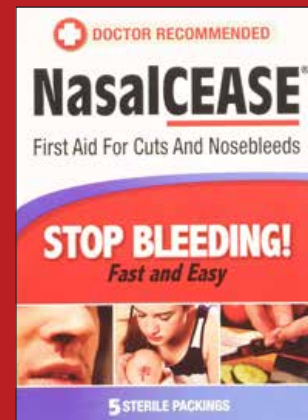


Friendly Reminders...



- ✓ Keep your nose moist
- ✓ Use saline nasal spray or gel 2, 3 or 4 times per day!
Especially when you wake up and before you go to bed!
- ✓ Use a cool mist humidifier...but please follow the manufacturer's instructions for cleaning!
- ✓ Keep your bedroom cool
- ✓ Stay hydrated
- ✓ Keep kiddos' fingernails trimmed
- ✓ Avoid secondhand smoke exposure
- ✓ Use a light coating of Vaseline or antibiotic ointment to the base of your nostrils
 - Only use enough to lightly coat the lining of your nose
 - Wipe away excess ointment
 - Please try not sniff or inhale the ointment
- ✓ Please don't insert objects or tissue into your nose except for products that are approved by your HTC. Some helpful products are shown below.* Our goal is to prevent nosebleeds, not cause them.



*Cascade does not endorse any specific product



517 West William Street
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Hours: M-F 9:00 am - 5:00 pm
Available for after hours emergencies

Phone: 734-996-3300
800-996-2575
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www.CascadeHC.org
info@CascadeHC.org



Language assistance services are available free of charge. Call: 1-800-996-2575.
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-996-2575.
 (1-800-996-2575) में भाषा सहायता सेवाएँ उपलब्ध हैं। मुझे मूल मुफ्त में भाषा सहायता सेवाएँ उपलब्ध हैं। मुझे मूल मुफ्त में भाषा सहायता सेवाएँ उपलब्ध हैं।

Cascade... A Trusted Partner in Your Circle of Care

Cascade Hemophilia Consortium

Nosebleed...Not Again??!!!



Stephanie Sibrel, RN

Nosebleeds are pesky occurrences that always seem to come at the most inopportune times!

This issue includes some helpful reminders, as winter weather winds down and pollen counts crank up!

Please remember, your HTC team continues to be your best resource for a nosebleed prevention and treatment plan tailored to your individual needs and bleeding disorder.

Our desire at Cascade is to remove any barriers to your care, help you maintain a healthy lifestyle, and improved quality of life.

Why is My Nose Doing This to Me?



Our noses have many purposes such as taking in, warming and humidifying the air we breathe.

There are many tiny blood vessels within the lining of the nose that can become irritated and bleed.

Some common causes of nosebleeds include:

- Some types of bleeding disorders
- Colds, allergies
- Extreme weather
- Dry air
- Injury (trauma or picking)
- Chemical irritants: secondhand smoke, chlorine, cleaning products, etc.
- Anatomical causes: deviated septum, telangiectasias (widened blood vessels close to the skin)
- Blood thinning medication

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Stephanie Raymond
Executive Director, Cascade

How Can I Control the Bleeding?



S.T.O.P.

- S**it upright and stay calm
- T**ilt your head forward (not back)
- O**btain a tissue or clean cloth and gently blow your nose to clear it of ineffective clots
- P**ress firmly on the soft part of your nose for at least 10 minutes...no peeking!

After 10 minutes of pressure, check for bleeding. If bleeding continues, apply firm pressure for 10 additional minutes.

An ice pack can be applied to the bridge of the nose or back of neck to decrease the amount of blood to the site. Please remember to never place ice directly on the skin. Don't hesitate to ask Cascade for ice packs. We have many shapes and sizes of ice packs in stock. Just call one of our pharmacists. *They can help!*

Once the bleeding has stopped, please refrain from certain activities for 24 hours.

Do Not:

- ✓ Blow, pick, or rub your nose
- ✓ Lift heavy objects
- ✓ Participate in strenuous exercise



After a Full 10 Minutes of Pressure
Check For Bleeding

Living and Thriving America Gray 10 Years Old, and Mom Jewel

America is a beautiful and charming ten-year old girl who loves to dance and play basketball. She also has **von Willebrand Disease (vWD)**.

As with many people, America was not diagnosed with a bleeding disorder right away although some of the typical symptoms began to appear at a young age. Her mom, Jewel, remembers laying three-month old America in the middle of her bed for a diaper change. She turned away and when she looked back, America's nose was bleeding. This puzzled Jewel, but the bleeding eventually stopped, and she thought it was just a fluke.

Over the next three years, however, America had many nose bleeds and they seemed to take longer to stop than Jewel's other kids. Mom wasn't concerned until America had a severe cold and fever at age three. She had fallen as well, and her nose bled, but this time her skin had turned ashen gray. Alarmed, Jewel took America to her local doctor. She will never forget the nurse urgently telling her that America needed to get to Children's Hospital immediately because her hemoglobin was at a dangerously low level.

After 8 days at the hospital, and several diagnostic tests, America was finally diagnosed with von Willebrand Disease. Jewel was relieved to finally know what was causing her daughter's bleeding, and that it was treatable.

Growing Up with von Willebrand Disease (vWD)

As with any active child, America has had her share of nosebleeds. She's bumped heads with other kids on the playground and has had other mishaps. But she also has what seems like spontaneous bleeds. As a matter of fact, America was woken by a nosebleed at 4 a.m. the day of our interview.



For the last two years Jewel has been infusing America with factor at home. As a phlebotomist, she feels comfortable and likes the convenience, considering most of America's nosebleeds happen late at night. America looks forward to the day when she can infuse herself. When asked how she feels about her nose bleeds, America admits, "I sometimes feel frustrated and angry." Particularly when she loses sleep in order to treat and clean up the mess.

For now, she packs her nose to staunch the immediate bleeding, and knows to treat with factor and Amicar. She has also taken advice from her sisters to calm down and sit quietly when the bleeding starts in order to help it subside. She wants other kids to know that staying calm does help.

Jewel Shared Her Own Tips to Help Feel Less Overwhelmed

- ✓ Work with your HTC to learn how to treat or find the most appropriate person to treat.
- ✓ Keep factor or medication and supplies on-hand.
- ✓ Try to be patient during the bleed.
- ✓ Get support from friends, family and other parents of children with bleeding disorders.
- ✓ Most importantly, live a normal life!



"7 Surprising Facts About Your Nose," M. Michael Benninger, Cleveland Clinic Health Essentials, October 2015
U.S. Dept. of Health and Human Services, "Nosebleed", January 2020
"Patient Care & Health Info-Nosebleeds," Mayo Clinic, May, 2018

Get the Resources You Need

If you need a little help, give us a call!

- ✓ **Community resource** referrals to address needs such as transportation, housing, financial needs, career planning, employment, or dental programs.
- ✓ Information about **public benefit programs** such as SSI/SSDI, Medicaid and CSHCS including assistance with applications
- ✓ Information and assistance **navigating health insurance** systems
- ✓ Referrals to programs for **social support and networking** with others in the bleeding disorders community

Call 734-996-3300 and ask for:
Colleen Joiner, LMSW, Debbie Whelan, LMSW, or Stephanie Sibrel, RN

All services are confidential and provided in coordination with your treatment center when applicable.



Cascade Hemophilia Consortium Mission

The Purpose for Which the Corporation is Organized

To enhance the system of care for people with bleeding disorders and related complications, by assuring the lowest possible price for the full range of treatments, HIV and hepatitis related therapies and other medications available to treat their disease; to provide access to these medications for those without insurance or inadequate insurance coverage; to support the comprehensive hemophilia treatment centers in treating and educating consumers and their families so they may become knowledgeable and proactive in managing their own care.