Contact Us

Clinic hours are 8:00 am to 4:30 pm, Monday through Friday.

To make a referral or appointment with the HHT Center, please contact Meadow Heiman at:

Direct: 317.871.0011 ext. 242
Toll-free: 1.877.256.8837
Fax: 317.871.0010

HHT Center
Indiana Hemophilia & Thrombosis Center, Inc.
8326 Naab Road
Indianapolis, IN 46260

Please visit us at www.IHTC.org to access our Patient Portal.
What is HHT?

HHT, also known as Osler-Weber-Rendu syndrome, is a genetic condition in which there is an abnormality in the formation of the small blood vessels. It affects approximately 1 in 5,000 people, and males and females from all racial and ethnic groups are affected equally. Most often individuals will present with nosebleeds or visible red spots (telangiectasias) on the skin. Patients can also develop arteriovenous malformations (AVMs) in various body organs. AVMs may rupture with bleeding in vital organs, such as lungs, intestines, brain or spine. Although telangiectasias or AVMs cannot be prevented, they can be treated to avoid complications of bleeding and anemia. Younger family members can be screened to prevent life-threatening bleeding.

Signs and Symptoms

Nosebleeds
- Caused by nasal telangiectasias that are typically identifiable on examination
- Most common symptom of HHT, affecting nearly 90% before age forty
- Can present at any age from early childhood through adulthood
- Can occur spontaneously and may be recurrent
- Frequency and severity of the nosebleeds vary

Skin Telangiectasias
- Most common sign of HHT is skin and mucosal telangiectasia
- Presents as small red/purple pinpoint spots with numbers increasing with age
- May not be visible or easily identified until someone has reached their thirties or forties
- Typically found on the hands, face, mouth, and nose

Arteriovenous Malformations (AVM)
- Result of abnormal blood vessels connecting arteries directly to veins
- Can be present in lungs, intestines, or brain, and rarely spine
- Can present with serious or life-threatening bleeding

About the Center

At the IHTC HHT Center, we have an integrated team of healthcare providers with special knowledge of, and interest in HHT. A multidisciplinary approach is used for screening, diagnosis and management.

- Pediatric and adult hematologists with specific knowledge of HHT provide care for patients and their family members
- Genetic counseling and testing
- Screening for at-risk relatives
- Management of complications such as nosebleeds and anemia
- Access to onsite expert multidisciplinary team as needed: physical therapy, dietary, dental hygiene, social work, and academic/career counseling
- Access to referral and care coordination with other needed specialists such as cardiology, pulmonology, neurology, gastroenterology, and interventional radiology

Meet Our Expert HHT Team

**Clinic Coordinator:**
Meadow Heiman, MS, LCGC
Meadow is a licensed and certified genetic counselor, who received her Master’s Degree in Medical Genetics from Indiana University. She has provided genetic counseling services at the IHTC since 2000. Her special interests are HHT clinical care, genetics and research.

**Adult Hematology:**
Magdalena Lewandowska, MD
Dr. Lewandowska completed her Internal Medicine Residency, and Hematology/Oncology Fellowship at St. Elizabeth’s Medical Center. Areas of interest include HHT, bleeding disorders, thrombosis, hemostasis, and research/educational programs.

Brandon Hardesty, MD
Dr. Hardesty completed his Internal Medicine Residency, and his Fellowship in Hematology/Oncology at Indiana University School of Medicine. Areas of interest include HHT, bleeding disorders, and sickle cell disease.

**Pediatric Hematology:**
Manjusha Kumar, MD
Dr. Kumar completed her Pediatric Residency at Post Graduate Institute of Medical Education and Research, Chandigarh, India, and her Pediatric Hematology/Oncology Fellowships at the University of British Columbia Vancouver in Canada and the University of Florida, College of Medicine. Areas of interest include HHT, hemangiomas, vascular malformations, and red blood cell disorders.

Angeli Rampersad, MD
Dr. Rampersad completed her Pediatric Residency and served as Chief Resident at the State University of New York – Downstate Medical Center, and her Fellowship in Pediatric Hematology/Oncology at Cornell University and Memorial Sloan Kettering Cancer Center. Areas of interest include HHT, hemoglobin disorders, bone and joint health, and hemophilic inhibitor development.

Charles Nakar, MD
Dr. Naker completed his Pediatric Residency at Ben-Gurion University and the North Shore-Long Island Jewish System/ Schneider Children’s Hospital Program, and his Fellowship in Pediatric Hematology/Oncology at Cornell University and Memorial Sloan Kettering Cancer Center. Areas of interest include HHT, hemophilia, von Willebrand disease, and rare bleeding disorders.