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BDRN pharmacy provides a full range of coagulation products and ancillary supplies. BDRN customizes all ancillary and infusion supplies to the patients specific needs. Medication profiles and history are reviewed and updated with each patient contact. Medication counseling is available 24/7/365 by a licensed BDRN pharmacist. BDRN will notify the Hemophilia Treatment Center staff as changes occur in the patient's clinical status. BDRN fosters and maintains a close relationship with all patients and the BDRN clinical care team provides medication adherence support in their individualized plan of care. BDRN will provide and/or coordinate nursing services as prescribed and allowed by law.



UPCOMING EVENTS

Bleeding Disorders Association of the Southern Tier

www.bdast.org

December 14th, Annual BDAST Holiday Party

Bleeding Disorders Association of Northeastern New York

www.bdaneny.org

Dec. 13th, Snowflake Fest

New York City Hemophilia Chapter

www.nyhemophilia.org

Nov. 23, 2013 NYCHC Gala

Nov. 24, 2013 NYCHC Education Day

Hemophilia Association of New Jersey

www.hanj.org

December 6th, Annual Hemophilia Casino Night

National Hemophilia Foundation

www.hemophilia.org

Hemophilia Federation of America

www.hemophiliafed.org

Hemophilia Association of New York

www.hemophilia-newyork.org

1. Pumpkin Pie
2. Halloween Pie
3. Thanksgiving
4. Apple Cider
5. Pumpkin Picking
6. Comfort Food
7. Scary Movies
8. Harvest
9. Jackolantern
10. Headless Horseman



BDRN BULLETIN

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DONATING PLASMA... DID YOU KNOW?

BY: JON DAVIS, REGIONAL MANAGER



Your blood is 55% plasma, 44% red blood cells and 1% white blood cells & platelets. Plasma is collected through a process called plasmapheresis, where plasma is separated from your blood and red blood cells are returned to your body. It takes a qualified donor about 45 minutes to complete the plasmapheresis process per donation. Concerning the bleeding disorders community, there are several replacement clotting factor products that are human plasma derived and some recombinant clotting factor products that contain human plasma components and/or use plasma derived components in their manufacturing process. 1,300 plasma donations per year can be needed to treat one person with hemophilia. In addition to bleeding disorders, there are several

other serious health conditions that rely on different human plasma proteins such as Immunoglobulin (aka IVIG), Alpha-1 Antitrypsin, Albumin and Hyperimmunoglobulins (used to treat dialysis patients, organ transplant recipients and Rh incompatibility between pregnant women and their unborn child). For information about the who, how, why and where of donating plasma, the plasma protein industry and plasma safety, please visit the following websites: <http://www.donatingplasma.org/> <http://www.pptaglobal.org/> and <http://www.fda.gov/BiologicsBloodVaccines/BloodBloodProducts/default.htm>.

WHICH FLU VACCINE SHOULD I GET? BY: TOM PULEO, R.PH.



With few exceptions everyone should get a flu shot. There are several variations on the market and the choice depends on your individual situation. Children younger than 6 months old should not get the flu shot. People who have severe allergies to any of the ingredients in the flu shot should not get the flu shot. However, there are alternatives for people with egg allergies. There will be 2 vaccines available this year with several

variations. The Trivalent vaccine (which protects against what is expected to be the third most common strain of flu) and the quadrivalent vaccine (which adds a fourth strain) will be available as an injection and an intranasal spray. Below is a chart of the CDC's recommendations for choosing a vaccine option for generally healthy persons:

Vaccine Type	Age	Who Should Not Get
Quadrivalent	≥ 6 Mos. to 64 yrs.	People with previous allergic reactions to flu vaccine or egg allergies.
Trivalent		
High Dose Vaccine	> 65 yrs. old	People with previous allergic reactions to flu vaccine or egg allergies.
Nasal Spray	2 - 49 yrs. old	People with previous allergic reactions to flu vaccine or egg allergies. Children with asthma. Immunocompromised patients. Patients taking antiviral medications.
Recombinant Vaccine*	≥ 6 Mos. to 64 yrs.	People with previous allergic reactions to flu vaccine.
Intradermal Vaccine	18 - 64 yrs.	People with previous allergic reactions to flu vaccine or egg allergies. Persons younger than 18 or older than 64.

* This vaccine can be given to persons with egg

This chart is for general reference. Patients with chronic medical conditions should consult with a health care professional before choosing a vaccine. More specific information may be found at the CDC website: <http://www.cdc.gov/flu/>

Disclaimer: BDRN does not engage in the practice of medicine and does not endorse or support any particular factor concentrate or treatment protocols. References and links to other websites, organizations, products, services, or publications do not constitute endorsement or approval by BDRN. BDRN recommends that you consult with your physician prior to starting any course of therapy. Opinions expressed in this bulletin do not necessarily reflect those of BDRN.



Annual Family Weekend Education held by BDAST was held on September 27th & 28th.

The Bleeding Disorders Association of the Southern Tier, Inc. (BDAST) held their Annual Family Weekend Education program on Saturday, September 27th & 28th at Hope Lake Lodge & Indoor Waterpark located in the beautiful rolling hills of Virgil, NY. Over eighty people, which included members, speakers and industry exhibitors attended this year's program. Educational topics ranged from setting personal goals, successful life stories of

overcoming the challenges of living with a bleeding disorder, herbal food recipe demonstrations and an introduction to the United Way's 211 Program. Following a great day of education and networking, families enjoyed some physical activity at the lodge's indoor waterpark. Nelson Escoto and Yahaira Roman Escoto represented and exhibited for BDRN, LLC at this event.

GIRLS HAVE HEMOPHILIA TOO BY: HOPE WOODCOCK, RN BSN

A carrier is a female who has the genetic mutation for hemophilia on one of her X chromosomes. Carriers with clotting factor levels less than 60% may have symptoms similar to a male with mild hemophilia. They are often called symptomatic carriers or are diagnosed with mild hemophilia. By definition, if a woman has clotting factor levels less than 50%, she has mild hemophilia. Menorrhagia is defined as abnormally heavy and prolonged menstrual periods. Signs include: passing blood clots the size of a quarter or larger, needing to change a pad or tampon every hour, needing to wear two pads at a time, changing your pad or tampon once or more during the night, and whether your menstrual flow keeps you from your normal activities. Menorrhagia can cause

health problems such as anemia, or having decreased amounts of red blood cells in the blood, which will make you feel tired and less energetic. Other common symptoms are: easy/unexplained bruising, large bruises, frequent nose bleeds, excessive bleeding during dental/surgical procedures, child birth, and prolonged bleeding from minor cuts. Treatment is available for females with bleeding disorders. Make an appointment with your family doctor to discuss your symptoms, and seek treatment. For more information on this topic visit, <http://www.hemophiliafed.org/bleeding-disorders/can-women-have-bleeding-disorders>.



"Menorrhagia can cause health problems such as anemia..."

PINKEYE BY: YAHAIRA ROMAN, RN BSN

Pinkeye or conjunctivitis is caused by swelling and redness to the mucous membrane that lines the eyelid. It's a very common, yet not serious condition and it usually tends to resolve within 7 to 10 days. The cause of pinkeye can either be bacterial or viral in nature. If its cause is viral, you may experience redness, swelling, itching, excessive tearing, and a white sticky drainage to your eye. Viral pinkeye can be caused by the adenovirus (causes upper respiratory infections) or by the herpes virus. If it's caused by a bacteria, you may experience redness, yellow/gray discharge from the eye (the eye may stick together), and swelling. Whether bacterial or viral, pinkeye is very contagious; however it can be prevented by frequent hand

washing and by not sharing clothing items to dry your face or eyes (towels, tissues etc). Treatment depends on the cause. Viral infections are not usually treated with medication, as they are not effective in killing the virus. Using artificial tears may help to ease the signs and symptoms; improvements are usually seen within 1-2 weeks. Bacterial infections are treated with antibiotic eye drops/ointments. Once antibiotic treatment has begun, you or your child can go back to work or school within 24 hours or once symptoms have improved. If you experience any of these signs and symptoms, please schedule a visit with your healthcare provider.



"The cause of pinkeye can either be bacterial or viral in nature"

IT'S THAT TIME OF YEAR AGAIN... BY: YOLANDA VENTO, CO-PRESIDENT



Health benefits open enrollment period is coming up for many companies. Please take some time to review all of the benefits being offered to make sure that you and your dependents will have the coverage that you/they need. Ask questions about what is covered. How much is covered? Are there any restrictions on providers? Many insurance companies are limiting the treatment of bleeding disorders

to a handful of providers. At times, policy holders are limited to one source from an out of state provider that will only drop ship your deliveries. If you have any questions regarding your open enrollment or any questions concerning your insurance coverage, give us a call at 888-692-3761 or 973-513-9031. We will be happy to help.



HEPATITIS C AWARENESS & NEW TREATMENTS BY: JON DAVIS, REGIONAL MANAGER

The Centers for Disease Control and Prevention (CDC) recommends that all adults born between 1945 and 1965 be tested for the hepatitis C virus (HCV), because 75% of the estimated 3 million people living with HCV in the U.S. fall within this age group, also known as the Baby Boomers. People who were treated with clotting factor concentrates before 1987 are also among the high risk groups recommended for HCV testing by the CDC. If you were seen at a federally funded, hemophilia treatment center and chose to be part of the Universal Data Collection program, you would have been tested for the virus. The reason for HCV testing is the fact that 15 – 30% of the untreated, HCV population will develop serious liver damage, cirrhosis or liver cancer. You need a functioning liver to live and people with HCV may not feel symptoms for

decades, but when they do serious liver damage may have already occurred. Early treatment leads to higher success rates. Ask your physician about HCV. Your physician may recommend the newest HCV drugs that may not need to be used with interferon, a drug that is known for its harsh side effects. Visit the following websites to learn more about HCV and related issues:

- <http://www.hepatitiscentral.com/>
<http://www.sovaldi.com/>
<http://www.cdc.gov/knowmorehepatitis/Media/PDFs/Factsheet-boomers.pdf>
<http://www.cdc.gov/hepatitis/hcv/guidelinesc.htm>
<http://www.harvoni.com/>
<http://www.fibroscan502touch.com>

AUTUMN SCRAMBLED WORDS

- 1. MPUPINK IPE _____
- 2. WHALOLENE SCSOMEUT _____
- 3. HGTKSNANIGIV _____
- 4. PAPEL IDREC _____
- 5. MKIUPPN GPCKNII _____
- 6. MCOFROT FDOO _____
- 7. YSCRA SMOEIV _____
- 8. THRASEV _____
- 9. ANRJCONATKLE _____
- 10. SHEDAELS HMNSROEA _____

