

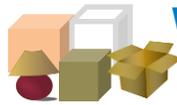
A publication of the Regional Hemophilia and Thrombophilia Treatment Center at Ann & Robert H. Lurie Children's Hospital of Chicago

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ANNOUNCEMENTS

- **Private Insurance:**
Don't miss your annual **OPEN ENROLLMENT!** For a list of private insurance plans accepted by Lurie Children's visit:
<https://www.luriechildrens.org/en-us/care-services/billing-medical-records/Pages/insurance-we-accept.aspx>
- **Medicaid:** It is yearly **REDETERMINATION** time! If you want your child to continue care at Lurie Children's, make sure you choose a Medicaid plan we accept, visit:
<https://www.luriechildrens.org/en-us/care-services/billing-medical-records/Pages/medicaid-changes.aspx>
- **The Patient Services Office** is also able to let you know about private insurance and Medicaid plans we accept: 312.227.1230.



Words from Our Hematologist: Leaving Home by Rukhmi Bhat, MD

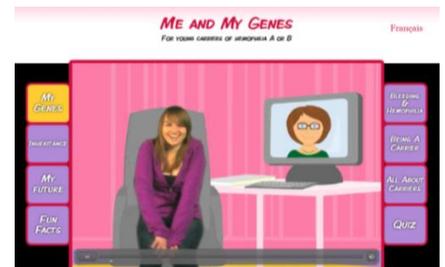


When you pack up and leave home as a young adult, you step out into a whole new adventure of independence. Can't take your parents with you! Now it's time to manage your own days, schedules and choices. Life on your own teaches you exactly what your parents were doing for you, and you may be surprised to find out that they were doing a lot! The HTC staff used to joke about finding an app for this; now there *are* apps out there, designed to let a young adult interact for advice and information. Interactive apps and videos are available that can educate you about critical aspects of hemophilia and genetics, log your factor use and give you a heads up as to what it's like to manage your bleeding disorder after you move out of your parent's home. Here are two examples reviewed by Faith V. Gately, our Outreach Coordinator: [Virtual Conversations in Hemophilia](#) and [Me and My Genes](#).



Virtual Conversations™ in Hemophilia is an app for various devices
<http://myalivemed.com/Topic/82S3/Share/Hemophilia-Conversations> Brought to you by Syandus and Annenberg Center for Health Sciences and provided by an educational grant from Novo Nordisk

Virtual Conversations™ in Hemophilia is an app with characters that describe their hemophilia self-care and stories. This is new app is focused on what it's like to manage your hemophilia care on your own after leaving home, and is aimed at young adults. Its creators hope to add more topics in the future. The app is easy to manipulate after you get accustomed to clicking on the icons floating over each character's head (to hear them speak). For those used to apps and icons, this will be a breeze!



Me and My Genes An on-line video at www.hemophilia.ca/genes (Canada)

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IMPORTANT ANNOUNCEMENT—SAVE THE DATE!



≡THE HEALTHY FAMILY FAIR≡

WHEN: Saturday October 24th 2015 from 10 am-2 pm

WHERE: 11th Floor of the Main Hospital (225 E. Chicago Ave).

Staley da bear, the mascot of the Chicago Bears, will be joining us—and so should you! Come enjoy our cooking demonstrations, fitness activities, games, prizes and more! **Parking and lunch will be provided.** Please RSVP by October 19th to Alexandra Batts by emailing abatts@luriechildrens.org or by calling 312.227.4807

GAMES

Prizes

FOOD!!

WHO'S WHO AT YOUR HEMOPHILIA TREATMENT CENTER

HEMATOLOGY PHYSICIANS

Alexis Thompson, MD, MPH

Director of Hematology

Rukhmi Bhat, MD

Robert Liem, MD

A. Kyle Mack, MD

Horace Smith, MD

SPECIALTY PHYSICIANS

George Sisson, MD 312.227.6190

Pediatric Orthopedist

Ray Jurado, DDS 312.227.6050

Director of Pediatric Dentistry

OUR FELLOWS

Amy Armstrong, MD

Sherif Badawy, MD

Brogliè, Larisa, MD

Jessica Clymer, MD

Kar, Aroop, MD

Lee, Ji Heon MD

Lenzen, Alicia, MD

Omolade Oduala, MD

Olatundun Williams, MD

NURSES

Susan Gamerman MS, PNP-

BC Hemophilia Nurse

Practitioner 312.227.4814

Anna Dickson, MSN, APN, CPNP-PC

Anticoagulation Nurse Practitioner

312.227.4815

HEALTHCARE PROVIDERS

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APPOINTMENTS: 312.227.4814

EMERGENCIES:

312.227.4000

24 hours/day, 365 days/year



Leaving Home

Continued from page 1

Me and My Genes is a video featuring a girl asking questions and exploring answers about carrier status, genetics and hemophilia. It's packed with information and aimed at a slightly younger audience than Virtual Conversations™. Both the app and the video worked well on a desktop computer.

Kale-cium!



Eat Well

By Faith V. Gately, MS

Potassi-yam!



Most of us have heard the phrase "Eat from the Rainbow". When we say 'eat from the rainbow' we don't mean that sweet crunchy cereal with marshmallows—we mean lots of fresh fruits and vegetables of many different colors. In the United States, we eat a lot of fast foods, convenience foods—packaged to go in bags, boxes and cans. Scientists are discovering more and more the disadvantages of eating this way.

Packaged foods may lose nutrients or contain few nutrients, and they may contain a lot of preservatives and fillers that aren't good for us. Fruits and vegetables contain important nutrition including vitamins, minerals, fiber and some healthy fats (like avocados, olives, coconut). Although our technology produces hundreds of nutritional supplements, we cannot perfectly recreate the bounty that Mother Nature supplies. So, how does it help you to "eat from the rainbow"? The different colors in your produce carry a variety of vitamins, minerals and nutrients. The more variety that you consume, the greater is your ability to obtain all of what you need to stay healthy and well. ■

Jacob and Grace: A Special Project and A Generous Gift



Every year Mrs. Tholl's third grade class at Millennium Elementary School in Tinley Park does a special project. One might think of it as a down to earth introduction to Life Skills. Mrs. Tholl has her students work together to start a business, from start to finish: they decide what the business will be, how to organize it, they implement it and when completed, they donate their earnings to charity. The classmates work together in a democratic process to decide what the business will be, and how to coordinate the details.

Last year Jacob's class chose to make and sell bracelets. Together they chose a sports theme, a blue band, and they named the business **Chicago Sports Attack**. They sold the stylish plastic bracelets all over the school and in their community. A year before Jacob, Grace's class did a similar project. Her group chose **Pillars of Character** as the name of their business and made bracelets in each color and one in all the colors of the rainbow.

Each year on completing the project the students vote on where to send the funds they raise. Jacob and Grace each proposed our program and proudly presented our Comprehensive Bleeding Disorders Program with their checks. **THANK YOU VERY MUCH, Jacob and Grace! THANK YOU** to your classmates, and to your special teacher, **Mrs. Tholl!** ■

The Resource Corner

Blood Bond Bleeding Disorders, a new not-for-profit organization, opened in August of 2015. Started and staffed by people affected by bleeding disorders, its mission includes promoting family values, education and independence, providing advocacy and support to patients and families, and mentoring youth in the bleeding disorders community. Contact us at: 773.653.1963 or at bbbdn2015@gmail.com.