

# CENTRAL VIRGINIA CENTER FOR COAGULATION DISORDERS NEWSLETTER



Virginia Commonwealth University Medical Center

## Congratulations Dr. Barrett!

Dr. John Christian Barrett, medical director for our adult clinic, was recently made Associate Chair of Clinical Affairs for the VCU department of Internal Medicine. Congratulations Dr. Barrett!

reimbursement to Medicaid providers was discussed. The HAB recommended a letter to Virginia delegates regarding the new Obama Budget 2011 which pools Centers for Disease Control funding and does not guarantee continued funding to the HTC's. The HAB created a subcommittee to make recommendations about policies for the waiting list for persons to be referred for PSI premium assistance. They also developed a subcommittee to consider strategies to address concerns about obesity in the bleeding disorders population. Also the VBDP will continue its outreach to local health district family planning clinics regarding von Willebrand Disease.

## Chapter News

The Chapter continues to have lots of fun programs planned for this spring and summer. Here are just a few of the upcoming events, activities, and programs you should know about:

## Virginia Hemophilia Foundation Lyman Fisher Scholarship



The Virginia Hemophilia Foundation offers two scholarships of \$2000 each to members of the bleeding disorders community and their families. This scholarship is available only to residents of Virginia and applications. Contact the Chapter at 1-800-266-8438 or get an application online at [www.vahemophilia.org](http://www.vahemophilia.org) to apply. The deadline for the Lyman Fisher scholarship is **May 7<sup>th</sup>, 2010**.

## Chapter Annual Meeting

Mark your calendars for the Virginia Hemophilia Foundation's 2010 Annual State Meeting

When: **Saturday, May 15, 9-3 PM**

\* A dinner event will also be held **Friday, May 14<sup>th</sup> at 6:30 PM**

## Treatment Center News

### 2010 HAB Meeting

The Virginia Hemophilia Advisory Board (HAB) met on March 22, 2010. The agenda included a review of the program statistics and budget. Fortunately to-date the Virginia Bleeding Disorder Program budget has not been affected by the state budget cuts; however other programs serving this patient population have been affected. Concerns regarding possible changes in Medicaid eligibility and

Where: Camp Holiday Trails  
400 Holiday Trails Lane,  
Charlottesville, VA 22903,  
434-977-3781

What:

- Chapter Updates
- Information on the Latest Medical Research
- Stress Management Exhibits
- Debut of "The X Factor" Play
- Childcare (kids 4 and under)
- Special Kids Program with Camp Holiday Trails
- **Bonus! Drawing for Free Trip to the NHF National Meeting in New Orleans.**

To register for one of these programs please contact Virginia Hemophilia Foundation at: [vahemophiliaed@verizon.net](mailto:vahemophiliaed@verizon.net) or (800) 266-8438.

\*\* Please bring factor and infusions supplies that may be needed for the day as they will not be available at the meeting.

## Summer Camps



It's time to start thinking about summer camps! Here are some options available this year:

### **Virginia Hemophilia Foundation Family Camp at Camp Holiday Trails**

Camp Holiday Trails also holds a traditional camp for the whole family to attend. Activities will include swimming, horseback riding, games, and plenty of opportunities to meet other families affected by bleeding disorders.

Space is limited for this popular weekend camping program for the whole family, so please apply ASAP if you are interested!

Applications and further information are available at: [www.campholidaytrails.org](http://www.campholidaytrails.org) or [www.vahemophilia.org](http://www.vahemophilia.org). or call the chapter for more details.

Contact: 1-800-266-8438 or [vahemophiliaed@verizon.net](mailto:vahemophiliaed@verizon.net)

When: **May 28<sup>th</sup>- 30<sup>th</sup>, 2010**

Where: Camp Holiday Trails  
Holiday Trails Lane  
Charlottesville, VA

### **Camp Youngblood at Holiday Trails**

The chapter will once again host Camp Youngblood at Camp Holiday Trails in Charlottesville, VA. Plan to join other youth from throughout the state for a great week of fun!

Children ages 7-17 with a bleeding disorder and their siblings who live in Virginia are eligible to attend.

When: **July 25- July 30, 2010**

Where: Charlottesville, VA

Contact: 1-800-266-8438 or [vahemophiliaed@verizon.net](mailto:vahemophiliaed@verizon.net)  
Applications and further information are available at: [www.campholidaytrails.org](http://www.campholidaytrails.org) or [www.vahemophilia.org](http://www.vahemophilia.org).

### **Camp Victory Junction**

Camp Victory Junction is hosting its 6th year of hemophilia camp. This year's theme is 'Beach Week'!

When: **June 13-17, 2010**

Where: Randleman, North Carolina  
Contact: 1 (336) 498-9055  
[www.victoryjunction.org](http://www.victoryjunction.org)

## Resources

### Financial Planning Workshop and Dinner

Come learn investment basics and how chronic disorders/disability may affect your investment approaches. You will have the opportunity to submit questions prior to the program to make sure your questions and concerns are addressed. We will also have special guest speaker Chris Sovine, who has for over 20 years helped individuals and families determine and work toward their financial goals.

Mark your calendars for **6 PM on June 7<sup>th</sup>** at the Melting Pot, Gayton Crossing Shopping Center 9704 Gayton Rd, Richmond, VA 23238

**\*\*Space is limited to the first 25 people, so please RSVP to Kelly at [vahemophiliaed@verizon.net](mailto:vahemophiliaed@verizon.net) or 800-266-8438.**

**Blood Buddies Fitness Promotion**

## Program

Blood Buddies, Inc. has established a Fitness Promotion Program (BBFPP) Fund for People with Bleeding Disorders of all ages!

Up to \$500 per application is available to pay for costs to enroll in fitness programs or activities, including: private lessons; fees to join an athletic team(s); cost of wellness training sessions; and to gain other fitness skills for an optimal quality of life.

Please contact the chapter for further information at 1-800-266-8438.

## Fresh Food on a Budget



The metro Richmond community has a great resource for families who want to find fresh, local produce without breaking the bank. The "Farm to Family Bus" travels to farmer's markets and neighborhoods throughout Richmond. They sell local produce at affordable prices, and are also able to accept food stamp EBT cards.

For the schedule of where the bus will be this Spring, and what they'll be selling, check out their website at <http://www.farmtofamilyonline.com/>

or give them a call at: 540-872-6528.

## Online Resources

If you use Facebook or Twitter, then consider subscribing to or following the following groups dedicated to helping individuals with hemophilia

### National Hemophilia Foundation:

- Facebook:  
<http://www.facebook.com/NationalHemophiliaFoundation>
- Twitter:  
[http://twitter.com/NHF\\_hemophilia](http://twitter.com/NHF_hemophilia)

### Hemophilia Federation of America:

- Facebook:  
<http://www.facebook.com/hemophiliafed>
- Twitter:  
<http://twitter.com/hemophiliafed>

### VA Hemophilia Foundation:

Please visit their website: <http://www.vahemophilia.org/> for a link to their Facebook page (click the 'Facebook' icon located in the upper right hand corner of your screen)

## Medical News

### **FDA Warns Consumers of Possible Side Effects Related to Confusing Maalox® Labels**

On February 17, 2010, the U.S. Food and Drug Administration (FDA) warned consumers about the potential for serious side effects by mistakenly taking *Maalox® Total*

*Relief* instead of other *Maalox®* products.

The source of the risk lies in bismuth subsalicylate, the active ingredient in *Maalox® Total Relief*. According to the FDA release, this ingredient is "chemically related" to aspirin and may cause similar harmful side effects, such as bleeding. As a result, the agency warns that *Maalox® Total Relief* is not appropriate for individuals with a bleeding disorder or a history of gastrointestinal ulcer disease.

The FDA also advises the following groups against using *Maalox® Total Relief*: children/teens recovering from a viral infection and individuals who are taking certain medications including: oral antidiabetic drugs (OADs), anticoagulation (blood thinners) drugs such as warfarin (Coumadin) and clopidogrel (Plavix), nonsteroidal anti-inflammatory drugs (NSAIDs) and other anti-inflammatory drugs.

Novartis Consumer Health Inc. has agreed to change the product brand name of *Maalox® Total Relief* to one that does not include the word "Maalox." It will also change the drug's packaging to avoid further confusion. The renamed product will be in stores in September 2010. Until then, FDA recommends that both consumers and healthcare professionals carefully check all *Maalox®* product labels to make certain that the right product is chosen for the patient's symptoms.

## Spring Into Green Living!

## By Mindy Nolte



Now that spring is finally here, and we can actually see green instead of white, it is a good time to think about "going green," yourself. Not green like the Wicked Witch of the West, (The play "Wicked" was just in town), but green in the sense of being kind to the Earth we live on. There are lots of ways to be kind to our environment. With the coming of warmer weather, many of us start to think about how to spruce up our lawns. But did you know that although that bright green, manicured grass looks pretty, it doesn't come without a price, hurting your wallet and the environment. In his book, Second Nature, Michael Pollan states, "A lawn is a symbol of everything wrong with our relationship with the land". Acre by acre, American lawns use four times as much chemical fertilizer as any U.S. farmland. An estimated 7 million birds are killed yearly in the U.S. by lawn care pesticides. Also, phosphorous runoff from fertilizer causes algae blooms that suck oxygen out of the water, killing aquatic life. It is better for the environment if you try to convert

your yard into a natural area using plants that grow well in the soil that you have and also provide natural habitats for the wildlife that are common where you live. Check out the many resources on line or in bookstores that can give you ideas on how to do this. Then invite the neighbors to do the same, creating a whole new concept for "keeping up with the Jones" gone green!

What about those pesky pests that also come out in the warmer weather. Instead of turning to those toxic insect repellants, try natural remedies like citronella, soy oil, or lavender essential oil that can deter mosquitoes. If bitten by one of these pests, try toothpaste on the bites to alleviate the irritation. Toothpaste can also help dry up those unsightly "zits" that plague teens as well as some unlucky adults! Toothpaste actually has many uses other than to clean your teeth. It can be a cheap, nontoxic way to remove stains on clothes, clean the white leather on tennis shoes, clean fingernails, scrub onion and garlic odors off your skin, remove crayon stains off walls, clean silver jewelry, remove burned crust off irons, and defog swim goggles when a small amount is rubbed on and then wiped off. If these many uses for toothpaste catch on, you can buy Proctor and Gamble stock early before the prices go up, and retire on your wealth to enjoy your natural yard!

Another way to go green is to reuse and recycle as much as possible. Even though you may do this and feel good about recycling those

plastic water bottles you buy at the store, think twice before even buying bottled water. Did you know that for every one liter of bottled water it takes 2 liters of water to make the bottle and actually bottle the water? And only about 1 in 4 plastic water bottles are actually recycled. So try tap water that is filtered through a faucet attachment that can be bought at the local hardware store.

So, in closing, I hope everyone can have the chance to get out and enjoy the many signs of a long awaited spring, keeping in mind that the "greener" we live, the more we can insure that there will be beautiful springs for years to come!