitutes instead of whole eggs.

- Avoid commercially prepared cookies, cakes and pies.

- Cook and bake with vegetable oils such as canola, sunflower, corn, soybean and olive oils.

- Make your own salad dressings using the above-mentioned oils, or buy salad dressings from the natural food store or your grocer's natural food section, where they are made with unrefined oils.

- Use soft margarine. Look for those that advertise that they are "Trans-fat free" such as Smart Balance.

If you would like more nutritional information, contact Marie Underwood, CD RD, at (317)871-0000 or toll-free at (877) CLOTTER. ◀

The 2001 Santa's Helpers Club Program is Now Under Way

IN THE SPIRIT OF THE TRUE MEANING OF CHRISTMAS, there's an opportunity for you to help the less fortunate members of our bleeding disorders community.

Once again, the Indiana Hemophilia & Thrombosis Center (IHTC) and Hemophilia of Indiana Inc. (HII) will be working together to coordinate the Santa's Helpers Club.

Each holiday season, the IHTC and HII receive calls from families in need of assistance. Last year, through the support of many generous individuals and companies, we were able to provide assistance to every family that applied. This year, with more people out of work due to the current economic recession, there may be an even greater need. So it's time to get started on planning and supporting this important program.

Here's how you can become a part of the IHTC & HII Santa's Helpers Club:

- Donate gift certificates from Wal-Mart, K-Mart or a statewide grocery chain.

- Adopt a family for Christmas: Sponsor the purchase of food and gifts on your "adopted" family's behalf.

- Buy and contribute an item from one of our families' Christmas needs list.

For more information about the 2001 Santa's Helpers Club, to make a donation, or if you need assistance, please contact Judy Moore, the IHTC's social worker, at (317) 871-0011 ext. 228 or toll-free at (877) CLOTTER (256-8837). You can also reach Judy by email at jmoore@ihtc.org. ◀

IHTC nurses travel the state to provide bleeding disorders education

Jeanne Sagar, RN, pays a visit to Holman Elementary in Peru

PART OF THE MISSION OF THE IHTC is to provide education about bleeding disorders to patients, their families, medical providers and schools, especially from a pediatric standpoint. Typically, Jeanne Sagar, RN, IHTC treatment nurse, gets the call. Aside from new patient educational sessions conducted at the IHTC office, Jeanne responds to nearly a dozen requests per year from organizations – schools, physician offices and hospitals – wanting to learn more about bleeding disorders. One recent hemophilia presentation to a school serves as an example of the instruction available to organizations that might benefit from knowing more about this special patient population.

Last September, Jeanne traveled to Peru, Ind., to present an informal educational session to several administrators and teachers at Holman Elementary School. She was invited at the request of an IHTC patient's mother, Michelle Platter. Ms. Platter wanted the school to have a greater understanding of and comfort level with her son's hemophilia. Jacoby Sanders, 7, Ms. Platter's son, is a second grader at Holman Elementary. He has severe factor VIII deficiency.

Jacoby's teacher, guidance counselor and the school principal attended the session. Jacoby's great grandmother, Jane Wells, also participated.

Jeanne covered a lot of ground in an hour – which is not much time to talk about a subject as medically involved as hemophilia. But using the Illustrated Hemophilia Guide (prepared by the World Federation of Hemophilia's Nurses Committee) as a visual aid and explaining medical terminology in an easily grasped manner, she was able to convey the essentials about the disorder.

Jeanne went over the clotting process, specially noting the clotting cascade; the levels of hemophilia – mild, moderate and severe; prophylaxis; genetic inheritance; target joints; mouth bleeds; treatments in the event of a bleed, including RICE (rest, ice, compression and elevation); and more. She commented that persons with hemophilia know their bodies – this includes children as young as kindergarten age, or even younger, who can often tell when they are having a bleed. She also emphasized that teachers should believe any student with hemophilia whenever he reports having a bleed.

As Jeanne noted, children with hemophilia may have a higher threshold for pain. Part of this naturally comes from not wanting to be different than anyone else, especially their peers. "This is where you come in," Jeanne said, nodding to Jacoby's teacher. Teachers of children with bleed-

ing disorders need to be alert for signs of pain/discomfort that a child may be trying to mask, such as favoring an injured area.

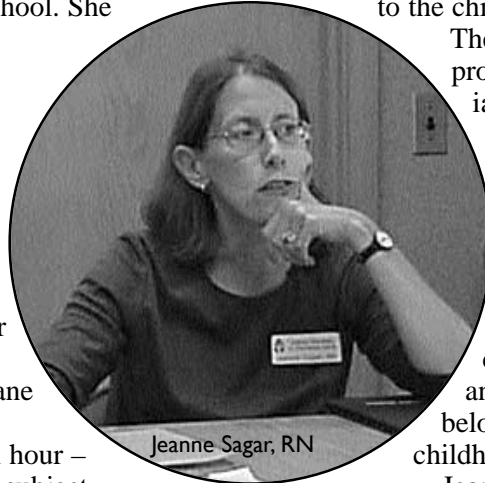
As Ms. Platter exemplified, parents of a child with hemophilia are usually well informed about the disorder. They seek empowerment through medical education, and find a willing partner in the IHTC as a medical information resource. Wanting school staff who have frequent or daily contact with their child to be acquainted with essential information about their child's bleeding disorder is commendable – and imperative to the child's well-being.

Importantly, the student should be allowed to inform his peers about his hemophilia when he feels comfortable doing so. (IHTC treatment nurses are available to speak to the child's class if desired.)

The goal of these educational sessions is to provide a clear understanding of hemophilia, to dispel the myths surrounding the disorder and give instructions on what to do if a child is injured at school. For teachers in particular, the idea is to help remove the stigma of hemophilia. Fellow students need to know that their peer with hemophilia is not dying or contagious. This reassurance helps the children involved – both affected child and his peers – to keep the focus where it belongs: on building and enjoying healthy childhood interpersonal relationships.

Jeanne was also sure to mention the issue of clotting factor safety, stressing that there has been no reported case of HIV transmission through factor products since the mid-1980s. Additionally, she commented on how physical education teachers should approach working with a child with hemophilia. Some gym teachers are reluctant to have such a student in their class for fear of the child getting hurt, while others go to the opposite extreme and make the child with hemophilia participate in physical activities despite the child reporting an injury such as a joint bleed and/or asking to be excused. "All it usually takes is a little bit of education to remedy the situation," Jeanne says.

If you are interested in having an IHTC treatment nurse present bleeding disorders education to your child's school, primary care provider office or other interested organization, contact the IHTC at (317) 871-0000 or toll-free at (877) CLOTTER. ◀



Jeanne Sagar, RN

Regular Physical Activity Delivers Great Health Benefits

By Anita Ohmit, Physical Therapist

PHYSICAL ACTIVITY is an important part of our lives. It's the foundation upon which we move through our environment. It is critical for everyone to participate in regular physical activity, including persons with bleeding disorders. According to United States Department of Health and Human Services' (HHS) data, the habit of regular participation in physical activity formed in childhood has a greater potential of continuing into adulthood.

The benefits of regular physical activity include:

1. Improved strength and flexibility to protect joints and muscles from injury and the traumas of daily activity;

2. Fewer spontaneous bleeding episodes occur in persons with strong muscles;

3. Decreased risk for development of chronic diseases such as heart disease, high blood pressure, diabetes, colon cancer and obesity (per HHS findings);

4. Adequate endurance for activities¹; and

5. Improved self-esteem and a greater sense of accomplishment.

The Centers for Disease Control and Prevention (CDC) recommends participation in "moderate" physical activity on a daily basis. Moderate physical activity for young children may consist of play activities, while adolescents and adults may participate in the following activities:

- Walking for 30 minutes (2 miles) or running for 15 minutes (1.5 miles)
- Riding a bicycle for 30 minutes (5 miles) or 15 minutes (2.5 - 3 miles)
- Fast-paced dancing for 30 minutes or jumping rope for 15 minutes



- Playing basketball for 15 -20 minutes or volleyball for 45 minutes

Participation in a physical fitness program consisting of flexibility, strengthening and endurance activities constitutes a well-rounded physical activity program. This program can provide a foundation for optimal functional status and good health. Bleeding disorders patients in particular should be aware that:

1. Flexibility contributes to joint and muscle pliability to allow the joints to move easily and avoid strain during activities.

2. Strength of muscles provides support for joint structures to withstand the forces exerted on the body during activities.

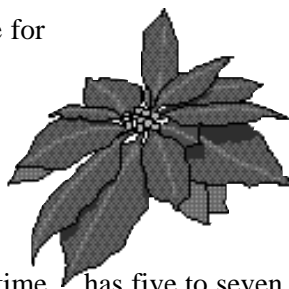
3. Cardiovascular endurance consists of the heart and lung capacity to efficiently supply the body with needed oxygen and energy required for activities².

If you are an IHTC patient and have any questions about physical activities, please call the center at (317) 871-0000 or toll-free at (877) 256-8837 and ask for Anita

Ohmit, PT. ◀

¹From Pat McSwegin, et al, in "Physical Best: The American Alliance for Health, Physical Education, Recreation and Dance Guide to Physical Fitness Education and Assessment," 1989.

²As noted in David K. Miller's article entitled "Measurement by the Physical Educator: Why and How," 1998.



HII's Annual Poinsettia Sale

The holidays are here once again, which means it's time for Hemophilia of Indiana Inc.'s (HII) annual poinsettia sale!

You can help the bleeding disorders community by purchasing poinsettias for your home and/or office, clients, friends or annual holiday parties. And, the poinsettias will be a beautiful visual reminder of the true meaning of the holiday season.

These florist-quality flowers are available in red, white and pink. Each 6-inch pot is wrapped in green or red foil,

has five to seven blooms and is 16-18 inches in height. The cost is \$8 for a single order or \$7.50 each for an order of 25 or more. Hanging baskets are also available for \$35. The baskets come in red only and contain seven plants in an 8-inch plastic basket (24-28 inches in diameter). The date of delivery of the poinsettias will vary depending upon location. For more information, please contact the HII office at (317) 543-1299 or toll-free at (800) 241-2873. ◀

Introducing Some New Faces at the IHTC...

SINCE EARLY SUMMER, you may have seen a number of new faces at the IHTC. To keep up with our increasing number of patients and their healthcare needs, the center continues to grow, and growth means new people. So here's some background on our new staff members to help you get better acquainted with them.

As the fourth addition to our group of IHTC physicians, Ann Hedderman, MD, shares the responsibility with Dr. Miller-Rice of seeing the new patient consults in the hospital (physicians calling us to see their patients who may have a bleeding or clotting issue that requires the expertise of our hematologists). Dr. Hedderman also sees adult patients in the IHTC clinic. She has board certification in both internal medicine and hematology. Dr. Hedderman was born in Albany, N.Y., where she attended Albany Medical College of Union University. She was a resident in internal medicine at the University of Iowa Hospitals and Clinics, and shortly thereafter completed her fellowship in hematology/oncology. Several years prior to joining the IHTC, Dr. Hedderman was a clinical assistant professor at Indiana University where she met Drs. Greist and Shapiro.

Alison Stanley, MSN NP, is the center's new risk reduction nurse practitioner. As the risk reduction nurse practitioner, Alison follows patients' immunization records and screens for exposure to viral diseases. She is also the nurse coordinator for patients with hepatitis C and HIV. Alison graduated from the University of Evansville with a BS in nursing and completed her nurse practitioner's master's degree in the primary care of adults at Indiana University at Indianapolis. Prior to starting at IHTC in June, Alison worked primarily in oncology/hematology and bone marrow transplant.

Stephanie Silver, BSN MS, is the IHTC's new clinical manager. Stephanie has been in nursing for more than 20 years, receiving her bachelor of science in nursing from Eastern Michigan University and her master of science degree in community health nursing from the University of Michigan. When Stephanie moved to Indiana, she began working in the home healthcare field, until she retired in 1998. But in 2001, Stephanie came out of retirement to manage the IHTC's clinical and front office staff. Her job focus includes developing policies and procedures and overseeing the center's clinical program.

Patients who have visited our clinic lately have most likely already met Shawna Murphy, LPN, and Beth Ansert, RN, two new additions to our clinic staff. Shawna joined us in July, and Beth became part of the team in early October. Both are responsible for checking in patients, drawing labs and performing general patient procedures. Prior to IHTC, Shawna worked in a variety of healthcare

settings such as rehabilitation, long-term care and pediatric home care nursing. Beth worked in dialysis treatment for 10 years before joining our team as the full-time clinic RN. Beth is originally from Michigan and attended nursing school in New York.

Marie Underwood, CD RD, is the center's nutritionist. Marie is a registered dietitian and certified by the Indiana Health Bureau. She has been practicing nutrition for 18 years. Her clinic responsibilities at the IHTC include providing nutritional support, counseling and recommendations for our patients during both comprehensive and outreach clinics. Marie also provides the nutrition component for our Partners in Hemophilia medical education program for nurses and other healthcare providers throughout the country who are new to hemophilia care. Marie is at the IHTC one day a week, so if you need to make an appointment with her please leave a message with the receptionist in the front office, and Marie will call you back to schedule an appointment.

Michelle White, MA, is the center's data manager. Michelle's primary responsibility is researching and compiling data for the HRS (Hemophilia Research Society) Registry. The HRS Registry's main goal is to track the use and effectiveness of NovoSeven®, an infusion product produced by Novo Nordisk for inhibitor patients. Although Michelle has lived in the Indianapolis area for 13 years, she grew up in Kansas and Oklahoma. Early in her career Michelle taught biology and marine biology in Florida. She has also been an administrative assistant at several philanthropic organizations.

The new person at the front desk is April Lyons. April is responsible for patient check-in and checkout, scheduling clinic visits, answering phones and other general administrative tasks. Originally from Fort Wayne, Ind., she has lived in Indianapolis for 10 years and is currently attending nursing school at Ivy Tech. April has had similar front office experience at the Breast Diagnostic Center in Carmel, Ind. Working behind the scenes in the IHTC's medical records department is Laura Catlett. Laura's responsibilities include filing and pulling patient charts for the physicians to review for upcoming patient visits. Laura grew up in Indianapolis and is planning on attending nursing school to become an RN; she now attends Indiana University-Purdue University at Indianapolis. This is her first job in the healthcare industry. ◀

Flu Vaccines Are Available at the IHTC

The influenza (flu) season is back!

Influenza is a respiratory infection caused by a number of viruses. Because these viruses mutate each year, it is important to be vaccinated each fall season. The Indiana Hemophilia & Thrombosis Center Inc. (IHTC) is currently offering the influenza vaccine to our patients.

The vaccine is effective for 3-6 months. Therefore, if you are vaccinated in the fall, you are usually protected for the entire winter, the period when influenza is most common.

The Centers for Disease Control and Prevention (CDC) recommends vaccination for the following groups of persons who are at increased risk for the flu and its complications:

- The chronically ill, including those with diabetes, renal dysfunction and sickle cell disease
- Persons without a spleen
- The elderly (age 65 years and older)
- Residents of nursing homes

- Persons with respiratory problems (asthma, emphysema, etc.)

- Patients who have weakened immune system conditions/disease, including HIV/AIDS, chronic hepatitis B and C, or those who are on immunosuppressive medications (steroids)

- Family members of the above groups

- Pregnant women, especially those who will be in their second or third trimester during influenza season

You may arrange to receive the immunization locally or through the IHTC. The vaccine expense is typically covered by insurance plans. However, for those who are not covered, the IHTC's per-vaccination fee is \$17. To schedule an appointment to receive your vaccination, please call the IHTC at (317) 871-0000 or (877) 256-8837. If you have any questions about the flu immunization, call the center and ask for Alison Stanley, MSN NP. ◀

Traveling With Factor Supplies and New Airline Safety

The National Hemophilia Foundation released the following Medical Advisory (#388) on October 1, 2001:

Due to the tragic events of Sept. 11, 2001, the Federal Aviation Administration (FAA) has increased security measures on all U.S. commercial aircraft. NHF understands that this may cause some difficulty for people with bleeding disorders and their families. It is advised that, when traveling with your clotting factor, bring a prescription from your physician with contact information, as well as a letter from your physician/hemophilia treatment center providing a brief explanation of your condition and the need for this medication. In addition, when you bring needles onto an airplane in your hand luggage you must have the clotting factor with you. Check with your airline at least two days prior to departure to learn their specific regulations regarding the transport of medications. Each airline is developing regulations that are subject to change.

NHF has also requested that the FAA include hemophilia in any list of disorders that require the use of a needle.

This material is provided for your general information only. NHF does not give medical advice or engage in the practice of medicine. NHF under no circumstances recommends treatment for specific individuals and in all cases recommends that you consult your physician or local treatment center before pursuing any course of treatment.

A note to all registered IHTC bleeding disorders patients: We are happy to supply you with a travel letter explaining your medical circumstances. For information on travel letters, please call (317) 871-0000 or toll-free at (877) 256-8837. ◀

Scholarships

Did you know there are scholarships available for young people with bleeding disorders? Here is some information on two of them:

Kevin Child Scholarship

Amount: \$1,000

Candidate: Person with hemophilia/von Willebrand disease

Purpose: Attend any accredited college or university

Contact: Renee LeBrew at NHF, (800) 42-HANDI

Hemophilia Education Fund (American Red Cross)

Amount: Three 1-year scholarships of up to \$5,000 each (one specifically for a child of a person with hemophilia A – factor VIII deficiency)

Candidate: High school senior or graduate or student already enrolled in college who is receiving treatment for hemophilia A or B (factor IX deficiency)

Purpose: Enrolled full time at accredited two- or four-year college

Contact: Citizens' Scholarship Foundation of America, (507) 931-1682

Application deadline: Jan. 18, 2002

If you would like more information on other scholarships, contact Judy Moore, IHTC social worker, at (317) 871-0000, toll-free at (877) CLOTTER or by email at jmoore@ihtc.org. ◀

QUESTION CORNER

Q: What is “economy class syndrome”?

Deep vein thrombosis (DVT) is often referred to in the media as “economy class syndrome.” According to the American Heart Association, DVT – blood clots forming in deep veins in the legs – annually affects approximately 2 million people in the United States.

DVT can be caused by long periods of restricted movement in cramped conditions. Air travel, especially overseas, can present such conditions.

Airlines flying international routes recommend that people traveling by air for extensive amounts of time do the following:

- Be sure to get up out of your seat and walk for several minutes at least once an hour.
- While seated, massage your knees, lower legs, feet and ankles. You can exercise your calf muscles by clenching your toes; this will stimulate greater blood circulation.
- Wear non-restrictive clothing, and especially avoid wearing clothing with tight elastic bands below the knees.
- Stay hydrated, but avoid drinking caffeine and alcohol, which, as diuretics, promote dehydration.

Anyone can develop blood clots. Those most at risk include pregnant women and persons who are overweight, smoke and/or have coronary artery disease. Cancer patients and people with varicose veins are also at risk. Of course, people with a history of abnormal blood clotting may be prone to further occurrences of thrombosis. Recurrence can be minimized by being seen regularly by a physician and closely following the recommended course of therapy.

The IHTC recommends that thrombosis patients should discuss plans for lengthy travel – whether driving, flying or otherwise – with IHTC nursing staff or center hematologists. ◀



8402 Harcourt Road, Suite 420
Indianapolis, IN 46260
317-871-0000
Toll Free: 877-CLOTTER

IHTC Staff

Amy Shapiro, MD, Medical Director
Pediatric Hematologist
Anne Greist, MD, Adult Hematologist
Lorrie Miller-Rice, MD, Hospitalist
Ann Hedderman, MD, Hematologist
Tim Mulherin, MA MSM, Executive Director
Nancy Zielinski, BA, Administrator
Theresa Teel, Receptionist
Lariann Lowe, Financial Services Representative
April Lyons, Receptionist
Carla Walden, Medical Records Coordinator
Laura Catlett, Medical Records Coordinator
James Richter, RPh, Factor Program Director
Stephanie Silver, BSN MS, Clinical Manager
Jennifer Maahs, PNP MSN, Hemophilia/
Thrombosis Nurse Practitioner
Bruce Rosen, RN CS MSN ANP
Nurse Practitioner
Alison Stanley, MSN NP
Risk Reduction Nurse Practitioner
Sue Hatcher, RN, Research Coordinator
Barbara Williams, RN, Treatment Nurse
Jeanne Sagar, RN, Treatment Nurse
Laura Peddle, RN, Treatment Nurse
Beth Ansert, RN, Treatment Nurse
Shawna Murphy, LPN, Treatment Nurse
Mary Spath, RN, Outreach Coordinator
Patsy Yoder, RN, Outreach Nurse
Teri Waldman, Clinic Coordinator
Marie Underwood, CD RD, Nutritionist
Janet Mulherin, RDH, Dental Coordinator
Meadow Heiman, MS, Genetic Counselor
Judy Moore, MSW, Social Worker
Anita Ohmit, Physical Therapist
Michelle White, MA, Data Manager

Indianapolis, IN 46260
Suite 420
8402 Harcourt Road

