BIOMATRIX
Specialty Infusion Pharmacy
News

Fall 2024
Volume 19 | Issue 4

Dedicated to Making a Difference

> **"One way to get the most out of life is to look upon it as an adventure."**
>
> **— William Feather**

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Fall 2024

About BIOMATRIX

As an independent specialty infusion pharmacy, we provide injected and infused medications not typically found at your neighborhood pharmacy. These medications are costly, involve unique shipping and handling, and require patients to receive training or home nursing support to safely take the medication at home.

Because of the high level of care required to handle these complex infused or injected medications and the conditions they treat, we support our patients at every step. From prescription intake and insurance clearance, through medication delivery, training, and beyond, we are committed to our patients' success.

Our Promise

Every day, in every interaction, we are a specialty infusion pharmacy dedicated to making a difference.

Fine Print

Editor-in-Chief: Maria Santucci Vetter
Editors: Susan Moore and Justin Lindhorst

The purpose of BIOMATRIX NEWS is to provide information such as current news, upcoming events, educational matters, personal stories, and a variety of opinions and views on topics of interest to the bleeding disorders community. The information and opinions printed in this newsletter do not necessarily reflect the views and opinions of the partners, employees, or others associated with BIOMATRIX NEWS or that of BioMatrix.

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BIOMATRIX
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Securing access to prescribed therapy, resolving insurance issues, and dealing with medically related challenges faced by members of the bleeding disorders community.

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For more information, visit:
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Check out our new website!
https://www.biomatrixsprx.com

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A Note from the Editor

As the days grow shorter and the air more crisp, many of us have bid farewell to our summer adventures and embraced the fall rhythm. For parents with school-age children, this means diving into school routines, preparing packed lunches, overseeing homework, juggling after-school sports and activities, and ushering everyone to bed earlier. However, when an autumn virus makes its rounds through the family, even the most meticulously crafted plans and schedules can be thrown into disarray. In this edition of BioMatrix News, learn about common fall viruses, what to expect, and how to minimize their impact.

Whether it's a virus or a challenge related to a bleeding disorder, when plans are disrupted, it becomes an opportunity to have open conversations about disappointments with family members. In this issue, Dr. Gary McClain shares his professional guidance on navigating such situations.

As we approach the end of the year, we want to extend our heartfelt appreciation to our dedicated readers. We are truly grateful for the wonderful feedback we've received and eagerly anticipate another year of learning, connecting, and sharing within our bleeding disorders community.

Wishing you a warm and cozy autumn season!

Maria Santucci Vetter
Editor-in-Chief, *BioMatrix News*
maria.vetter@biomatrixsprx.com

Join our growing team!

BioMatrix Specialty Infusion Pharmacy is seeking experienced professionals dedicated to making a difference in the bleeding disorders community.

Enjoy competitive pay, a robust benefits package, and being part of a nationwide team focused on improving health outcomes.

We are looking for individuals who understand the healthcare landscape, the unique needs of the bleeding disorder community, and have experience with patient-centric pharmacy and support services.

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Angie Ferrier, *Senior Human Resource Manager*
angie.ferrier@biomatrixsprx.com

CHRONIC COMMUNICATION AT HOME: *UNPREDICTABLE HEALTH AND PARENTING* WHAT YOU CAN DO

BY GARY MCCLAIN, PhD

"We had the whole day planned," my client said to me. "Pancakes followed by a trip to our local swimming pool. Then I woke up that morning knowing those plans were going to have to change... starting with making those pancakes. My kids tried not to show their disappointment, but I knew they were. And I felt even worse."

When you live with a chronic health condition like a bleeding disorder, life isn't always very predictable, to say the least. The best laid of plans can suddenly shift in a whole new direction when, out of the blue, you find yourself not feeling quite up to doing what you had planned.

If you are a parent of a child with a bleeding disorder, you also know that your child's health can suddenly upend the best of plans.

Your health, your kids' health

Unpredictability can be rough on the family. If you're a parent, it can be rough on your kids, the child with a bleeding disorder and their siblings, which makes unpredictability even harder to accept. It's one thing to have our own plans turned upside down, but the kids' plans too?

Children thrive on routine – favorite foods, favorite activities, morning and evening rituals, and knowing what they can expect from their parents. This gives them a sense of well-being and control over their world, and because they thrive on routine, sudden changes can be upsetting and make them feel anxious and insecure.

Parents also thrive on routine. After all, routine helps keep things running a lot more smoothly at home. Not being able to provide kids with predictable routines can be frustrating for parents and leave them feeling guilty. Not a recipe for a happy home...

Opportunities for Personal Growth

Now here's the good news: home is the best place for children to learn how to cope with change. This means parents have an opportunity to work with their kids to help them cope with unpredictability and help them grow in the process by teaching them how to accept change and make the best of it. Great skills to have as they enter adulthood, right? How's that for making the picture a little brighter?

Here's how to help your children survive and thrive when life gets unpredictable:

Communicate

Everybody knows when routines are out of whack and children know when their parents aren't quite on their A game.Pretending everything is okay can cause kids to feel even more anxious because in the absence of information, they may create stories of their own.

A recommended starting point is to focus on how to talk about the sudden shift in plans and work together on a way forward. Sit down with them and let them know you aren't feeling well. Be upfront about what you can and what you can't do. Your kids can probably see that you aren't feeling your best, or they can hear in your voice when you are worried about them.

Review the plans you had. Let them know what you will be able to take part in, what you aren't going to be up to and what you are going to try to do, but may not be successful in accomplishing.

Talk about any limitations their health may be presenting today and about any limitations your child with a bleeding disorder may be experiencing. This way, everybody can have the same expectations.

Be clear about how you feel

You don't have to pretend you feel okay about having to adjust the plans. Sad? Frustrated? Disappointed? Guilty? It's okay to tell your kids how you're feeling emotionally. You'll be setting a good example for how to cope when life doesn't go as you would like it to.

Be on guard for any guilty thoughts your child with a bleeding disorder may be feeling about having disrupted the family plans. Allow them to verbalize their disappointment but be sure to let them understand they are not to blame. This is also the case for siblings.

Encourage open communication in return

A day when plans have to change can be a teachable moment in more ways than one. You've talked about how you feel, now encourage your children to do the same. Let them know you're open to hearing about how they feel. Most likely, they are having some of the same feelings you are. Think of it this way: talking about emotions and knowing they are being listened to can help kids to cope with feelings that may be uncomfortable and confusing to them.

Ask for help

Children can feel helpless when they know their parents don't feel well or are worried, and this can increase their anxiety. Because of that, they might appreciate knowing what they can do to give you a hand. Think about something to help them feel like they are doing their part within the limitations any of you may have that day. Taking action is a great way to deal with anxious feelings and gives them a sense of control.

Work out a "Plan B" together

Another teachable moment – ask your children to brainstorm with you on a Plan B. This may mean modifying the plans you had made, rescheduling to another day, finding a new activity, or even making the best of a day spent at home. Bring them into the planning process and they will feel a sense of ownership whatever the alternative may be. This is a great way to teach them how to cope with sudden change.

Provide reassurance

Kids need to know that everything is going to be okay. You can't necessarily guarantee that, but you can provide reassurance by telling your children you are doing everything possible to take good care of yourself, and to take care of them. Let them know you are working with the doctor and are following his/her orders and explain if that involves an infusion to treat a bleeding episode. Tell, but also show, because actions do speak louder than words.

Develop routines that work for you

If you have a bleeding disorder, work with your condition and its limitations. Teach your children to work with theirs. Build in as much routine as possible, easy things that you can all usually handle. This can be as simple as how you greet them when they get up in the morning to watching a favorite TV show in the evening. Watch for what your kids seem to enjoy and appreciate the most and try to build this into each day. If you have a partner, work together on keeping routines in place when you or a child aren't feeling your best.

When your or your child's bleeding disorder interferes with family plans, use this as an opportunity to have supportive and honest conversations, and to help your children to learn and grow. It all starts with communication!

ABOUT THE AUTHOR

Gary McClain, PhD, is a therapist, patient advocate, and educator, specializing in helping clients deal with the emotional impact of chronic and life-threatening health conditions, as well as their families and professional caregivers. He works with them to understand and cope with their emotions, to learn about their lifestyle and treatment options, to maintain compliance with medical regimens, to communicate effectively with each other and healthcare professionals, and to listen to their own inner voice as they make decisions about the future. His book, "*The Power of Closure: Why We Need It, How to Get It, and When to Walk Away*," was published by TarcherPerigee. His website is: JustGotDiagnosed.com.

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- VONVENDI is **also approved for on-demand and surgical bleed management** in adults with all types of VWD
- VONVENDI **replaces VWF** (the main issue behind VWD), and **may be used with or without recombinant factor VIII** as instructed by your healthcare provider

Are you ready to ask about VONVENDI for your VWD? Visit VONVENDI.com to learn more, and talk to your healthcare provider.

VWD=von Willebrand disease; VWF=von Willebrand factor.

VONVENDI [von Willebrand factor (Recombinant)] Important Information

What is VONVENDI?

VONVENDI is used in adults (age 18 years and older) diagnosed with von Willebrand disease to:

- treat and control bleeding episodes
- prevent excessive bleeding during and after surgery
- reduce the number of bleeding episodes when used regularly (prophylaxis) in adults with severe Type 3 von Willebrand disease receiving on-demand therapy

Detailed Important Risk Information

Who should not use VONVENDI?

You should not use VONVENDI if you:

- Are allergic to any ingredients in VONVENDI.
- Are allergic to mice or hamsters.

Tell your healthcare provider if you are pregnant or breastfeeding because VONVENDI may not be right for you.

How should I use VONVENDI?

Your first dose of VONVENDI for each bleeding episode may be administered with a recombinant factor VIII as instructed by your healthcare provider.

Your healthcare provider will instruct you whether additional doses of VONVENDI with or without recombinant factor VIII are needed.

What should I tell my healthcare provider before I use VONVENDI?

You should tell your healthcare provider if you:

- Have or have had any medical problems.
- Take any medicines, including prescription and non-prescription medicines, such as over-the-counter medicines, supplements or herbal remedies.
- Have any allergies, including allergies to mice or hamsters.
- Are breastfeeding. It is not known if VONVENDI passes into your milk and if it can harm your baby.
- Are pregnant or planning to become pregnant. It is not known if VONVENDI can harm your unborn baby.
- Have been told that you have inhibitors to von Willebrand factor (because VONVENDI may not work for you).
- Have been told that you have inhibitors to blood coagulation factor VIII.

What else should I know about VONVENDI and von Willebrand Disease?

Your body can form inhibitors to von Willebrand factor or factor VIII. An inhibitor is part of the body's normal defense system. If you form inhibitors, it may stop VONVENDI or factor VIII from working properly. Consult with your healthcare provider to make sure you are carefully monitored with blood tests for the development of inhibitors to von Willebrand factor or factor VIII.

What are the possible side effects of VONVENDI?

You can have an allergic reaction to VONVENDI.

Call your healthcare provider right away and stop treatment if you get a rash or hives, itching, tightness of the throat, chest pain or tightness, difficulty breathing, lightheadedness, dizziness, nausea or fainting.

Side effects that have been reported with VONVENDI include: headache, nausea, vomiting, tingling or burning at infusion site, chest discomfort, dizziness, joint pain, joint injury, increased liver enzyme level in blood, hot flashes, itching, high blood pressure, muscle twitching, unusual taste, blood clots and increased heart rate.

Tell your healthcare provider about any side effects that bother you or do not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.
Please see the VONVENDI Consumer Brief Summary on the following page and talk to your healthcare provider.

Takeda

Important facts about VONVENDI® [von Willebrand factor (Recombinant)]

This leaflet summarizes important information about VONVENDI. Please read it carefully before using this medicine. This information does not take the place of talking with your healthcare provider.

vonvendi
[von Willebrand factor (Recombinant)]

What is VONVENDI?

VONVENDI is a recombinant medicine used to replace low levels or not properly working von Willebrand factor in people with von Willebrand disease. Von Willebrand disease is an inherited bleeding disorder in which blood does not clot normally.

VONVENDI is used in adults (age 18 years and older) diagnosed with von Willebrand disease to:

- Treat and control bleeding episodes
- Prevent excessive bleeding during and after surgery
- Reduce the number of bleeding episodes when used regularly (prophylaxis) in adults with severe Type 3 von Willebrand disease receiving on-demand therapy.

Who should not use VONVENDI?

You should not use VONVENDI if you:

- Are allergic to any ingredients in VONVENDI.
- Are allergic to mice or hamsters.

Tell your healthcare provider if you are pregnant or breastfeeding because VONVENDI may not be right for you.

What should I tell my doctor before I use VONVENDI?

You should tell your healthcare provider if you:

- Have or have had any medical problems.
- Take any medicines, including prescription and non-prescription medicines, such as over-the-counter medicines, supplements or herbal remedies.
- Have any allergies, including allergies to mice or hamsters.
- Are breastfeeding. It is not known if VONVENDI passes into your milk and if it can harm your baby.
- Are pregnant or planning to become pregnant. It is not known if VONVENDI can harm your unborn baby.
- Have been told that you have inhibitors to von Willebrand factor (because VONVENDI may not work for you).
- Have been told that you have inhibitors to blood coagulation factor VIII.

What is the most important information I need to know about VONVENDI?

VONVENDI can cause blood clots particularly in patients with known risk factors for blood clots. Discuss this risk with your healthcare provider.

You can have allergic reactions to VONVENDI. Symptoms may include generalized itching; rash or hives; rapid swelling of the skin or mucous membranes; chest pain or tightness; tightness of the throat; low blood pressure; shock; drowsiness; nausea; vomiting; tingling, prickling, burning, or numbness of the skin; restlessness; wheezing and/or difficulty breathing; lightheadedness; dizziness; or fainting. If symptoms occur, stop using VONVENDI immediately and get emergency treatment right away.

Your body can form inhibitors to von Willebrand factor or factor VIII. An inhibitor is part of the body's normal defense system. If you form inhibitors, they may stop VONVENDI or FVIII from working properly. Consult with your healthcare provider to make sure you are carefully monitored with blood tests for the development of inhibitors to von Willebrand factor or factor VIII.

What are the possible side effects of VONVENDI?

Side effects that have been reported with VONVENDI include: headache, nausea, vomiting, tingling or burning at infusion site, chest discomfort, dizziness, joint pain, joint injury, increased liver enzyme level in blood, hot flashes, itching, high blood pressure, muscle twitching, unusual taste, blood clots and increased heart rate. These are not all the possible side effects with VONVENDI. You can ask your healthcare provider for information that is written for healthcare professionals.

Tell your healthcare provider about any side effects that bother you or do not go away.

What else should I know about VONVENDI and von Willebrand Disease?

Consult with your healthcare provider to make sure you are carefully monitored with blood tests to measure levels of von Willebrand factor and factor VIII so they are right for you.

You may infuse VONVENDI at a hemophilia treatment center (HTC), at your healthcare provider's office or in your home. You should be trained on how to do infusions by your healthcare provider or HTC. Many people with von Willebrand disease learn to infuse VONVENDI by themselves or with the help of a family member.

Call your healthcare provider right away if your bleeding does not stop after taking VONVENDI.

Medicines are sometimes prescribed for purposes other than those listed here. Do not use VONVENDI for a condition for which it is not prescribed. Do not share VONVENDI with other people, even if they have the same symptoms that you have.

The risk information provided here is not comprehensive. To learn more, talk with your healthcare provider or pharmacist about Vonvendi. The FDA approved product labeling can be found at https:\\www.shirecontent.com/PI/PDFs/VONVENDI_USA_ENG.pdf or call 1-877-TAKEDA-7 (1-877-825-3327).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Takeda

COLD, FLU, RSV, OR COVID-19?

BY NANETTE VAUGHN, RN, AND MARIA SANTUCCI VETTER

As the cooler weather of fall and winter sets in, the spread of viruses tend to increase. The common cold, flu, RSV, and COVID-19 are highly contagious respiratory viruses that easily spread through sneezing, coughing, talking, and even breathing near others. While COVID-19 is contagious year-round, its spread tends to spike during cooler months when people spend more time indoors.

Most healthy adults and children will not need medical treatment for the cold, flu, RSV, or COVID-19. Although, if severe symptoms are in play, or a person is in a high-risk group, it is important to seek medical attention without delay. High-risk groups include but are not limited to infants and young children, pregnant women, those who are immune compromised, have diabetes, chronic lung or heart conditions, or the elderly, especially those over age 75, or who live in a nursing home.

Antibiotics are ineffective against virus illnesses. The most effective way to deal with these illnesses is to avoid getting them in the first place. While it's not entirely preventable, adopting simple habits can help reduce your exposure and, if already exposed, may prevent you from spreading it to others including family members and co-workers. Vaccines play a crucial role in the prevention in all but the common cold. Flu, COVID-19, and RSV vaccines are available in several places, including doctor's offices, neighborhood pharmacies, urgent-care centers, county health departments, and college health centers.

When it comes to vaccinating an adult or child with a bleeding disorder, consult with your hematologist. Though some vaccines may be administered subcutaneously (under the skin), others, such as the COVID-19 vaccine, require an intramuscular injection to ensure effectiveness; however, injecting into a muscle puts the patient at risk for an intramuscular bleed. MASAC (Medical and Scientific Advisory Council) recommends using a fine-gauge needle (23 or smaller) to administer the vaccine, applying steady pressure to the injection site for at least two minutes after the needle is removed, informing the patient that a bleed at the injection site may develop, and to consider a prophylactic dose of clotting factor, or receive the vaccine on their scheduled prophy day to prevent a bleed.[i]

It's important to note that having a bleeding disorder does not increase the chances of contracting a virus. Generally, treatment remains the same. However, these

COLD, FLU, RSV, COVID-19... HOW CAN YOU TELL?

Symptom	COLD	FLU	RSV	COVID-19
Onset of Symptoms	Gradual; 1–3 days of exposure, often starts with 1 symptom	Abrupt; 1–4 days after exposure, usually multiple symptoms	Gradual; symptoms can be severe in infants, young children and older adults	Gradual; 1–3 days of exposure, often starts with 1 symptom
Length of Illness	7–10 days, up to 2 weeks	3–7 days, some symptoms may linger	1–2 weeks	1–2 weeks, severe or "long" COVID can last for months
Infectious Period	While exhibiting symptoms, but worse during the first 2–3 days	1 day before onset of symptoms, and first 3–5 days, sometimes longer	1–2 days before onset of symptoms and first 3–8 days; infants can be contagious after symptoms are gone	2 days before onset of symptoms and 5–10 days from onset
Fever	Sometimes; low grade temperature under 100°	Common; 3–4 days with temperatures of 100°–102°	Common; over 100°; very young infants may not have fever	Common; temperatures greater than 100.5°
Chills and Sweats	Uncommon	Common	Rare	Common
Headache	Sometimes (sinus headache)	Common	Common	Common
Muscle Pain/Body Aches	Sometimes; mild	Common; often severe	Rare	Common
Fatigue/Weakness	Sometimes for 1–2 days	Common; can last up to 3 weeks	Common	Common; may linger with diagnosis of 'Long' COVID-19
Cough/Chest Discomfort	Common; mild to moderate hacking	Common; can be severe	Common; may progress to wheezing or develop into a barking cough	Common; dry cough
Shortness of Breath	Rare	Common	Emergency symptom; Infants may develop apnea (10+ second pauses in breathing)	Common
Wheezing	Rare	Rare	Common	Rare
Sore/Scratchy Throat	Sometimes; for 1–2 days	Common; can last up to 3 weeks	Common	Common
Nasal Congestion	Common	Common	Common	Common
Loss of Taste or Smell	Rare; though sometimes due to nasal congestion	Rare	Rare	Common early symptom; often without nasal congestion
Sneezing	Common	Sometimes	Common	Rare
Loss of Appetite	Sometimes	Sometimes	Common	Sometimes
Nausea, Vomiting and Diarrhea	Rare	Sometimes; more common in children	Rare	Less common

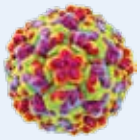
viruses can lead to additional problems for people with a bleeding disorder. For instance, vigorous nose blowing can irritate the nasal lining, causing a blood vessel to burst resulting in a nosebleed. While this could happen to anyone, individuals with a bleeding disorder may struggle more to stop the nosebleed.

A deep, severe, or prolonged cough can irritate and tear tissue in the upper respiratory tract and the esophagus, leading to coughing up blood or bloody mucus. Severe vomiting could cause a tear in the stomach lining, resulting in vomiting blood. Additionally, severe straining from vomiting or coughing can lead to muscle bleeds in the abdomen, shoulders, or back. While these scenarios are not likely, it's important to be aware of the complications a bleeding disorder can have on common illnesses.

How can you distinguish between a cold, the flu, COVID-19, or RSV, and what actions can you take?

SYMPTOMS

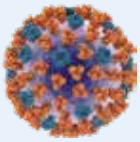
Symptoms of the cold, flu, RSV, and COVID-19 can range widely from mild, cold-like signs to severe symptoms requiring medical intervention. Most people with these viruses will experience mild symptoms; however, the very young, the elderly, and those with underlying medical conditions are more likely to develop a serious or life-threatening condition. Sadly, in severe cases, these illnesses can be fatal.



THE COMMON COLD

A cold is a mild upper respiratory tract infection, usually caused by a rhinovirus. It mainly affects the nose, sinuses, and throat. Although generally harmless, a cold can persist for 7-10 days. It can be contagious 2 to 3 days before symptoms appear and up to five days afterward. There is no vaccine for the common cold, and no specific medical test for it. Diagnosis is typically based on the patient's symptoms and general appearance. Occasionally, a doctor may conduct additional tests or chest X-rays to rule out pneumonia or other illnesses.

Most treatments for a common cold involve over-the-counter medications like pain relievers and decongestants to address specific symptoms. It's important not to give aspirin to children or teenagers under 19 years old, as it has been associated with a dangerous condition called Reye's syndrome, which can cause brain and liver swelling after a viral infection.[ii] If a fever higher than 101.3°F persists for more than 3 days, it's advisable to see a doctor.



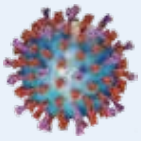
THE FLU

The flu (influenza) is caused by viruses that infect the nose, throat, and sometimes the lungs. The virus can be transmitted to others 24 hours before a person shows symptoms. In addition to spreading through airborne droplets, the virus can also survive on contaminated surfaces such as countertops or door handles for up to a week. The flu can cause symptoms ranging from mild, cold-like symptoms to severe ones that require medical attention.

Doctors can diagnose the flu based on clinical judgment and symptoms without ordering diagnostic tests. Rapid influenza diagnostic tests (RIDT) involve taking a nasal swab and typically provide quick results in 10-15 minutes. However, they are often not accurate and may produce false-negative outcomes. Another type of test is a Rapid Molecular Assay, which requires sending the swab to a lab for analysis and provides results after a longer period. More accurate tests are typically used in a hospital setting.

Consider taking a prescription antiviral medication, such as Tamiflu®. When given within 48 hours of symptom onset, it may help reduce the severity and length of illness, and can help prevent complications such as pneumonia, sinusitis, bronchitis, heart problems, and ear infections. A positive flu test is not necessary to be prescribed an antiviral. A physician will make that decision based on symptom severity and any underlying risk factors. General symptoms can be treated with over-the-counter medications.

As recommended by the CDC, "Everyone 6 months of age and older, with rare exceptions, should get an influenza (flu) vaccine every season[iii]." There are vaccines approved for different age groups, including nasal sprays for eligible patients.



RSV

RSV (Respiratory syncytial virus) is a generally mild respiratory virus that affects the lungs. Peaking from December through February, the virus can lead to more serious conditions such as bronchiolitis and pneumonia. Almost all children contract RSV by the time they are two and experience mild, cold-like symptoms. However, it is the leading cause of infant hospitalization with an estimated 58,000 to 80,000 hospital admissions of children under age five annually. Many children require oxygen, IV fluids, or even a ventilator for breathing support.[iv] Premature infants, babies up to one year old, and especially those under six months are at greater risk for serious illness. Children with chronic lung or heart disease or weakened immune systems are at the most risk.

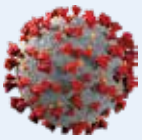
RSV is more dangerous for adults 60 and older, who have increased risk factors such as chronic heart or lung

disease, severe obesity, diabetes, live in a nursing home, or are generally frail, and everyone over 75.[v] With RSV, pneumonia or lung infections may develop, and conditions such as asthma, chronic obstructive pulmonary disease (COPD), and congestive heart failure may worsen.

Rapid RSV antigen tests can detect the presence of the RSV virus using a nasal swab sample. This test is effective for diagnosing children but may not be as reliable for adults. An rRT-PCR test can detect smaller amounts of the virus and is more accurate.

Acetaminophen or ibuprofen can be used to reduce fever and pain. Always consult your doctor before giving your child any over-the-counter medications.

RSV vaccines are recommended for all adults over 75, adults over 60 with risk factors, pregnant women, and infants. It's best to get vaccinated in late summer or early fall before the RSV season peaks, especially for babies.



COVID-19

COVID-19 is caused by the SARS-CoV-2 virus. Symptoms begin 2 to 14 days after exposure, with the most common being a low-grade fever. However, symptoms can vary widely, from mild to severe, from being unnoticeable to being so severe that it becomes fatal. Serious illnesses related to COVID-19 may include blood clots, lingering post-COVID conditions, acute respiratory distress syndrome, kidney injury, and multisystem inflammatory syndrome in children, and, in severe cases, loss of life. Like RSV, COVID-19 can be more severe for people with co-morbidities and the elderly.

Research published by *Cureus*, a peer-reviewed open-access medical journal, found that individuals with hemophilia A have a mortality rate from COVID-19 comparable to the general population. Patients with hemophilia A are not at higher risk for severe infection and thromboembolic events, but they do have higher rates of hospitalization and bleeding. More research is needed to fully understand these risks.[vi]

Over-the-counter COVID-19 rapid nasal swab antigen tests are available in local stores for home testing. If the test result is negative, the FDA recommends repeating the test in 48 hours. It's essential to be cautious of counterfeit COVID tests that are not FDA-approved. More accurate COVID-19 tests, such as Nucleic acid amplification tests, which include rRT-PCR tests, are available through a doctor's office or testing center. These tests involve sending swabs to a lab and provide the most accurate results.

While most people will recover from COVID-19 without medical intervention, antiviral medications like Paxlovid™ can be taken to prevent symptoms from worsening or to shorten the duration of illness. These medications should be started within 5–7 days of symptom onset. Over-the-counter medications can be used to address other symptoms.

COVID-19 vaccines can significantly reduce the risk of severe illness, making them especially important for those in high-risk categories. According to the CDC, everyone ages six months and older should get a 2024–2025 COVID-19 vaccine, especially those who are 65 and older, at high risk for severe COVID-19, have never received a COVID-19 vaccine, are living in a long-term care facility, pregnant, breastfeeding, trying to get pregnant, might become pregnant in the future, or want to lower the risk of getting Long COVID.[vii]

Remember these tips to avoid contracting a virus:

- ✓ Keep your hands and fingers away from your eyes, nose, and mouth.
- ✓ Wash your hands frequently and thoroughly - wash the palms and tops of your hands and in-between your fingers for at least 20–seconds or use alcohol-based hand sanitizer if soap and water are not available. So they wash long enough to kill the germs, teach your children to sing the ABC Song or Happy Birthday twice while they wash their hands.
- ✓ Avoid sick people. Don't share towels, bedding, dishes, glasses, or kitchen utensils.
- ✓ If you're sick, avoid crowds and public transportation, practice physical distancing and wear a mask.
- ✓ Disinfect countertops, surfaces, and handles (doors, toilet, sink, refrigerator, light switches, electronics, etc.) with germ-killing products such as Lysol® Disinfectant Spray or a bleach mixture.
- ✓ Eat healthy to keep your immune system strong.
- ✓ Practice a healthy lifestyle to ensure your well-being and to help prevent chronic diseases and long-term illnesses.

Take these precautions to avoid spreading a virus:

- ✓ Stay home from work or school if you are sick.
- ✓ Cover a sneeze or cough in the crook of your elbow or use a tissue and dispose of it in the trash.
- ✓ Wash your hands often and thoroughly with soap, especially after coughing or blowing your nose. Washing helps alliviate transferring a virus to surfaces that others may come in contact with.
- ✓ Seek healthcare for proper diagnosis, testing, and treatment prescriptions.
- ✓ Wear a mask if you can't stay home.

HELPFUL TIPS

- Many over-the-counter medications are available to treat specific symptoms of viral illnesses. Be careful with combination medications, as many contain anti-inflammatories like aspirin or ibuprofen. If you have a bleeding disorder, avoid these. If you're uncertain, consult your doctor or pharmacist about ingredients that may cause bleeding. Before giving a child an over-the-counter cold medication, consult their doctor first, as many contain ingredients not suitable for children.
- Get plenty of rest.
- Drink lots of fluids, but limit caffeine. Watch children and the elderly for signs of dehydration.
- Treat fever and body aches with over-the-counter medicine, but only non-aspirin for those with a bleeding disorder and no aspirin for children and teens under 19. Check all over-the-counter medication for ingredients that may affect blood clotting.
- Ease a cough or sore throat with lozenges.
- To ease congestion, warm and cool mist vaporizers are equally effective. In homes with small children, a cool-mist vaporizer is safer to avoid accidental burns. Wipe down vaporizers daily with a solution of 9 parts water and 1 part bleach to prevent the growth of bacteria and mold. Some people may benefit from saline nasal rinses, and sleeping with your head elevated may help.
- Chicken soup really does help! Some scientists believe it has anti-inflammatory properties, and the warmth can soothe an uncomfortable throat and break up sinus congestion.

WARNING SIGNS NECESSITATING URGENT MEDICAL TREATMENT

ADULTS

- Labored breathing, shortness of breath, or wheezing
- Bluish skin, lips or nails
- Persistent fever greater than 101.3°F lasting more than 3 days, or any fever over 103°F
- Persistent pain or pressure in the chest or abdomen
- Persistent congestion or cough/ wheezing
- Sudden dizziness or confusion, change in mental state
- Intense sore throat or sinus pain
- Persistent or severe headache
- Stiff neck or pain when bending head forward
- Not drinking enough fluids
- Painful urination
- Persistent vomiting or diarrhea
- Inability to wake up or stay awake
- Worsening of symptoms
- Symptoms improve, then return with fever and/or worsening cough

CHILDREN (3–18)

- Labored fast breathing, wheezing, barking cough
- Bluish skin color
- Any fever of 104°F or higher
- Seizure
- Fever of 102.2°F lasting more than 2 days
- Fever with a rash
- Intense sore throat or sinus pain
- Ear pain
- Not drinking enough fluids
- Painful urination
- Persistent vomiting or diarrhea
- Lack of appetite
- Not waking up or interacting, lethargic
- Worsening of symptoms
- Symptoms improve, then return with fever and/or worsening cough

INFANTS | TODDLERS

- Fever of 100.4°F in newborns up to 12 weeks old
- Fever of 102.2°F for infants 3 months and older
- Seizure
- Any fever lasting more than 2 days
- Fever with a rash
- Inconsolable crying or irritability
- Lethargy/unusual tiredness
- No tears when crying
- Significant reduction in wet diapers (sign of dehydration)
- Persistent vomiting or diarrhea
- Worsening of symptoms
- Symptoms improve, then return with fever and/or worsening cough

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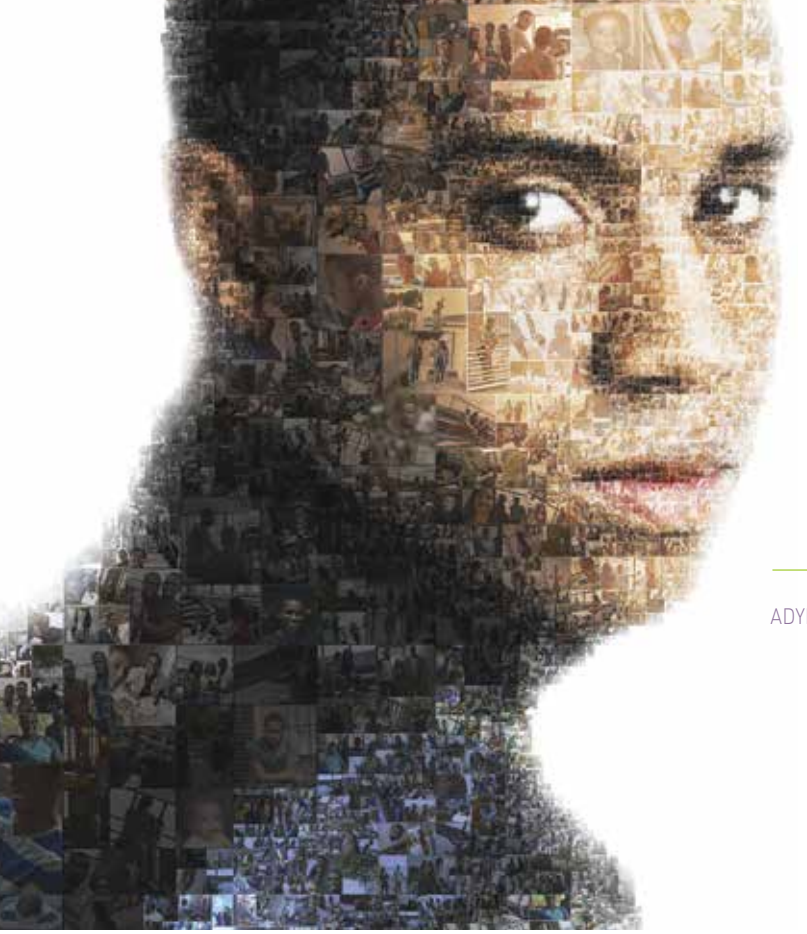

No actual patients depicted.

ADYNOVATE
[Antihemophilic Factor (Recombinant), PEGylated]
REAL LIFE. REAL BLEED PROTECTION.*

HEMOPHILIA A IS A PIECE OF THEM. NOT ALL OF THEM.

ADYNOVATE® has a simple, twice-weekly dosing schedule on the same 2 days every week that can help personalize treatment, so your patients have more time to spend doing the other things that also make them who they are.[1,2]

*In clinical trials, ADYNOVATE demonstrated the ability to help patients prevent bleeding episodes using a prophylaxis regimen.

AdynovateRealLife.com/HCP

ADYNOVATE twice-weekly prophylaxis prevented or reduced the number of bleeds[2]

ADYNOVATE was proven in 2 pivotal clinical trials to prevent or reduce the number of bleeding episodes in children and adults when used regularly (prophylaxis)[2]

- **Children Under 12 Years**: This study evaluated the efficacy of ADYNOVATE twice-weekly prophylaxis and determined the ability to treat bleeding episodes for 6 months in 66 children under 12 years old who received 40–60 IU/kg of ADYNOVATE prophylaxis treatment
  - During the 6-month study in children under 12, those receiving twice-weekly prophylaxis treatment experienced a median† overall ABR‡ of 2.0
  - 0 bleeds in 38% (25 out of 66 patients) during 6 months on twice-weekly prophylaxis
- **Adolescents and Adults 12 Years and Older**: This study evaluated the efficacy of ADYNOVATE in a 6-month study that compared the efficacy of a twice-weekly prophylactic regimen with on-demand treatment and determined hemostatic efficacy in the treatment of bleeding episodes in 137 patients. These adolescents and adults were given either ADYNOVATE prophylaxis twice-weekly at a dose of 40–50 IU/kg (120 patients) or on-demand treatment with ADYNOVATE at a dose of 10–60 IU/kg (17 patients). The primary study goal was to compare ABR‡ between the prophylaxis and on-demand treatment groups[2]
  - 95% reduction in median overall ABR [41.5 median ABR with on-demand (17 patients) vs 1.9 median ABR with prophylaxis (120 patients)]
  - 0 bleeds in 40% (40 out of 101 per-protocol§ patients) during 6 months on twice-weekly prophylaxis

†Median is defined as the middle number in a list of numbers arranged in numerical order.
‡ABR=annualized bleed rate, the number of bleeds that occur over a year
§Per-protocol patients were assigned to the prophylactic group and treated with their originally assigned dose for the entire duration of the study.

ADYNOVATE Important Information

Indications and Limitation of Use

ADYNOVATE is a human antihemophilic factor indicated in children and adults with hemophilia A (congenital factor VIII deficiency) for:

- On-demand treatment and control of bleeding episodes
- Perioperative management
- Routine prophylaxis to reduce the frequency of bleeding episodes

ADYNOVATE is not indicated for the treatment of von Willebrand disease.

DETAILED IMPORTANT RISK INFORMATION

CONTRAINDICATIONS

Prior anaphylactic reaction to ADYNOVATE, to the parent molecule (ADVATE® [Antihemophilic Factor (Recombinant)]), mouse or hamster protein, or excipients of ADYNOVATE (e.g. Tris, mannitol, trehalose, glutathione, and/or polysorbate 80).

WARNINGS & PRECAUTIONS

Hypersensitivity Reactions

Hypersensitivity reactions are possible with ADYNOVATE. Allergic-type hypersensitivity reactions, including anaphylaxis, have been reported with other recombinant antihemophilic factor VIII products, including the parent molecule, ADVATE. Early signs of hypersensitivity reactions that can progress to anaphylaxis may include angioedema, chest tightness, dyspnea, wheezing, urticaria, and pruritus. Immediately discontinue administration and initiate appropriate treatment if hypersensitivity reactions occur.

WARNINGS & PRECAUTIONS (continued)

Neutralizing Antibodies

Formation of neutralizing antibodies (inhibitors) to factor VIII can occur following administration of ADYNOVATE. Monitor patients regularly for the development of factor VIII inhibitors by appropriate clinical observations and laboratory tests. Perform an assay that measures factor VIII inhibitor concentration if the plasma factor VIII level fails to increase as expected, or if bleeding is not controlled with expected dose.

ADVERSE REACTIONS

The most common adverse reactions (≥1% of subjects) reported in the clinical studies were headache, diarrhea, rash, nausea, dizziness and urticaria.

Please see the following page for the Brief Summary of the ADYNOVATE Full Prescribing Information.

For Full Prescribing Information, visit www.adynovatepro.com.

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US-ADY-0353v1.0 08/21

Takeda

ADYNOVATE [Antihemophilic Factor (Recombinant) PEGylated] **Rx Only**
Lyophilized Powder for Reconstitution for Intravenous Injection
BRIEF SUMMARY: Consult the Full Prescribing Information for complete product information.

INDICATIONS AND USAGE

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- Perioperative management
- Routine prophylaxis to reduce the frequency of bleeding episodes

Limitation of Use

ADYNOVATE is not indicated for the treatment of von Willebrand disease.

CONTRAINDICATIONS

ADYNOVATE is contraindicated in patients who have had prior anaphylactic reaction to ADYNOVATE, to the parent molecule (ADVATE), mouse or hamster protein, or excipients of ADYNOVATE (e.g. Tris, mannitol, trehalose, glutathione, and/or polysorbate 80).

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Monitoring Laboratory Tests

- Monitor plasma factor VIII activity by performing a validated one-stage clotting assay to confirm the adequate factor VIII levels have been achieved and maintained.
- Monitor for the development of factor VIII inhibitors. Perform the Bethesda inhibitor assay to determine if factor VIII inhibitor is present. If expected factor VIII activity plasma levels are not attained, or if bleeding is not controlled with the expected dose of ADYNOVATE, use Bethesda Units (BU) to determine inhibitor levels.

ADVERSE REACTIONS

The most common adverse reactions (≥1% of subjects) reported in the clinical studies were headache, diarrhea, rash, nausea, dizziness and urticaria.

Clinical Trials Experience

Because clinical trials are conducted under widely varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in clinical trials of another drug and may not reflect the rates observed in practice.

The safety of ADYNOVATE was evaluated in 365 previously treated patients (PTPs) and previously untreated patients (PUPs) with severe hemophilia A (factor VIII less than 1% of normal), who received at least one dose of ADYNOVATE in 6 completed multi-center, prospective, open label clinical studies and 1 ongoing clinical study. The total number of infusions within the safety database is 74487. Following are the adverse reactions reported during clinical studies.

Adverse reactions reported for ADYNOVATE as shown by Percent of Subjects, Number of subjects (%, n) (N=365). Reported adverse reactions are listed by MedDRA Preferred Term. Diarrhea (6.8%, n=25), Nausea (2.2%, n=8), Ocular Hyperaemia (0.8%, n=3), Hypersensitivity[a] (0.5%, n=2), Headache (11.2%, n=41), Dizziness (1.9%, n=7), Rash (2.7%, n=10), Urticaria (1.9%, n=7), Drug Eruption (0.3%, n=1), Flushing (0.27%, n=1), Eosinophil Count Increased (0.5%, n=2), Infusion Related Reaction (0.5%, n=2).

[a] The event of hypersensitivity was a mild transient non-serious rash, occurring in one 2-year old patient who had developed a previous rash while on ADYNOVATE.

Two cases of acute pancreatitis, with no precipitating cause identified in one case, were reported in adults during an extension study of the clinical trial which evaluated 216 subjects. Administration of ADYNOVATE continued and both cases resolved.

Immunogenicity

Clinical trial subjects were monitored for neutralizing (inhibitory) antibodies to FVIII. Of the 6 completed clinical trials in previously treated patients (PTPs), in the randomized controlled trial comparing different dosing regimens of ADYNOVATE, one previously treated patient developed a transient low titer FVIII inhibitor at 0.6 BU while receiving more frequent dosing with ADYNOVATE. In a continuation study with ADYNOVATE, one patient developed a transient low titer (0.6 BU) FVIII inhibitor. Repeat testing did not confirm the presence of inhibitor. Both of these subjects continued treatment without change in the dose of ADYNOVATE.

Immunogenicity also was evaluated by measuring the development of binding IgG and IgM antibodies against factor VIII, PEGylated (PEG)-factor VIII, PEG and Chinese hamster ovary (CHO) protein using validated ELISA assays.

Persistent treatment-emergent binding antibodies against FVIII, PEG-FVIII or PEG were not detected. Out of 365 subjects, thirty-six subjects in total showed pre-existing antibodies to factor VIII (n=5), PEG-factor VIII (n=31) and/or PEG (n=6) prior to the first exposure to ADYNOVATE. Twenty-four subjects who tested negative at screening developed transient antibodies against factor VIII (n=10), PEG-FVIII (n=16) and/or PEG (n=3) at one or two consecutive study visits. Antibodies were transient and not detectable at subsequent visits. Two subjects showed positive results for binding antibodies at study completion or at the time of data cutoff. Binding antibodies that were detected prior to exposure to ADYNOVATE, that transiently developed during the trial or were still detectable at study completion or data cutoff could not be correlated to any impaired treatment efficacy or altered PK parameters. There was no causal relationship between observed adverse events and binding antibodies except in one subject where a causal relationship cannot be ruled out based on available data. No subject had pre-existing or treatment-emergent antibodies to CHO protein.

From an ongoing study in previously untreated patients <6 years with severe hemophilia A, 9 cases of FVIII inhibitor development associated with treatment with ADYNOVATE were reported.

The detection of antibodies that are reactive to factor VIII is highly dependent on many factors, including: the sensitivity and specificity of the assay, sample handling, timing of sample collection, concomitant medications and underlying disease. For these reasons, comparison of the incidence of antibodies to ADYNOVATE with the incidence of antibodies to other products may be misleading.

USE IN SPECIFIC POPULATIONS

Pregnancy: Risk Summary

There are no data with ADYNOVATE use in pregnant women to inform a drug-associated risk. Animal reproduction studies have not been conducted with ADYNOVATE. It is unknown whether ADYNOVATE can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. In the U.S. general population, the estimated background risk of major birth defect and miscarriage in clinically recognized pregnancies is 2-4% and 15-20%, respectively.

Lactation: Risk Summary

There is no information regarding the presence of ADYNOVATE in human milk, the effect on the breastfed infant, or the effects on milk production. The developmental and health benefits of breastfeeding should be considered along with the mother's clinical need for ADYNOVATE and any potential adverse effects on the breastfed infant from ADYNOVATE or from the underlying maternal condition.

Pediatric Use

Safety and efficacy studies have been performed in 91 previously treated, pediatric patients age 1 year to <18 years who received at least one dose of ADYNOVATE as part of routine prophylaxis, on-demand treatment of bleeding episodes, or perioperative management. Adolescent subjects age 12 to <18 (n=25) were enrolled in the adult and adolescent safety and efficacy trial, and subjects <12 years of age (n=66) were enrolled in a pediatric trial. The safety and efficacy of ADYNOVATE in routine prophylaxis and the treatment of bleeding episodes were comparable between children and adults. Pharmacokinetic studies in children (<12 years) have demonstrated higher clearance, a shorter half-life and lower incremental recovery of factor VIII compared to adults. Because clearance (based on per kg body weight) has been demonstrated to be higher in children (<12 years), dose adjustment or more frequent dosing based on per kg body weight may be needed in this population.

Geriatric Use

Clinical studies of ADYNOVATE did not include subjects aged 65 and over.

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UNDERSTANDING THE HEALING POWER OF THE CREATIVE ARTS

BY JUSTIN LINDHORST

From ancient paintings etched on cave walls to timeless masterpieces featured in galleries at the world-famous Louvre Museum in Paris, art is a defining aspect of our humanity, history, and culture. The influence of art from ancient history to modern society is undeniable, but did you know that creating or just viewing art has a positive impact on our bodies and can promote better health?

Painting and other pursuits often referred to as the "creative arts" impact the mind in surprising ways. This article explores these surprising impacts and shares how one family in the bleeding disorders community has used the art of painting as an outlet from challenges associated with hemophilia.

Decked out in a grey suit and standing beside his painting of a purple parrot unveiled at the Fort Lauderdale courthouse, Anthony and his mother Michelle are all smiles. Both are relatively new to the world of painting, but this is not the first of their paintings to be displayed in public. Creating and sharing art has brought this family closer to each other and their community. Standing next to her son and scrolling through pictures of her own colorful paintings Michelle emphatically shares, "Simply put, painting has brought more joy to our lives - period."

Managing stress is important for everyone. Finding healthy ways to manage stress carries even more significance for members of the bleeding disorders community. People living with hemophilia experience higher rates of depression, anxiety, and other mental health challenges.[1] It was in seeking support that Michelle and Anthony found an outlet in painting.

While attending a doctor visit, Anthony and Michelle were looking for community-based support where they could connect with other families and individuals familiar with the challenges of life with a chronic health condition. The family was made aware of the "Rebels Drop-In Center," a community haven offering social services and support groups staffed by peer specialists who understand what it's like to effectively manage mental health and other health challenges.[ii] On their first visit to the center, Anthony and Michelle were greeted with a paintbrush and blank canvas, and the rest as they say, is history.

Exploring and creating art offered Anthony a new and different outlet from some of his usual activities. He shares, "I like exercising my body and doing things like going to the gym or the dojo but creating art is different – it is like exercise for my brain." Anthony and Michelle began visiting the drop-in center to paint together more frequently.

"For me creating art is a way to explore," Anthony shares as he swipes through photos of his paintings including lush tropical landscapes, animals, and other nature themes. "Sketching and painting is a way for me to express what inspires me. My emotions come out on the canvas." It was not long before Anthony began noticing the benefits of his newfound passion. "When I start painting, I notice a positive change in my mood. Creating art makes me feel relaxed, entertained, more expressive, and intellectual," he affirms.

The process of creating is not the only pay off. "Art has helped me connect with lots of different people. I've made a ton of new friends, and I feel closer with my mom. Also, when you finally finish a painting you've worked hard on, it's a huge sense of achievement." For Anthony, painting and exploring the creative arts also provides a reachable outlet when dealing with the forced downtime life with

hemophilia sometimes presents, "We have to spend a lot of time healing. Painting can help distract from the pain of a bleed or keep your mind engaged while your body heals."

Anthony and Michelle's experience is backed by a growing body of research demonstrating the positive impact of participating in the creative arts. Studies have proven that viewing or creating art stimulates both hemispheres of our brain, promoting its ability to repair neurological pathways and strengthening areas associated with stress management.[iii]

Other substantiated benefits include a decrease in stress, anxiety and depression, and an increase in feelings of self-worth, hope, and well-being. A significant reduction in blood pressure, improved sleep, problem solving, and memory has also been confirmed by research.[iv] One study even showed that just by viewing art perceived as "beautiful," blood flow to the brain increased on average by 10%.[v]

Though art has inspired and moved us since the time of our distant ancestors, we are only now beginning to fully understand how the creative arts impacts our health and well-being. As new research continues to be conducted, the use of the creative arts in the healthcare setting is increasing. Art is being used to influence the way patients experience their care and as a direct part of treatment for a growing range of conditions including cancer, stroke, mental health issues and more.

For Michelle and Anthony, the proof is in the pudding. Painting is now a regular part of their routine, whether at home or during a visit to the drop-in center. The two have donated paintings for fundraising with their local bleeding disorder chapter, and their artwork now hangs proudly at the local courthouse, in their local hospital, and in the houses of friends and loved ones. "Painting has opened doors for me," Anthony shares. "It has allowed me to meet and connect with other people, but the best part is sharing art with others. I love sharing my paintings as gifts. For me it's almost a spiritual thing – it's all about the experience."

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Share Your Experience!

Have you used the creative arts to cope with bleeding disorder stressors? Share your experience with our readers! Email the editor: maria.vetter@biomatrixsprx.com

Explore the Healing Arts

BioMatrix offers educational programs designed to assist patients navigate life with a bleeding disorder. Each program addresses key issues faced by community members, providing a full spectrum of patient and caregiver support. Our art programs include *Camera On: Healing and the Art of Photography*; *Singing to Heal*; *Writing to Heal*; and *Intro to Figure Drawing*.

For more information or to schedule a session, visit: https://www.biomatrixsprx.com/bleeding-disorders/education

BIOMATRIX ON THE *Move*

The BioMatrix Education Team and Territory Account Executives (formerly known as Regional Care Coordinators) have been busy attending community gatherings and hosting educational events across the country. Our team offers a wide and expanding menu of educational topics and fun activities to choose from, including on-line sessions. Interested in scheduling a session for your group of any size either in-person or virtually? Contact your Territory Account Executive or message the Education Team at: education@biomatrixsprx.com.

FLORIDA

Marcy Foertsch and Peggy Klingmann

HEMA Biologics and BioMatrix came together June 20th to bring an ***Evening of Education***, great food and community to people with bleeding disorders in central Florida at Tampa's Brio Italian Grille. Travis Perry of HEMA Biologics introduced his company and spoke briefly about their factor product SEVENFACT®.

BioMatrix Territory Account Executive Jeanette Jones followed with *Beyond the X and This is Y*, an interactive discussion regarding women and bleeding disorders. While sharing visual aids to emphasize her points, Jeanette advocated for women as 'neglected' bleeders. She also fielded numerous questions from the attentive audience, who asked thoughtful questions about her presentation.

Not surprisingly, this was another fun and educational evening with our community. We look forward to many more successful programs soon, and as always, are excited to bring the bleeding disorders community together!

SOUTH CAROLINA

Austin Caldwell and Brenda King

ED Sue Martin and husband, Ric

With nearly 250 community members in attendance, BioMatrix was a sponsor of the Bleeding Disorders Association of South Carolina's (BDASC) ***Annual Meeting and HELLO Conference*** June 21st–22nd at the Embassy Suites in Greenville. During the opening night dinner program and ceremony Executive Director Sue Martin acknowledged the sponsors, and scholarship and award recipients. Sue also welcomed special guest Phil Gattone, M.ED., National Bleeding Disorder Foundation President and CEO, and Warren Ingram, bleeding disorders community pillar and star of *On the Shoulder of Giants* film, which earned him the *Aaron Eugene Gossett Pillar of Strength Award*.

Attendees were treated to great educational programming such as *Mental Health Deep Dive* sponsored by NBDF and presented by Cathy Tiggs, MSSA, LISW, and *Discussing and Practicing Self-Infusion, Injections, Tips and Experiences* presented by Robin Jones, MSN, MHA, RN, CPN, CPHON, Midlands HTC Nurse Coordinator.

We thoroughly enjoyed the community engagement at the BioMatrix booth and offer cheers to all who participated in our bleeding disorders-themed *JeoParody* challenge! Sue Martin and her team did a fantastic job hosting this meeting and we look forward to participating in future BDASC programming!

TEXAS

Felix Jacquez Garcia and Jeanette Jones

The ***Texas Bleeding Disorder Conference*** is a fantastic annual event organized by the Lone Star Bleeding Disorders Foundation and Texas Central Bleeding Disorders. This event brings together many of the state's individuals with hemophilia and von Willebrand disease, as well as those with rare factor and platelet deficiencies. This weekend of education, community, and fun took place in Austin at the beautiful Renaissance Hotel June 21st–23rd.

Rene rocks his 16-year-old style

The program hit the ground running Friday with six various receptions, an opening dinner and educational session, and booth exhibit hour where attendees had the opportunity to speak with specialty pharmacies and manufacturer reps. That's how relationships and friendships are built, and that's also how BioMatrix learns which of our programs and services patients are interested in the most. Our booth also featured our educational *JeoParody* game for visitors to engage in some light competition.

The next day started with an inspiring presentation by Gut Monkey's Pat Torrey. Following were separate sessions for adults, teens and children, and more time for attendees to explore the exhibit hall. At the BioMatrix booth, we highlighted our *Patient Navigation* program, which offers assistance to community members dealing with insurance issues and access to resources.

After booth hours, we took off our BioMatrix hats and joined sessions as community members. Full of discussions and learning, sessions centered on various topics about treatments, physical and emotional obstacles, women's bleeding issues, and more!

With a Sweet 16 theme, guests were encouraged to dress as they did for their 16th birthday. Unfortunately, I couldn't find my MC Hammer parachute pants (it might have been better that way). The event was a blast, with guests bringing their unique styles and a lot of fun!

The conference concluded Sunday with a breakfast presentation and the announcement of awards. Hats off to TBDC for another outstanding event. Next year's conference, which will celebrate Texas Central's 60th anniversary, will take place June 20–22nd in Plano, and we can't wait!

NEW YORK

Carolina Luna and Richard Vogel

"Sew" much fun was had at the New York City Hemophilia Chapter's (NYCHC) June 23rd event, ***Sewing for Self-Care***, held in Spanish at the WeWorks offices in New York City. BioMatrix partnered with Genentech for this special day of learning, sharing and friendship.

Two brave men joined the group of women to enjoy a tea party-themed lunch with a presentation on Hemlibra by Esmeralda Vazquez, Genentech Rare Blood Disorders Account and Community Manager, and Brand Ambassador Julia, who shared her experiences as a mom and caretaker of a son with hemophilia.

Armed with a fleet of sewing machines, BioMatrix's Shelia Biljes and LeAnn Wilson led the activity session, showing everyone how easy and relaxing sewing can be. The guests ranged in skill from novice sewers to experienced ones. By the end of the delightful afternoon, everyone left happy, having enjoyed the sewing experience and bonding over the fun and lively conversations that were shared with each stitch of their beautiful tote bags.

Many thanks to NYCHC, our co-sponsor Genentech, and the wonderful community members who made this event a memorable success!

NEW MEXICO

Felix Jacquez Garcia

The Albuquerque area bleeding disorders community gathered June 28th at Fogo de Chão Brazilian Steakhouse for an ***Educational Dinner*** hosted by Novo Nordisk and BioMatrix. Stacey Hillburn, Novo Nordisk Senior Hemophilia Community Liaison joined us with community mom and patient, Jalyne, who spoke about her journey in finding the right treatment for herself and her family. Her message was well received and much appreciated by the attendees.

Mark, Lilianna, Jose and Flor

Kelly, Brittany, Anthony, Ava, Mila, Zella and Isla

As someone with a bleeding disorder, I know these programs are important. Yes, we all want to know about products, science, and technology related to our bleeding disorder, but hearing personal stories from community members has such a great impact on us all. Our stories are all unique, yet they seem to touch and cross paths with one another at many points, letting us know we are not alone in our challenges.

Congratulations to the family who won our summer picnic raffle, and many thanks to Novo Nordisk for sponsoring this great dinner event!

MISSOURI

Eva Kraemer

Trudy and Executive Director Bridget Tyrey

Families from across Missouri gathered for Gateway Hemophilia Association's (GHA) annual ***Family Education Weekend*** July 12–13th at the Chesterfield Doubletree. The event began with a welcoming address from GHA Executive Director Bridget Tyrey, followed by the first session moderated by Brendan Hayes, NBDF Senior Director of Education Innovative Therapies. The session, *Candid Conversations*, featured Dr. Elaine Majerus from Washington University School of Medicine and several consumers. Panel members shared their experiences with multiple treatments and therapies, discussing the evolving landscape of bleeding disorders and the shared decision-making process.

A range of breakout sessions provided a diverse educational experience. These included *Being a Savvy Community Member*, *Liver Health–New MASAC Guidelines*, *Putting Yourself Out There: Sharing and Advocating for Bleeding Disorders*, *Spotlight on Siblings*, and *Financial Planning, Wills and Trusts.* After dinner, families enjoyed a "dive-in" movie by the pool. BioMatrix was pleased to

have participated in this well-planned and engaging event. Kudos to GHA for providing this opportunity for education, fellowship and support!

NEW JERSEY

Richard Vogel and Carolina Luna

Hot town, summer in the city… New Jersey has been having record temperatures, and one way to beat the heat is to jump into a pool. On Sunday, July 14th, the Hemophilia Association of New Jersey (HANJ) gave the New Jersey bleeding disorders community the opportunity with their ***4th Annual Summer Wellness Gathering*** at the Eagle's Landing Day Camp in North Brunswick. Eagle's Landing has ALL the fun one camp can offer, including a beautiful 20-acre facility with four sparkling pools, a spray park, soccer and softball fields, three full-size basketball courts, a sand volleyball court, and a 9-hole mini-golf course.

Rich Vogel, Ethan, Derek, Alicia, Eric, Rafael and Carolina Luna

An outdoor summer gathering is not complete without a BBQ lunch. Burgers, hot dogs, Jersey corn and watermelon were on the menu. Everyone then enjoyed all the water activities from the waterslide to the big water bucket.

On this hot Jersey afternoon, an unexpected thunderstorm did not dampen the smiles on people's faces as everyone came away with fun memories to last until next summer. Many thanks to HANJ for hosting this refreshing afternoon!

DELAWARE

Tina McMullen

Hosted by Brandywine Valley Hemophilia Foundation (BVHF) and co-sponsored by Sanofi and BioMatrix, community members gathered July 18th at Newark's Hilton Wilmington/Christiana for ***Education, Dinner and a Movie***. The evening started with a presentation by Sanofi Community Relations and Education Manager Alexis Akins, MSN CRNP FNP-C, who spoke about *Switching it Up* with Altuviiio®.

After dinner, attendees grabbed popcorn and their favorite candy before settling in to watch *On the Shoulders of Giants*. This film explores real-life stories of the aging hemophilia community. It is an amazing production, and an emotional and powerful experience. I highly recommend watching it. Living with hemophilia today is vastly different from the experiences of our older community members. The film can be viewed on YouTube at: https://www.ontheshouldersfilm.com/

Thank you to Gail Novak, BVHF President, for organizing this meaningful event for the Delaware bleeding disorder community.

Mom looks on as Arthur and Walter choose their snacks

FLORIDA

Marcy Foertsch and Peggy Klingmann

Emily, TJ, Lynne, Roger, Becky and Mike

The afternoon of July 20th brought BioMatrix and Sanofi together with members of the Florida bleeding disorder community for an amazing ***Educational Luncheon*** at Paddlefish Restaurant in Disney Springs. During lunch on the upper deck of the restaurant Eric Burgeson, Sanofi Community Relations and Education Manager, gave an engaging presentation about their product Altuviiio®. Following Eric, Shelby Smoak, PhD BioMatrix Director of Education, presented one of our many informative programs, *Safer Travels*.

Carlos and Yasmin

Peggy, Shelby and Marcy

After a brief Q&A session with both speakers, our guests ventured out to enjoy the rest of their day at Disney Springs - the outdoor shopping, dining, and entertainment complex at the Walt Disney World Resort! Thank you to Eric and Sanofi for sponsoring our gathering. We look forward to seeing everyone again soon at our next local program!

OHIO

Shelia Biljes

Felix Jacquez Garcia speaks to the group

It was an evening of fun and games as BioMatrix, Medexus and Octapharma got together with community members July 24th at Reset Arcade Rossford for an ***Educational Dinner and Arcade***. As the group enjoyed a pizza dinner, Felix Garcia, on behalf of Medexus, presented *The Pain of Hemophilia*. With data collected from the HERO study, this program creates a portrait of the real-life impact of pain on the bleeding disorders community and explores treatment options. When Felix concluded his insightful presentation, a friendly, late evening competition took place at the reserved bowling lanes. For non-bowlers, a claw machine and video games were available for play.

Kyle waiting to try the Giant Claw

Liam vs the Machine

Nathan waits while Jacob rolls his turn

Many thanks to Medexus and Octapharma for sponsoring our game night, and to our devoted guests, some of whom drove great distances, for making this such an enjoyable event!

Charles, Kevin, Kylee, Herby, Jason, Luke, Wesley, Tammy, Debbie, Jeanette, Claudette, and Alicia

OHIO

Shelia Biljes

Pickleball is the fastest-growing sport in America and a great way to get a good workout! BioMatrix, with Octapharma and Medexus, hosted an ***Educational Dinner and Pickleball*** event July 25th at the Pickle and Chill recreation center in Columbus. On behalf of Medexus, Felix Jacquez Garcia presented *The Pain of Hemophilia* which addresses the impact of chronic pain on patients with a bleeding disorder and provided a personal recap of how he handled pain during different stages of his life.

Isabelle and Brock

After dinner, everyone headed to the courts. Facility trainers explained the game, and there was open playtime for all. Guests of every age, including the youngest, gave it a try and did extremely well!

Collin is a natural!

Thank you to everyone who participated and much appreciation for our generous sponsors, Octapharma and Medexus!

Felix Jacquez Garcia, Shelia Biljes and Steve Calderon

Jen and Raegan

OKLAHOMA

Jeanette Jones

BioMatrix and Takeda partnered July 27th to support local community members for ***Family Education - Lunch and Learn*** at the Spiro Choctaw Nation Community Center. It is crucial to reach out to rural communities in our large state, ensuring that distance is not a barrier to accessing education and resources. We aim to bring education to people with a bleeding disorder and to help them access regular monitoring and better care. At this event, we renewed old friendships, made new ones, shared a meal, and delved into the science of bleeding disorders.

Charles, Tammy and Rylee

Jason, Alicia, Luke

Herby, Wesley, Jeanette

Our education session began with a thought-provoking activity called "Knot or Not-Knot" led by Takeda's Community Education Specialist Kevin Ellebrecht. A rope was laid out on a table to create a question of whether the knot would unravel or be knotted when pulled into a single rope. We chose sides – Knot or Not-Knot – and shared our reasons for believing so. This activity demonstrated how we have uniquely different perspectives and experiences that shape our understanding of possibilities while paralleling our experiences of living with a bleeding disorder.

Which end of the rope to pull?

We learned more about genetics, various expressions, and standards of care for affected individuals, including the difference between genotype and phenotype, and how they affect treatment needs. We then enjoyed a round of BioMatrix *Family Feud* to test our knowledge, fostering some friendly competition.

As a bonus, we visited Cavanal Hill located near Poteau, described as the 'World's Highest Hill' with an elevation of 1,999 feet. With the light rain, a beautiful rainbow appeared in the valley, providing a scenic treat. Many thanks to Takeda for sponsoring this enjoyable gathering. The time flew quickly, but we hope to be together again soon!

FLORIDA

Hector Heer

Ana Calero and Hector Heer

Foundation Hope & Life USA hosted its annual ***Back to School Event*** August 2nd at TopGolf in Doral. President Ana Calero and her team had everything ready for the kids! Each child received a new backpack filled with all sorts of school supplies to help ensure a strong and happy start for the upcoming school year. Kids and parents alike enjoyed the opportunity to swing some golf clubs and practice their drive. We were proud to be a supporter of the event and look forward to future programs with the Foundation Hope & Life USA.

NEW MEXICO

Felix Jacquez Garcia

Dad and son compete! Jose Sr. and Jose Jr.

With August upon us, hot and rainy weather has arrived in New Mexico along with the return of students to school. BioMatrix, in partnership with Octapharma and Medexus organized a ***Back to School*** program at Albuquerque's Main Event August 2nd.

Matthew, Charles and Angelo with Bernadette

During the event, Elizabeth Pulley, Patient Experience Manager, briefly discussed Octapharma's bleeding disorders products, followed by Steve Calderón, Senior Hemophilia Territory Manager for Medexus, who did the same.

Up next was a BioMatrix presentation of *Transition to School: The 411 on 504s*, offering updated guidance on children's educational rights and how to establish a 504 Accommodation Plan. Before heading to the bowling alley for some friendly competition, each child in attendance happily received a backpack full of school supplies. If you or someone you love in the bleeding disorder community needs assistance in starting or renewing a 504, please reach out to your local BioMatrix rep. We are available to assist you.

We extend our sincere thanks to our generous sponsors Octapharma and Medexus for their continued support!

NORTH CAROLINA

Austin Caldwell

Austin Caldwell welcoming visitors!

BioMatrix was pleased to sponsor the Bleeding Disorders Foundation of North Carolina's ***2024 Summer Community Retreat*** August 2nd-4th at Lake Junaluska Conference & Retreat Center. With more than 125 community members from all over the state, the weekend retreat was full of activities and educational sessions for all ages. Session included *Infusion & Injection*; *Community Building*; *Planning Ahead: Aging with Hemophilia*; and *Caregiver's Compass*. While parents were in sessions, children and teens were busy with their own activities including mini golf!

We welcomed many visitors to our BioMatrix booth; we were pleased to introduce our *Patient Navigation* program – offering help to those with insurance issues. Many thanks to BDFNC for organizing such a beneficial experience. We look forward to attending future events!

MARYLAND

Terry Stone and Michelle Stielper

Terry Stone and Curtis catching up on life!

What's better than a picnic? Oh, I know, I know! A picnic for the community that brings people together AND celebrates an important anniversary... a PICNIC PARTY! The Hemophilia Association of the Capital Area (HACA) invited all its members to Watkins Regional Park in Upper Marlboro August 11th for the Chapter's fabulous ***Annual Picnic*** AND to celebrate HACA's 60th anniversary!

A celebration of HACA's 60 years!

It was a beautiful day for such a celebration. Lunch from Chipotle was a fiesta all its own. And yes, there was an anniversary cake, a big one. Families enjoyed catching up with old friends and making new ones, the kids had a blast taking turns at the pinata with a big ole stick (disclaimer: No one was hurt, except the pinata).

HACA Executive Director Brenda Bordelon and Program Manager Robin Monin created a historical display that chronicled the chapter's vast history. The exhibit included so many pictures old and new, as well as past tee shirts from various events, and so much more. What a great and heart-warming trip down memory lane. From its humble beginning, our chapter continues to be a beacon of light, gives strength, and offer a warm place to call home when we need it most. Keep honoring your mission and helping families navigate life with a bleeding disorder!

SOUTH CAROLINA

Austin Caldwell

BioMatrix teamed up with Takeda August 14th to host an ***Educational Dinner*** at Colas Restaurant in Columbia. Takeda's Community Education Specialist Morgan Cook led an insightful, passionate and detailed program entitled *Hemophilia: A-Z*. The session proved to be tremendously interactive and well received, with guests sharing their personal thoughts and experiences.

We extend many thanks to our sponsor, Takeda, and are excited to partner with them again to host more events for the South Carolina bleeding disorders community!

NEVADA

John Martinez

As summer comes to a close and the new school year begins, BioMatrix and Octapharma sponsored an ***Educational Dinner*** August 20th at Round Table Pizza in Reno, and bleeding disorders families took the opportunity to gather for great company, good pizza and informative presentations.

Elizabeth Pulley, Senior Patient Experience Manager with Octapharma, provided a synopsis of their products and support resources. BioMatrix was next with an overview covering the importance of understanding insurance, especially with open enrollment beginning for many families.

Following the educational programs, guests were treated to rounds of the BioMatrix bleeding disorders version of *JeoParody*. The categories were varied and included questions in Spanish for our Latino friends. The competition was lighthearted with everyone sharing and engaging in the educational contest, and the winning family receiving a hearty round of applause.

Thank you to everyone who came out to join us, and to Octapharma and Elizabeth for co-hosting this event with us!

NORTH CAROLINA

Austin Caldwell

Austin, Paul, Eric, Becky and little Calvin stop for a photo

August 22nd was the date for the Bleeding Disorders Foundation of North Carolina (BDFNC), Octapharma, and BioMatrix to meet and host an ***Educational Dinner***. Held at Raleigh's Brio Italian Grille, it was a wonderful evening filled with insightful conversations and valuable information-sharing.

Octapharma speaker Eric touched our hearts with the story of his journey in the bleeding disorder community and the reasons behind his current product choice. His personal heartfelt and insightful presentation deeply resonated with the attendees, sparking a lively exchange of questions and thoughts during the event.

We want to express our sincere gratitude to everyone who joined us for this special evening and extend our heartfelt thanks to BDFNC's Board President, Karyn Davis and Octapharma's Patient Experience Manager, Paul Brayshaw for co-hosting this event with us. We eagerly look forward to the opportunity to partner again soon to bring another educational program to North Carolina!

ARIZONA

Felix Jacquez Garcia

Super Javi, Azul, Betty, Daniela and Jesus

Nehemiah, Anahi, Angelita, Maria, and Anaiah

Luis, Michelle and Martha

There was a storm brewing outside Peoria Fleming's Prime Steakhouse August 22nd - a mighty monsoon-style thunderstorm – just in time for an ***Educational Dinner*** hosted by Sanofi, BioMatrix and the Arizona Blood Alliance. It didn't stop guests from the bleeding disorders community from gathering! We started with a presentation focused on resources offered, with emphasis on our BioMatrix *Patient Navigation* program, which offers assistance with treatment access, insurance and Social Security questions. For those who need help, this program can be accessed at bit.ly/bd-patientnavigation. A Spanish version of the *Patient Navigation* program is available here: https://bit.ly/bd031a-espanol

Christian, Vanessa, Tony and Ashton

Sanofi Sr. CoRe Manager Jessica Steed followed with a well-done, informative presentation about her company. The most memorable moment of the evening was the personal story of Chayse, Sanofi Peer Speaker. He shared his journey as a vocalist and guitar player for Chi-Town Transit Authority, a Chicago Tribute band, and how his hemophilia treatment has made pursuing his dream easier. To add excitement to his inspiring story, the lights went out and guests used their cell phone flashlights to illuminate the room as he continued sharing.

Jessica and Chayse

It was heartwarming to see familiar faces, including kids from camp and families from previous events, coming together and preserving their connections. Many thanks to Sanofi for sponsoring this special event. We are looking forward to returning to Arizona and spending more time with everyone!

NEVADA

John Martinez

Family fun was on our agenda for a BioMatrix and CSL Behring ***Educational Dinner*** at Dave and Busters in Summerlin August 24th. The event kicked off with an overview of insurance challenges, open enrollment, and information about resources and assistance provided by the BioMatrix *Patient Navigation* program.

Following the presentation, Amber Dobbins, CSL Behring Coagulation Products Manager, discussed the history of CSL and gave an overview of the medications developed over the years. She also introduced CSL Ambassador Elliot, who shared his journey as a bleeding disorder patient and described how changes in his therapy regimen have positively impacted his active lifestyle.

Families then enjoyed an afternoon of electronic gaming, allowing youth, teenagers, and adults to engage in lighthearted competition. Special thanks to CSL for sponsoring this perfect event!

CALIFORNIA

John Martinez, Gabriella Griffin and Hector Heer

John Martinez discusses the BioMatrix *Patient Navigation* program with booth visitors

Familia de Sangre (FDS) has grown into the largest Spanish-speaking bleeding disorders conference in the US with over 700 participants, 130 industry representatives, and a crew of more than 55 volunteers. The Spanish-speaking members of the bleeding disorders community eagerly awaited this opportunity to expand their knowledge and connect with others. And so it was with great promise and fanfare that the ***8th Annual Conference*** took place at the Anaheim Marriott, September 6-8.

The Latino culture is known for being open and expressive, which was evident in the warm welcomes and lively conversations at the reception and conference areas. At the opening ceremony, recognition was given to four California bleeding disorder foundations that collaborated to organize the event: Hemophilia Foundation of Southern California, Hemophilia Foundation of Northern California, Central California Bleeding Disorders Foundation, and the Hemophilia Association of San Diego County. Families enjoyed a delicious dinner and had the opportunity to interact with industry representatives at the exhibitor booths.

Lázaro and Shakira with daughters, Vanessa and Valeria, and Gabriella Griffin, (far right)

Gaby, Jennifer, Felix and John

John Martinez with Pazcual and Thalia, Mateo, Ana Paola, Santiago and David

The following morning started with a hearty breakfast and another chance to meet with industry representatives. At the BioMatrix booth, we were busy answering questions and assisting families with the resources available through our pharmacy.

Throughout the day, there were informative sessions presented in Spanish – something for everyone! We wrapped up with a delightful dinner where families had the chance to keep strengthening their relationships and enjoy each other's company. After dinner, there was an exciting raffle that had everyone on the edge of their seats, eagerly waiting for their names to be called. To cap off the evening, the organizers turned up the Latino music and everyone hit the dance floor to celebrate and showcase their culture. As Latinos do not need an excuse to dance, only the opportunity, tables had to be moved to accommodate the ever-increasing number of merrymakers.

The next morning after breakfast families received Disneyland tickets as a thank-you for participating in the conference. Both adults and children were thrilled for the upcoming day at the "happiest place on earth," even though it's safe to say that throughout the entire weekend, they were already at the happiest place on earth!

Congratulations to the organizers for putting together such a successful and fantastic event!

FLORIDA

Marcy Foertsch and Peggy Klingmann

BioMatrix, Bayer and Sanofi were proud to co-sponsor Country Boy Fishing for a ***Family Fishing Day*** September 7th. The weather was perfect as we began the early morning at Hillsboro River State Park in Thonotosassa. Families from the bleeding disorder community, along with Tony Brown, Social Worker at USF

Anything biting, David?

Tony Brown, USF Health Social Worker and Marcy Foertsch

Marcy with another Tony!

Health Hemophilia Treatment Center in Tampa, attended to cast their poles in the hope of catching big fish! Everyone received their own fishing pole, as well as lunch and plenty of bottled water. No fish were harmed, or caught for that matter (lol!), and everyone enjoyed the relaxing day!

Emily and Lynne ready to fish!

Many thanks to Brandon Young and Tony Allen of Country Boy Fishing, and Bayer and Sanofi for joining us to bring this fun event to the community!

TEXAS

Jeanette Jones

It's finally beginning to feel like fall everywhere, except Texas. It was a sunny, hot day in Dallas as many gathered at Edison's September 7th for the Texas Central Bleeding Disorders Foundation's annual ***Fall Family Education Event***. Surrounded by community, we enjoyed an education session presented by Takeda Nurse Educator Sara Caldwell, BSN, RN, where we participated in an amusing blindfolded drawing activity. As you might imagine, this brought out a lot of laughter while leading us to appreciate everyone's unique perspective.

Jeanette Jones welcomes BioMatrix booth visitors!

Established community members warmly welcomed and embraced several young families, some of whom were attending for the first time. A set of Texas grandparents, with a new grandchild living in another state, were able to join and connect with experienced families eager to lend a comforting ear and hands of support. Events like this are so meaningful to new families as they are introduced to the community and learn about available resources for their journey with bleeding disorders.

Many thanks to Texas Central Bleeding Disorders Foundation for organizing this essential event!

Time for Fun!

Games on page 27

8	2	1	5	6	9	4	7	3
3	5	9	1	7	4	8	6	2
4	7	6	2	3	8	9	1	5
1	6	8	3	9	7	5	2	4
5	9	4	8	2	1	6	3	7
2	3	7	4	5	6	1	9	8
6	4	3	9	8	2	7	5	1
7	1	5	6	4	3	2	8	9
9	8	2	7	1	5	3	4	6

Help heal a joint or muscle bleed, rest, ice,compress and elevate! Remember R.I.C.E.

5	1	7	2	9	6	4	8	3
9	1	5	3	7	4	2	8	6
6	7	2	8	1	5	4	9	3
4	9	6	1	2	7	3	5	8
5	3	8	9	4	6	1	2	7
7	2	1	3	5	8	9	6	4
1	5	7	2	8	4	6	3	9
2	4	3	5	6	9	8	7	1
8	6	9	7	3	1	5	4	2

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Upcoming Events

NOV 5, 2024 FLORIDA
Educational Dinner
Hosts: CSL Behring and BioMatrix
RSVP: Marcy Foertsch, 941-518-7063
marcy.foertsch@biomatrixsprx.com
Columbia Restaurant; Tampa

NOV 7, 2024 TENNESSEE
Educational Dinner
Hosts: Sanofi and BioMatrix
RSVP: David Tignor, 615-945-1466
david.tignor@biomatrixsprx.com
or Cyndy Coors, 251-243-1623
cyndy.coors@biomatrixsprx.com
Brazeiros Brazilian Steakhouse; Knoxville

NOV 8–10, 2024 MASSACHUSETTS
Fallfest
Host: New England Hemophilia Assoc.
www.newenglandhemophilia.org
RSVP: 781-326-7645
info@newenglandhemophilia.org
Monarch Place Hotel; Springfield

NOV 9, 2024 ILLINOIS
Community Connections
Host: Bleeding Disorders Alliance Illinois
312-427-1495, bdai.org
RSVP: lburgess@bdai.org or lschwartz@bdai.org
Oak Lawn Hilton, Oak Lawn

NOV 15–17, 2024 NORTH CAROLINA
Blood Brotherhood & SOAR Weekend
Host: Bleeding Disorders Foundation of North Carolina, 919-319-0014
https://bleedingdisordersnc.org
RSVP: Gillian Schultz, 919-272-6000
Embassy Suites by Hilton; Wilmington

NOV 16, 2024 NEVADA
Educational Dinner
Hosts: Medexus and BioMatrix
RSVP: John Martinez
john.martinez@biomatrixsprx.com
Round Table Pizza; Las Vegas

NOV 23, 2024 FLORIDA
Educational Dinner
Hosts: Takeda and BioMatrix
RSVP: Marcy Foertsch, 941-518-7063
marcy.foertsch@biomatrixsprx.com
STK Steakhouse; Orlando

NOV 23, 2024 OHIO
Family Thanksgiving Dinner
Hosts: Novo Nordisk and BioMatrix
RSVP: Shelia Biljes, 440-813-1626
shelia.biljes@biomatrixsprx.com
Brew Garden; Strongsville

DEC 7, 2024, CALIFORNIA
Winterfest
Host: Hemophilia Foundation of Northern California
http://hemofoundation.org
RSVP: Ashley Gregory, 510-658-3324
ashley.gregory@hemofoundation.org
Maggiano's Little Italy, San Jose

DEC 7, 2024 FLORIDA
Educational Dinner
Hosts: Sanofi and BioMatrix
RSVP: Marcy Foertsch, 941-518-7063
marcy.foertsch@biomatrixsprx.com
TBA; Tampa

DEC 7, 2024 TEXAS
Winter Family Education Event-DFW
Host: Texas Central Bleeding Disorders
972-386-3865, texcen.org
RSVP: Shanna Garcia, shanna@texcen.com
Embassy Suites; Grapevine

DEC 7, 2024 VIRGINIA
Holiday Gathering
Host: Hemophilia Association of the Capital Area, hacacares.org
RSVP: 703-352-7641
Oswald Durant Center; Alexandria

DEC 8, 2024 PENNSYLVANIA
End-of-Year Annual Meeting
Education, Lunch & Longwood Gardens
Host: Brandywine Valley Hemophilia Foundation
www.brandywinehemophilia.org
RSVP: Kim Hamstead
kkhamstead@gmail.com
Mendenhall Inn; Mendenhall

DEC 10, 2024 OHIO
Ladies Lunch - Holiday Extravaganza
Hosts: Novo Nordisk and BioMatrix
RSVP: Shelia Biljes, 440-814-1626
shelia.biljes@biomatrixsprx.com
Tony K Restaurant; Berea

DEC 15, 2024 CALIFORNIA
Winterfest
Host: Hemophilia Fnd of Northern CA
http://hemofoundation.org
Ashley Gregory, 510-658-3324
ashley.gregory@hemofoundation.org
Fresno Breakfast House

DEC 15, 2024 DELAWARE
Education & Cookie Decorating
Host: Brandywine Valley Hemophilia Fdn.
www.brandywinehemophilia.org
Sponsors: Novo Nordisk and BioMatrix
RSVP: Gail Novak, gvannicola@verizon.net
Timothy's Riverfront Grill; Wilmington

NATIONAL EVENT! APRIL 10–13, 2025 FLORIDA
Annual Hybrid Symposium
Host: The Coalition for Hemophilia B
www.hemob.org, 212-520-8272
Registration is now open!
www.hemob.org/annual-symposium
Rennaissance Orlando at Seaworld

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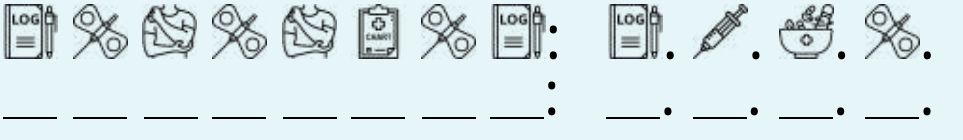
Feb 8, 2025 • Richmond, VA
May 3, 2025 • St. Louis, MO
May 17, 2025 • San Antonio, TX

To Register:
www.hemob.org/upcoming-events

Hi Kids! Time for Fun!

Can you use the secret code to decode an important message?
Try the Soduko puzzles too! Good Luck! Answers are on page 25.



A=		E=		I=		M=		Q=		U=		Y=													
B=		F=		J=		N=		R=		V=		Z=													
C=		G=		K=		O=		S=		W=															
D=		H=		L=		P=		T=		X=															

8	6	9				5		2
	4							1
		7	2	8	4			9
7	2		3			9		
			9	4	6			
		6			7		5	8
6			8	1	5	4		
9							8	
3		4				7	1	5

Sudoku!

Fill in the grid so every row, every column, and every 9 by 9 box contains the numbers 1 through 9.

	8		7					6
	1	5				2	8	
			9	8	2			1
2			4			1	9	8
				2				
1	6	8			7			4
4			2	3	8			
	5	9				8	6	
8					9		7	

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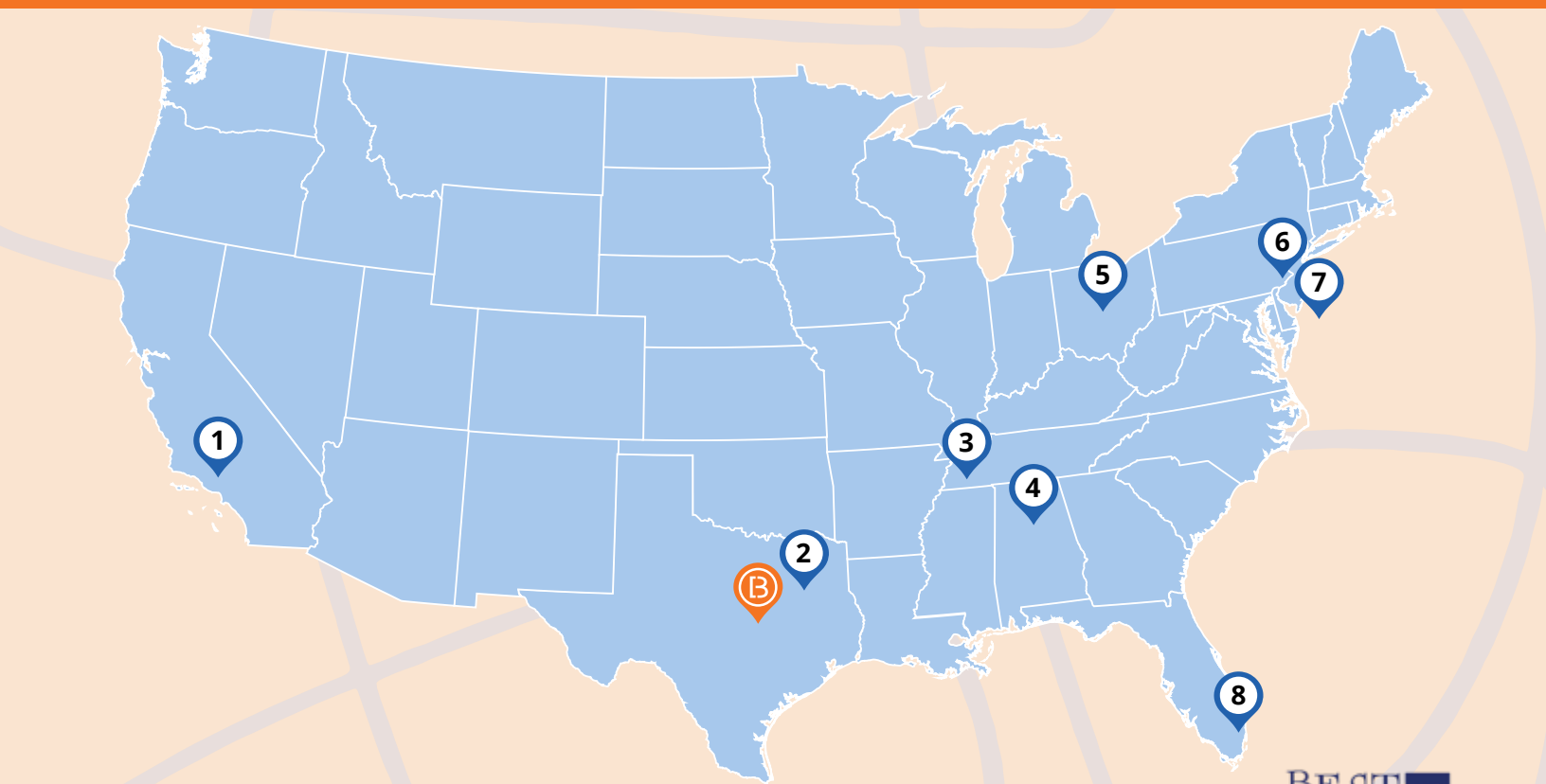

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