

Meet the GO⁺ Clinic Care Team

Pediatric Team



Sweta Gupta, MD
Pediatric Hematologist



Eman Abdelghani, MD
Pediatric Hematologist



Sarah Pluckebaum, NP
Pediatric APP



Lanette Brown-Jones, MD
Adolescent Medicine
Specialist

Adult Team



Magdalena Lewandowska, MD
Adult Hematologist



Mukul Singal, MD
Adult Hematologist



Hilary Gaudreau, MD
Obstetrician-
Gynecologist (OB/GYN)



Janey VanLiew, RN
GO⁺ Clinic Coordinator

GO⁺ Clinic Information

Location:
Indiana Hemophilia & Thrombosis Center
8326 Naab Road
Indianapolis, IN 46260

Please visit us online at
www.ihtc.org/go-clinic
and to access our *Patient Portal*.

GO⁺ Clinic Referrals & Appointments

To make a referral or appointment with the GO⁺ Clinic, please contact Janey VanLiew:

Direct: 317.871.0000
Toll Free: 1.877.256.8837
Fax: 317.871.0010



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GO⁺ Clinic

*Providing comprehensive, coordinated care
for menstrual and gynecological health*



*GO⁺ Clinic is all-inclusive, taking care of all gender identities across the lifespan.
This includes persons with—or who have had—the ability to menstruate.

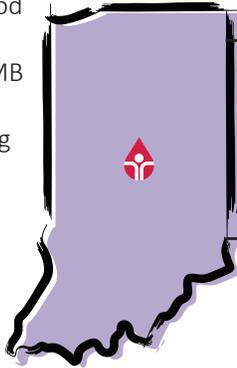




IHTC's GO+ Clinic is committed to providing expert, comprehensive care for adolescents and adults with bleeding or clotting disorders who have heavy menstrual bleeding or need specialized gynecological care.

The clinic focuses on taking lifelong care of those with known or suspected bleeding disorders, specifically management of heavy menstrual bleeding (HMB), and those at increased risk of developing blood clots requiring safe hormonal therapy. HMB may be a symptom of an underlying bleeding disorder, hormonal dysfunction, and/or a gynecological issue. A personal or family history of blood clots may preclude the use of certain kinds of hormonal suppressive therapy due to safety concerns. These difficult decisions require the expertise of a hematologist and either adolescent medicine physician and/or gynecologist—with an in-depth evaluation and discussion. The GO+

Clinic brings together these experts to provide comprehensive, coordinated care in one appointment at the IHTC, improving patient access to diagnosis, care, and treatment.



The GO+ Clinic is the only specialty clinic of its kind in the state of Indiana

The IHTC is the only federally designated Hemophilia Treatment Center (HTC) in the state of Indiana and is a center of excellence in the treatment of bleeding and clotting disorders. The IHTC is staffed with an integrated on-site multidisciplinary team available to help with issues that arise during the encounter. The GO+ Clinic is the only specialty clinic of its kind in the state of Indiana.

GO+ Clinic Referrals Referrals

Heavy menstrual bleeding symptoms (7-2-1)

7-2-1 refers to the signs of a heavy period

- 7 — cycles lasting longer than 7 days
- 2 — changing a pad/tampon every 2 hours or less
- 1 — passing blood clots more than 1 inch or a quarter in size

Other signs:

- Iron deficiency, anemia, or need for blood transfusion
- Missing days of school or work due to bleeding

Other bleeding symptoms

- Excessive bleeding after surgery, dental work, or childbirth
- Frequent and prolonged nosebleeds
- Prolonged bleeding from cuts or wounds
- Easy bruising
- Family history of a bleeding disorders

Seeking consultation for safe hormonal therapy, due to personal or family history of blood clots

Evaluation & Treatment Offered

- Work up for bleeding disorders with management as needed
- If a bleeding disorder is diagnosed, then comprehensive care is provided at the IHTC with regular follow up
- Anticoagulation management in patients with a history of thrombosis/clotting disorders
- Pelvic exams/full gynecological exam as needed
- Safe hormonal therapy may be prescribed
- Evaluation for Intrauterine Device (IUD) placement as needed
- Menopause care

