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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

Bleeding Disorders Association of Northeastern New York

www.bdaneny.org

March 23rd -24th, Albany Days

Hemophilia Association of New York

www.hemophilia-newyork.org

Hemophilia Association of New Jersey

www.hanj.org

National Hemophilia Foundation

www.hemophilia.org

February 26th – 28th, Washington Days

Hemophilia Federation of America

www.hemophiliafed.org

March 27th – 29th, HFA Symposium

New York City Hemophilia Chapter

www.nyhemophilia.org

ANSWERS:
1. WINTER WONDERLAND
2. SNOWMAN
3. SKIING
4. EGG NOG
5. SANTA CLAUS
6. CHRISTMAS TREE
7. SLEDGING
8. SNOWFLAKE
9. SMORES
10. CHESTNUTS



BDRN BULLETIN

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MEDICATION COMPLIANCE-

WHY IT'S IMPORTANT TO TAKE YOUR MEDICATIONS AS PRESCRIBED



BY: TOM PULEO, R.PH.

Did you know that 50% of prescribed medications are not taken as prescribed and 20-30% of prescriptions are never even filled? In order for medications to successfully treat the conditions they are prescribed for it is important to take them as they are intended to be used. Medications are designed to be taken in specific ways. Some are once a day, some are multiple times a day. Some are taken before meals, some are taken with meals. If you do not take your medications as they are prescribed, they cannot properly treat or control your conditions. Missing doses or taking extra doses can affect your treatment results. Failure to take your medications properly can result in extra doctors visits, extra cost for new prescriptions, loss of work and personal time due to increase in symptoms, hospitalizations, and permanent disabilities. There are many reasons for not taking your medications as prescribed. Here are a few examples:

- It's hard to remember.
- It doesn't taste good or is hard to swallow.
- There are too many side effects.
- I don't think it is really helping.

Don't let these things affect your health and well being. Be sure you know what your medication is for and how you are supposed to take it. It can be easy to forget to take medications during a busy day so try to associate taking your medications with your daily routines. This can be taking specific medications with specific meals, just before you leave for work (or when you arrive at work), when you first wake up, take the dog for the morning walk, or any other thing you do on a regular basis. Reminders can also be a great help. Set an alarm, have a relative or friend give you a call or have someone set your medications out for you. If you have any questions about what the medication does, are unsure if it is really helping you, or are concerned about side effects, speak with your physician or pharmacist. They can help. www.wakehealth.edu/Research/WFIRM/Projects/Researching-a-Treatment-for-Hemophilia.htm

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.



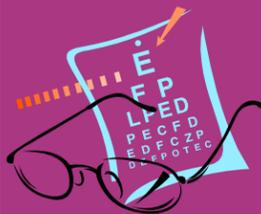
VISION 101

BY: YAHAIRA ROMAN, RN BSN



Checking your vision is just as important as going to see your medical doctor. Ophthalmologists (eye doctors) recommend children should get their vision examined at 6 months, 3 years of age, and before attending first grade. For adults with no history of vision conditions or impairments, get checked every two years and yearly after 60 years of age. Regular eye exams will screen for conditions such as glaucoma, macular degeneration, cataracts, and diabetic retinopathy. The eye exam is usually

painless and may last half an hour to an hour. It is recommended that you bring a pair of sunglasses with you to your appointment as the doctor may apply dilating eye drops which will cause sensitivity to light for a few hours. If driving, consider bringing a friend or relative as the designated driver for your trip home. Get motivated today and schedule your appointment! Keeping your eyes healthy will allow you to see clearly throughout your lifetime.



“The goal of this concept is to deliver improved healthcare ...”



“Some versions of these activities can be done safely with the right precautions...”

PATIENT CENTER MEDICAL HOMES



BY: JON DAVIS, REGIONAL MANAGER

Under Section 2703 of the Affordable Care Act (ACA), states have the option of receiving federal funding to designate healthcare providers as Patient Centered Medical Homes (PCMH) or Health Homes that will provide comprehensive care to Medicaid beneficiaries with multiple chronic health conditions. The goal of this concept is to deliver improved healthcare with long-term cost reductions centered around the following six core services: comprehensive care management; care coordination and health promotion; comprehensive transitional care, including appropriate follow-up from inpatient to other settings; patients and family support (including their authorized representatives); referral to community and social support services, if relevant; and the use of electronic health information technology to link

services, as feasible and appropriate. A physician, clinical practice or clinical group practice, home health agency or other entity can be designated as a PCMH. In the bleeding disorders community, the comprehensive care concept is not new. The federally funded hemophilia treatment center model is based on comprehensive care through continuous supervision of all the medical and psychosocial aspects of bleeding disorders. To download a free PDF version of the Affordable Care Act, visit: <https://www.healthcare.gov/where-can-i-read-the-affordable-care-act/>.

WINTER FUN

BY: HOPE WOODCOCK, RN BSN



What do you do to stay active in the winter? For persons with bleeding disorders, most winter sports like hockey, ice skating, skiing, snow boarding and snowmobiling are not recommended. Before engaging in any of these activities, speak with your HTC staff. Some versions of these activities can be done safely with the right precautions, equip-

ment, and level of activity. The biggest concern for any of these is a head bleed. A proper helmet is the first concern. Talking with your HTC staff about treatment prior to activity can prevent bleeds. Also, discuss if you should carry a dose of factor with you. For more information about winter sports, visit Steps for Living on www.hemophilia.org.

A BETTER YEAR, A BETTER YOU

BY: RHONDA YARUSSI, REIMBURSEMENT SPECIALIST
YOLANDA VENTO, CO-PRESIDENT



Did you know that joining a gym and building up a regular exercise routine could lead to lowering your health care expenses? Some health insurance companies will offer a yearly discount for your gym membership fees. By encouraging their policyholders to exercise more frequently, insurance providers are likely to reduce a member's frequency of claims due to illness and chronic conditions, therefore lowering health care costs.

If you're 65 or older, Silver Sneakers through your Medicare plan or supplement coverage may be a program for you. Silver Sneakers is a nationwide health program

for senior citizens. This program provides free gym membership and wellness counseling at participating gyms to more than 1 million enrolled members. If you're not familiar with your policy, you may not be taking advantage of this benefit. Call your member service department at your health insurance provider to find out.

WINTER SCRAMBLED WORDS



- | | |
|----------------------------|-------------------------|
| 1. RTEWIN DWONERDLAN _____ | 6. SACHRSITM RTEE _____ |
| 2. WSNONAM _____ | 7. DDSLINEG _____ |
| 3. NGKSII _____ | 8. KNSOWFALE _____ |
| 4. GEG ONG _____ | 9. MOSRES _____ |
| 5. ASTNA SCLAU _____ | 10. TSCHSETUN _____ |

Try to unscramble these common winter themed words. Answers on page 4.

CREATING A FAMILY HEALTH HISTORY

BY: JON DAVIS, REGIONAL MANAGER

Environment, lifestyle and our genes are all concerns that affect our health. Creating a family health history; preferably based on three generations of relatives, can help your healthcare providers screen, diagnose, treat or prevent health conditions that otherwise may take longer to diagnose or may be completely missed. In starting a family health history, be mindful that all families have different levels of communications on many issues including health. In the bleeding disorders community, a history of hemophilia or von Willebrands may be frequently discussed between immediate and extended family members. In other families, an incidence of a bleeding disorder may remain hidden from living generations or the condition maybe mild enough that it does not frequently become a health concern so it is never shared. When approach-

ing family members about their health, it is important to show respect, explain the benefits of creating a family history and be sure to ask what form of communication they prefer to discuss their health history. Some may want a face to face discussion while others may be fine with emails. Once a family health history has been created, you can discuss it with your physicians for improved healthcare. For a free print or online tool to help you create a family health history, visit: <http://nihseniorhealth.gov/creatingafamilyhealthhistory/faq/faq11.html>.

