

# BloodLines

The Official Newsletter of the Hemophilia Association of San Diego County | **Volume 36 Issue 4 2016**

## CELEBRATING THE HOLIDAY SEASON WITH HASDC



HASDC's Holiday Celebration was held on December 10 at the Handlery Hotel San Diego in Mission Valley. Families, friends and industry partners enjoyed an afternoon featuring beautiful holiday décor, children's crafts and a special visit from the North Pole.

Families had the opportunity to take photos with Santa and Mrs. Clause next to the giant Christmas tree, and

have some fun in the photo booth. Children enjoyed decorating sugar cookies with sprinkles and icing, making personalized ornaments, designing beautiful holiday cards, and having their smiling faces painted with holiday designs. Everyone was treated to a delicious lunch, complete with pumpkin cheesecake and red velvet cake. The day closed with the

main event – each child was given a wrapped gift from Santa.

This annual HASDC event was made possible by the generous support of our financial donors, toy drive contributors, community volunteers and the HASDC elves. With this loyal support, HASDC will continue to provide special events such as these for our local bleeding disorders community.



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Since we do not engage in the practice of medicine, we always recommend that you consult a physician before pursuing any course of treatment.

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# DIRECTOR'S CORNER

**NOOSHIN KOSAR**  
HASDC EXECUTIVE DIRECTOR

As we prepare for the New Year, we can reflect on all the great programs and events that have occurred this year. From becoming Jedies who learned the secret of the force at Camp Pascucci to challenging ourselves to go beyond what we think we can do in Yosemite. This year's fundraisers, our Charity Golf Tournament and Hemophilia Walk, have provided the opportunity for numerous youth and young adults to learn the importance of self-infusion, advocate for themselves at Washington Days and gain valuable knowledge on goal setting and independence.

On behalf of the HASDC Board of Directors and Staff, we would like to thank all of our 2016 donors and volunteers. Our programs and events would not be possible or successful without you. We look forward to a continued partnership in 2017.



Wishing everyone a wonderful holiday season and a Happy New Year!

**ESQUINA DE LA DIRECTORA**

*Nooshin Kosar, Directora Ejecutiva de HASDC*

Mientras que nos preparamos para el nuevo año, podemos reflexionar sobre todos los estupendos programas y eventos que hemos tenido este año. Desdetransformarnos en Jedies y aprender el secreto de la fuerza en el Campamento Pascucci hasta desafiarnos a ir más allá de lo que pensamos que somos capaces en Yosemite. La recaudación de fondos de este año, nuestro torneo benéfico de golf y la caminata por hemofilia han facilitado la oportunidad para muchos jóvenes y adolescentes de aprender la importancia de darse la infusión ellos

mismos, abogar por si mismos en Los Días de Washington y obtener valiosos conocimientos en proponerse metas e independencia.

En nombre de La Mesa Directiva y del personal de HASDC, nos gustaría darles las gracias a todos los donantes y voluntarios del 2016. Nuestros programas y eventos no serían posibles y exitosos sin ustedes. Esperamos que nuestro trabajo en asociación continúe en el 2017.

Deseándoles a todos unos fabulosos días festivos y un Feliz Año Nuevo!

## 2016 HARVEST BASKET AND TOY DRIVE DONORS

**THANK YOU FOR HELPING MAKE THIS HOLIDAY SEASON SPECIAL FOR OUR FAMILIES!**

- |                                      |  |  |
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# 2017 SUMMER CAMPS

## CAMP PASCUCCI

## TEEN CAMP

Who	Boys and girls ages 7-14 diagnosed with a bleeding disorder, carriers and siblings.	Boys and girls ages 14-17 diagnosed with a bleeding disorder, carriers and siblings.
When	August 13-18	July 7-10
Where	YMCA Camp Whittle (near Big Bear)	American River (near Sacramento)
What	Swimming, crafts, archery, games, self-infusion instruction, and more.	Rafting, camping, connecting with other teens, and more.
Notes	<ul style="list-style-type: none"> <li>• All transportation (from HASDC office) and camp expenses covered</li> <li>• Professional medical staff from both the local HTTCs on site for duration of the program</li> <li>• Trained camp staff - at least one adult counselor and one junior counselor per cabin</li> <li>• Experienced campers age 15+ can apply to be camp staff</li> </ul>	<ul style="list-style-type: none"> <li>• All transportation and camp expenses covered</li> <li>• Professional medical staff from the local HTTC on site for duration of the program</li> <li>• Experienced camp staff (21+)</li> </ul>



**APPLICATION DEADLINE:  
JUNE 16**

**APPLICATION FEE:  
\$25**

**INFORMATION:  
[WWW.HASDC.ORG/EVENTS](http://WWW.HASDC.ORG/EVENTS)**



# CSL BEHRING'S GETTIN' IN THE GAME

JARRETT DUNCAN  
STUDENT

*The 15th annual Gettin' in the Game Junior National Championship was held September 30 – October 2 in Phoenix, Arizona. Chapters from throughout the United States were invited to nominate two participants diagnosed with bleeding disorders to represent them at the national competition. During the program, participants take part in baseball, swimming or golf activities, learn about the importance of physical fitness, and build relationships with fellow members of the bleeding disorders community. The 2016 HASDC representatives were Nathan Showronski, age 12, and Jarrett Duncan, age 16.*

## From Jarrett Duncan

"I have 22q11.2 deletion syndrome with a mild platelet function defect. I was selected to represent HASDC at the JNC this year, and the sport I chose to participate in was golf. I had never played golf before, but that wasn't a problem. The first day we were there we attended a clinic. We were taught how to hold the club, make a shot and how to hit the ball. It was a great learning experience. By the end of the clinic I felt like a pro!

*La decimoquinta competencia anual de Gettin'in the Game Junior National Championship se llevó a cabo del 30 de septiembre al 2 de octubre en Phoenix, Arizona. Capítulos de todas partes de los Estados Unidos son invitados a que nominen a dos participantes que han sido diagnosticados con desórdenes sanguíneos para que los representen en la competencia nacional. Durante el programa, los participantes toman parte en actividades de béisbol, natación o golf, aprenden acerca de la importancia de estar en buena forma física y establecen comunicación con compañeros miembros de la comunidad de desórdenes sanguíneos. Los representantes de HASDC para el 2016 fueron Nathan Showronski, 12 años y Jarrett Duncan, 16 años.*

## De Jarrett Duncan

"Tengo el síndrome de supresión 22q11.2 con un defecto de función de plaquetas leve. Fui elegido para representar a HASDC en JNC este año y el deporte que escogí para participar fue golf. Nunca antes había jugado golf, pero no fue un problema. EL primer día que estuvimos allí asistimos a una clínica. Nos enseñaron como agarrar el palo, como lograr que la pelota caiga en el hueco y como pegarle a la pelota. Fue una gran experiencia de aprendizaje. ¡Al final de la clínica me sentía como un pro!

Al siguiente día fue el gran torneo. Nos dividieron en grupos de cuatro basado en el nivel de habilidad. Teníamos carros de golf y nuestros propios caddies listos y esperando por nosotros.

The next day was the big tournament. We were broken up into groups of four based on skill level. We had golf carts and our own caddies ready and waiting for us. It was really great to have a caddy there to help teach us the game, not to mention how fun it was to have our own golf cart!

After the tournament we had a chance to meet all the pro's and we were able to have a wrap session to discuss living with a bleeding disorder. It was great to be able to talk to other kids with the same condition. I could relate to all the questions the kids were asking. The evening ended with an Awards Ceremony. The kids who scored the highest in their sports were given a trophy and a gift certificate. The evening ended with a dinner where we had a chance to meet other families from all around the United States. It was a great evening.

I recommended attending the JNC if you have the chance! I had such a great time playing golf, I will definitely try it again. Thank you so much for the opportunity."

¡Fue fabuloso tener un caddie allí que nos ayudó a aprender el juego, y ni se diga, lo divertido que fue tener nuestro propio carro de golf!

Después del torneo tuvimos la oportunidad de conocer a todos los pros y pudimos terminar con una sesión donde discutimos acerca de vivir con un desorden sanguíneo. Fue magnifico poder hablar con otros jóvenes con la misma condición. Pude relacionarme con todas las preguntas que los jóvenes estaban haciendo. La noche terminó con una ceremonia de reconocimientos. Los jóvenes que sacaron el puntaje más alto en su deporte se les otorgó un trofeo y un certificado monetario. La noche terminó con una cena donde tuvimos la oportunidad de conocer otras familias de todo alrededor de los Estados Unidos. Fue una gran noche.

Yo recomiendo que participen en JNC si tienen la oportunidad! Me divertí en grande jugando golf; definitivamente lo trataría de nuevo. Muchas gracias por la oportunidad."





Michael, 30 years old, lives with hemophilia A.

An injectable medicine used to control and prevent bleeding in people with hemophilia A

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## ✓ Purity

Two **20-nanometer filters** used in a 5-step purification process

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Novoeight® offers the **highest storage temperature** for the **longest time**<sup>a</sup>— up to 86°F for 12 months

## ✓ Reliability

In one of the largest clinical trials of a recombinant factor VIII to date, **there were 0 inhibitors confirmed** in 213 previously treated patients<sup>b</sup>

<sup>a</sup>Compared with other recombinant factor VIII products.

<sup>b</sup>People with previous inhibitors and those new to treatment were not included in the trial. People with hemophilia A may develop inhibitors to factor VIII.

Please see Prescribing Information for complete storage instructions.



Terms and conditions apply.

Visit [Novoeight.com](http://Novoeight.com) today to learn more.

## Indications and Usage

Novoeight® (Antihemophilic Factor [Recombinant]) is an injectable medicine used to control and prevent bleeding in people with hemophilia A. Your healthcare provider may give you Novoeight® when you have surgery.

Novoeight® is not used to treat von Willebrand Disease.

## Important Safety Information

You should not use Novoeight® if you are allergic to factor VIII or any of the other ingredients of Novoeight® or if you are allergic to hamster proteins.

Call your healthcare provider right away and stop treatment if you get any of the following signs of an allergic reaction: rashes or hives, difficulty breathing or swallowing, tightness of the chest, swelling of the lips and tongue, light-headedness, dizziness or loss of consciousness, pale and cold skin, fast heartbeat, or red or swollen face or hands.

Before taking Novoeight®, you should tell your healthcare provider if you have or have had any medical conditions, take any medicines (including non-prescription medicines and dietary supplements), are nursing, pregnant or planning to become pregnant, or have been told that you have inhibitors to factor VIII.

Your body can make antibodies called “inhibitors” against Novoeight®, which may stop Novoeight® from working properly. Call your healthcare provider right away if your bleeding does not stop after taking Novoeight®.

Common side effects of Novoeight® include swelling or itching at the location of injection, changes in liver tests, and fever.

## Please see brief summary of Prescribing Information on following page.

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

Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey 08536 U.S.A.

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**novoeight®**  
Antihemophilic Factor  
(Recombinant)

# HEMOPHILIA VERTICAL

The therapeutic rock climbing program is a unique, fun, and low risk athletic activity shown to increase range of motion and overall joint health. Open to all Hemophilia and bleeding disorder patients and a guest. These FREE climbing sessions take place every Wednesday thru December 14, 2016 at the Mesa Rim Climbing Gym in Mira Mesa.

Call today for more information  
(858) 657-6301

or go online to register at  
[health.ucsd.edu/hemophilia](http://health.ucsd.edu/hemophilia)



10110 Mesa Rim Road San Diego, CA. 92121

Find climbing schedule information on our website  
[health.ucsd.edu/hemophilia](http://health.ucsd.edu/hemophilia)

## UC San Diego Health

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# Thank You

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2016 Toy Drive and Food Drive Donors

## What is the most important part of choosing a hemophilia specialty pharmacy?



### We believe it's the team.

As a Bleeding Disorder Specialty Pharmacy, we know what's important to our patients. Most members of our staff either have a bleeding disorder or have an affected family member. We know that compassion and knowledge are critical parts of what is a lifetime of treatment. Our team is family and we invite you to join us.



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# VIRTUAL REALITY EASES INFUSION FOR CHILDREN

The hemophilia treatment center (HTC) at Nationwide Children's Hospital (NCH) in Columbus, OH, has spearheaded the development of a virtual reality game that is designed to provide a unique distraction for children as they receive intravenous infusions of clotting factor product. The game is called Voxel Bay and it was created through a collaborative effort by HTC staff, design experts at NCH and students from The Ohio State University.

The game, which is geared to children with hemophilia who are adverse to the needle sticks necessary for factor infusions, is now being tested in a pilot study at NCH to determine how effectively the game can be employed in a clinical setting. The game immerses pediatric patients in a fun, virtual world replete with penguins, pirates and hermit crabs.

"I work with pediatric patients with bleeding disorders and know all too well the fears and anxiety that they and their families experience related to frequent needle sticks," said Amy Dunn, MD, Director of Hematology at NCH. "I took this problem to our incredible design team and asked them to help our hemophilia team create a solution that would be cost-effective, friendly, safe, engaging for children of any age, and help with adherence to treatments ultimately leading to better outcomes."

Charmaine Biega, RN, a nurse at NCH for almost 30 years, recognized the game's utility very quickly through one of her patients. "Brody just started getting his treatments through IV on a regular basis and was having a really rough time," said Biega. "But the first time he used the game in clinic, he was so completely engaged in the game when the IV was administered, he just barely flinched. The difference in how patients react during a procedure when they are playing these interactive games is remarkable."

Those administering the pilot study, which is funded by a grant from the National Hemophilia Foundation, are collecting preliminary data on the game's usability and likeability from parents, patients and nurses. Investigators are also looking at further applications, such as use in home settings for regular prophylactic infusions.

"The feedback we have gotten so far has been really positive," said Dunn. "As 'One Team' we designed an approach that is truly engaging and immersive for kids and is customized to their needs, and we believe it will really make a difference in their treatment and outcomes."

*Source: News-medical.net.com, October 6, 2016*



## SAVE THE DATE NHF'S WASHINGTON DAYS Wednesday, March 8 - Friday, March 10, 2017

- Meet face to face with lawmakers and staff who shape national healthcare policy.
- Become more informed on critical issues that affect your continued access to quality care.
- Learn effective grassroots advocacy techniques.

HASDC will be sponsoring one individual to attend. Flight and hotel will be paid for. For more information and to apply visit the HASDC website at [www.hasdc.org/events](http://www.hasdc.org/events) Application deadline is January 13th.

If you are interested in attending on your own, you can register through the National Hemophilia Foundation at [www.hemophilia.org](http://www.hemophilia.org)

# THE FIRST FACTOR VIII WITH A PROLONGED HALF-LIFE

 Learn how a prolonged half-life  
may affect your infusion schedule

**Meet your CoRe Manager Edgar Vega**  
E: [edgar.vega@biogen.com](mailto:edgar.vega@biogen.com) T: 562-413-4852

## Indications

ELOCTATE, [Antihemophilic Factor (Recombinant), Fc Fusion Protein], is a recombinant DNA derived, antihemophilic factor indicated in adults and children with Hemophilia A (congenital Factor VIII deficiency) for: on-demand treatment and control of bleeding episodes, perioperative management of bleeding, and routine prophylaxis to reduce the frequency of bleeding episodes. ELOCTATE is not indicated for the treatment of von Willebrand disease.

## Important Safety Information

Do not use ELOCTATE if you have had an allergic reaction to it in the past.

Tell your healthcare provider if you have or have had any medical problems, take any medicines, including prescription and non-prescription medicines, supplements, or herbal medicines, have any allergies, are breastfeeding, are pregnant or planning to become pregnant, or have been told you have inhibitors (antibodies) to Factor VIII.

Allergic reactions may occur with ELOCTATE. Call your healthcare provider or get emergency treatment right away if you have any of the following symptoms: difficulty breathing, chest tightness, swelling of the face, rash, or hives.

Your body can also make antibodies called, "inhibitors," against ELOCTATE, which may stop ELOCTATE from working properly.

The most frequently occurring side effects of ELOCTATE are headache, rash, joint pain, muscle pain and general discomfort. These are not all the possible side effects of ELOCTATE. Talk to your healthcare provider right away about any side effect that bothers you or that does not go away, and if bleeding is not controlled after using ELOCTATE.

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

**Please see Brief Summary of full Prescribing Information on the next page.**

**This information is not intended to replace discussions with your healthcare provider.**



## FDA-Approved Patient Labeling

### Patient Information

#### ELOCTATE® /el' ok' tate /

#### [Antihemophilic Factor (Recombinant), Fc Fusion Protein]

Please read this Patient Information carefully before using ELOCTATE and each time you get a refill, as there may be new information. This Patient Information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

#### What is ELOCTATE?

ELOCTATE is an injectable medicine that is used to help control and prevent bleeding in people with Hemophilia A (congenital Factor VIII deficiency).

Your healthcare provider may give you ELOCTATE when you have surgery.

#### Who should not use ELOCTATE?

You should not use ELOCTATE if you had an allergic reaction to it in the past.

#### What should I tell my healthcare provider before using ELOCTATE?

Talk to your healthcare provider about:

- Any medical problems that you have or had.
- All prescription and non-prescription medicines that you take, including over-the-counter medicines, supplements or herbal medicines.
- Pregnancy or if you are planning to become pregnant. It is not known if ELOCTATE may harm your unborn baby.
- Breastfeeding. It is not known if ELOCTATE passes into the milk and if it can harm your baby.

#### How should I use ELOCTATE?

You get ELOCTATE as an infusion into your vein. Your healthcare provider will instruct you on how to do infusions on your own, and may watch you give yourself the first dose of ELOCTATE.

Contact your healthcare provider right away if bleeding is not controlled after using ELOCTATE.

#### What are the possible side effects of ELOCTATE?

You can have an allergic reaction to ELOCTATE. Call your healthcare provider or emergency department right away if you have any of the following symptoms: difficulty breathing, chest tightness, swelling of the face, rash or hives.

Your body can also make antibodies called, "inhibitors," against ELOCTATE. This can stop ELOCTATE from working properly. Your healthcare provider may give you blood tests to check for inhibitors.

Common side effects of ELOCTATE are headache, rash, joint pain, muscle pain and general discomfort.

These are not the only possible side effects of ELOCTATE. Tell your healthcare provider about any side effect that bothers you or does not go away.

#### How should I store ELOCTATE?

- Keep ELOCTATE in its original package.
- Protect it from light.
- Do not freeze.
- Store refrigerated (2°C to 8°C or 36°F to 46°F) or at room temperature [not to exceed 30°C (86°F)], for up to six months.
- When storing at room temperature:
  - Note on the carton the date on which the product is removed from refrigeration.
  - Use the product before the end of this 6 month period or discard it.
  - Do not return the product to the refrigerator.

Do not use ELOCTATE after the expiration date printed on the vial or, if you removed it from the refrigerator, after the date that was noted on the carton, whichever is earlier.

After reconstitution (mixing with the diluent):

- Do not use ELOCTATE if the reconstituted solution is not clear to slightly opalescent and colorless.
- Use reconstituted product as soon as possible.
- You may store reconstituted solution at room temperature, not to exceed 30°C (86°F), for up to three hours. Protect the reconstituted product from direct sunlight. Discard any product not used within three hours.

#### What else should I know about ELOCTATE?

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

44279-02

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# Leadership Begins With U

Introducing Leadership U, a paid summer internship\* for full-time college students whose lives have been touched by hemophilia. Work alongside leaders at Bayer, while learning how to become a future leader in the hemophilia community.

\*Includes lodging and transportation costs

Now Accepting 2017 Summer Internship Applications at the **NEW**

**[LivingWithHemophilia.com/Lead](http://LivingWithHemophilia.com/Lead)**

Applications are due no later than:  
**Tuesday, January 31, 2017 at 11:59 p.m. ET**



Explore Bayer's additional leadership opportunities, Step Up Reach Out and AFFIRM, at [www.hemophilialead.net](http://www.hemophilialead.net).

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# WELLNESS CORNER

LISA HEFFERNAN  
DIRECTOR OF PROGRAMS  
AND EVENTS



Wellness (wel-nis):  
the quality or state of  
being healthy in body and  
mind, as the result of a  
deliberate effort.

## 5 TIPS FOR A HEALTHY HOLIDAY SEASON

The holidays are usually synonymous with an abundance of eating and a lack of exercise. We want to encourage you to start this New Year on the right foot. The holidays are a time for celebration and family, not to put on weight. Here are five ways to keep your health over the holidays.

### Tip #1: Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

### Tips #2: Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

### Tip #3: Just Say No

You probably aren't aware how much extra food

you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

### Tip #4: Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

### Tip #5: Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

*Reprint from Active.com website.*

*Article written by Lisa Druxman.*

# ESQUINA DEL BIENESTAR

LISA HEFFERNAN  
DIRECTORA DE  
PROGRAMMAS Y EVENTOS



Bienestar:  
la cualidad o el estado  
de estar saludable  
en cuerpo y mente  
como resultado de un  
esfuerzo deliberado.

## 5 CONSEJOS PARA UNA TEMPORADA FESTIVA SALUDABLE

Los días festivos por lo general son sinónimos con la abundancia de comida y la falta de ejercicio. Queremos animarlos a que empiecen este nuevo año con el pie derecho. Las festividades son momentos para celebrar y para la familia no para subir de peso. Aquí hay cinco maneras de mantener tu salud durante los días festivos.

### Consejo #1: Haz buenas compras para ti

Es más importante que nunca que surtas tu cocina con comestibles saludables. Ten meriendas saludables a la mano. Entre más conveniente estén, más las comerás. En vez de pensar en que debes comer prométe comer tus 3 a 5 servidas de vegetales todos los días.

### Consejo #2: Planea tus ejercicios

Tu agenda va a ser muy ocupada durante esta temporada festiva. Planea tus ejercicios al igual que haces con cualquier otra cita. Está bien si no puedes ir a la clase pero asegúrate de que haces actividades por lo menos tres días a la semana.

### Consejo #3: Simplemente di No

Probablemente no te das cuenta cuanta comida de más consumes tan solo de las personas que

te la ofrecen. Una probadita en el mercado aquí, una galleta de más en la fiesta del trabajo allá y todo se acumula. Piénsalo dos veces antes de tomar esa comida y decide si en realidad la quieres.

### Consejo #4: Evita hornear

¿Haces dulces para regalar? Lo más probable es que te comes mucho de lo que horneas. ¿Quién no lo haría? Mejor es que des regalos que no sean comestibles o prepara los ingredientes para hornear y ponlos en frascos decorados – deja que la persona a quien se los das los hornee. De esa manera ellos se lo comen cuando quieren y tú no tienes que estar tentada en la cocina.

### Consejo #5: Hidrátate

Mantén una botella de agua contigo en todo momento. Debes estar tomando 8 vasos de agua de 8oz todos los días. Un truco muy práctico es comprar un jarro de agua de 64oz. Llénalo por la mañana y sabes que tienes que terminarlo para el final del día.

*Reimprimido del sitio web Active.com.*

*Artículo escrito por Lisa Druxman.*

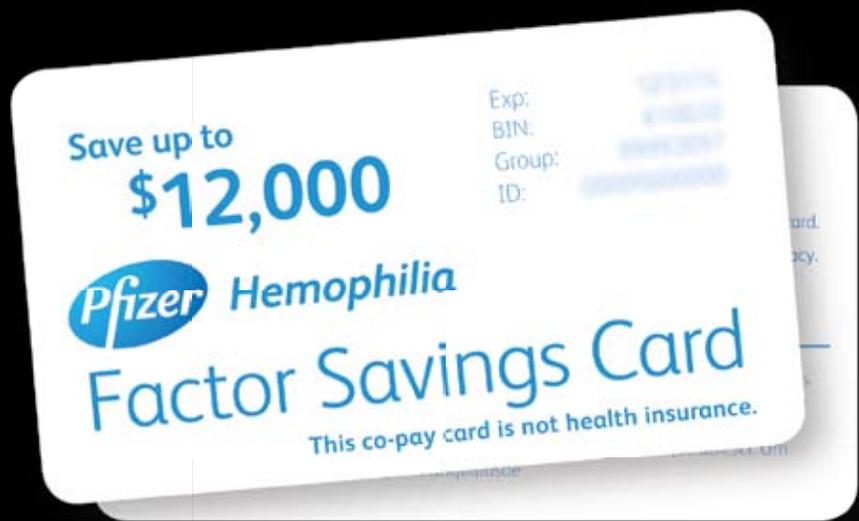
# Save up to **\$12,000** in 2016!

Eligible patients can save up to \$12,000 annually on co-pay, deductible, and coinsurance costs with the Pfizer Factor Savings Card.

Get your card online now...



Scan the QR code or visit [PfizerFactorSavingsCard.com](http://PfizerFactorSavingsCard.com) to download your card today.\*



## Beginning in 2016 (follow these steps):

1. Get your prescription for a Pfizer factor product from your doctor.
2. Visit [PfizerFactorSavingsCard.com](http://PfizerFactorSavingsCard.com) and fill out a brief registration form.<sup>†</sup>
3. Save and print your card right from your computer. The card is now activated.
4. Keep your card and use it for every purchase until the maximum benefit has been reached or the card has expired, whichever comes first.

**This card will be accepted only at participating pharmacies. This card is not health insurance.**

No membership fees. You will receive a total benefit of \$12,000 per calendar year, or the amount of your co-pay over one year, less a patient financial responsibility of \$10 per month, whichever is less.

If you have any questions about the use of the Pfizer Factor Savings Card, please call 1-888-240-9040 or send questions to: Pfizer Factor Savings Program, 6501 Weston Parkway, Suite 370, Cary, NC 27513. The Pfizer Factor Savings Card cannot be combined with other offers and is limited to one per person.

\*Terms and conditions apply; visit [PfizerFactorSavingsCard.com](http://PfizerFactorSavingsCard.com) for complete terms and conditions. For commercially insured only. Medicare/Medicaid beneficiaries are not eligible.

<sup>†</sup>You can also request a card from your doctor, or by calling 1-855-PFZ-HEMO.



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### At Aptevo, we pride ourselves on:

Providing high-quality, specialized therapies for people with rare conditions

Connecting with people to learn about their needs

Developing empowering programs that enrich peoples' lives

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**For more information about IXINITY, visit [IXINITY.com](http://IXINITY.com)**

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Aptevo BioTherapeutics LLC, Berwyn, PA 19312.

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# WITH BROTHERS HEALTHCARE YOU CAN EXPECT

- Care plans tailor made to your family's needs
- Direct coordination with your healthcare team
- Personal support and advocacy
- Pharmacy and care support team 24/7
- Community and national outreach



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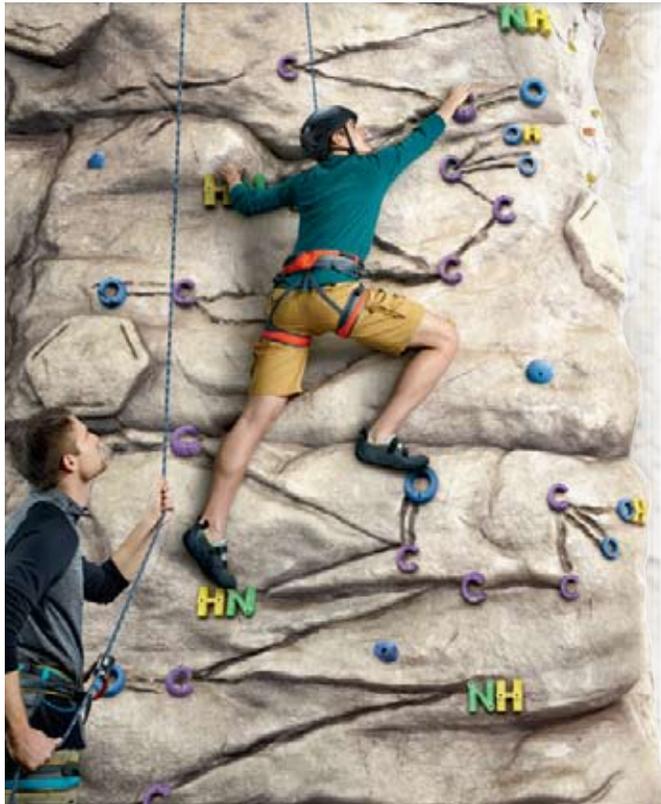
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**Brothers**  
HEALTHCARE



For adults and children with hemophilia A

# REACH HIGHER

With the Long-lasting Protection of AFSTYLA

**2x**  
WEEKLY  
AVAILABLE

FDA-approved for dosing 2 or 3 times a week

**ZERO**  
BLEEDS  
(median ASBR\*)

In clinical trials, whether dosed 2 or 3 times a week

COMPARABLE TO  
NATURAL  
FACTOR  
VIII

Identical to natural Factor VIII once activated

**Zero inhibitors observed – Low incidence of side effects in clinical trials**

In clinical trials, dizziness and allergic reactions were the most common side effects.

Visit [AFSTYLA.com](http://AFSTYLA.com) to sign up for the latest news

\*Annualized spontaneous bleeding rate in clinical trials (interquartile range [IQR]=0–2.4 for patients ≥12 years; 0–2.2 for patients <12 years).

### Important Safety Information

AFSTYLA is used to treat and control bleeding episodes in people with hemophilia A. Used regularly (prophylaxis), AFSTYLA can reduce the number of bleeding episodes and the risk of joint damage due to bleeding. Your doctor might also give you AFSTYLA before surgical procedures.

AFSTYLA is administered by intravenous injection into the bloodstream, and can be self-administered or administered by a caregiver. Your healthcare provider or hemophilia treatment center will instruct you on how to do an infusion. Carefully follow prescriber instructions regarding dose and infusion schedule, which are based on your weight and the severity of your condition.

Do not use AFSTYLA if you know you are allergic to any of its ingredients, or to hamster proteins. Tell your healthcare provider if you previously had an allergic reaction to any product containing Factor VIII (FVIII), or have been told you have inhibitors to FVIII, as AFSTYLA might not work for you. Inform your healthcare provider of all medical conditions and problems you have, as well as all medications you are taking.

Immediately stop treatment and contact your healthcare provider if you see signs of an allergic reaction, including a rash or hives, itching, tightness of chest or throat, difficulty breathing, lightheadedness, dizziness, nausea, or a decrease in blood pressure.

Your body can make antibodies, called inhibitors, against FVIII, which could stop AFSTYLA from working properly. You might need to be tested for inhibitors from time to time. Contact your healthcare provider if bleeding does not stop after taking AFSTYLA.

In clinical trials, dizziness and allergic reactions were the most common side effects. However, these are not the only side effects possible. Tell your healthcare provider about any side effect that bothers you or does not go away.

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

Please see the following brief summary of full prescribing information on the adjacent page, and the full prescribing information, including patient product information, at [AFSTYLA.com](http://AFSTYLA.com).

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**AFSTYLA**®  
Antihemophilic Factor  
(Recombinant), Single Chain

# HASDC 2017 CALENDAR OF EVENTS

January	<b>Educational Dinner Program</b>	Location TBD
February	<b>Backpacks &amp; Bleeders</b>	Location TBD
February	<b>Educational Dinner Program - “Women in Hemophilia” (Shire)</b>	Location TBD
March 4	<b>Children’s Hospital Los Angeles Hemophilia Family Day</b>	Los Angeles, CA
March 8-10	<b>National Hemophilia Foundation’s Washington Days</b>	Washington, DC
March 18	<b>Family Education Day</b>	San Diego Zoo
April	<b>Educational Dinner Program</b>	Location TBD
April 6-9	<b>Hemophilia Federation of America Symposium</b>	Providence, RI
April	<b>Rush Charity Spin Class</b>	The Rush Indoor Cycling Studio
April	<b>Backpacks &amp; Bleeders</b>	Location TBD
April 17	<b>World Hemophilia Day</b>	---
April 28-30	<b>NOW Conference (National Outreach for VWD)</b>	Phoenix, AZ
May 8-10	<b>Hemophilia Council of California’s Future Leaders Program</b>	Sacramento, CA
May 10	<b>Hemophilia Council of California’s Legislative Day</b>	Sacramento, CA
May 23	<b>Charity Golf Tournament</b>	The Crosby at Rancho Santa Fe
June	<b>Backpacks &amp; Bleeders</b>	Location TBD
June	<b>Women’s Educational Retreat</b>	Location TBD
July 7-10	<b>Teen Camp</b>	American River, CA
July	<b>Educational Dinner Program</b>	Location TBD
July 22-29	<b>Hemophilia Council of California’s California Coastal Ride</b>	Sacramento to San Diego
July 29	<b>Family Picnic &amp; HCC’s CA Coastal Ride Homecoming</b>	Playa Pacifica – Mission Bay
August	<b>Educational Dinner Program</b>	Location TBD
August 13-18	<b>Camp Pascucci</b>	YMCA Camp Whittle, Fawnskin
August 24-26	<b>National Hemophilia Foundation’s Annual Meeting</b>	Chicago, IL
September 15-17	<b>Familia de Sangre 2017</b>	Anaheim, CA
September	<b>UC San Diego Health HTC Patient Wellness &amp; Education Day</b>	Location TBD
October 14	<b>San Diego Hemophilia Walk</b>	NTC Park, Liberty Station
October	<b>Backpacks &amp; Bleeders</b>	Location TBD
October	<b>Rady Children’s Hospital HTC Family Day</b>	Rady Children’s Hospital
October	<b>Fall Food Drive</b>	---
November	<b>Industry Symposium</b>	Location TBD
November	<b>Holiday Toy Drive</b>	---
December	<b>Educational Dinner Program</b>	Location TBD
December 9	<b>Holiday Celebration</b>	Handlery Hotel, Mission Valley

Subject to change. Advance registration is required for all events.  
Please visit our website for event details and online registration - [www.hasdc.org/events](http://www.hasdc.org/events)



**SAVE THE DATE**  
**FAMILY EDUCATION DAY**

**MARCH 18, 2017**

Join us at the San Diego Zoo for our annual day of education and networking. Meet others within the bleeding disorders community, become inspired by patient speakers and visit industry partners at the vendor fair.

