

# SWOHF

A newsletter for the friends and family of  
the Southwestern Ohio  
Hemophilia Foundation



# NOTES

2025 ISSUE #1

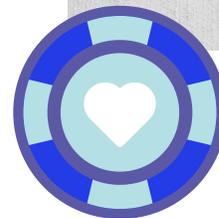
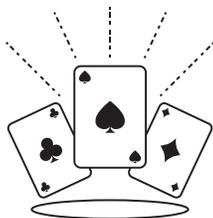


# CASINO NIGHT

APPETIZERS

SILENT AUCTION

PROFESSIONAL GAMING TABLES



**BONUS**

Scan QR code to  
register NOW.  
Register by 4/1  
for BONUS chips!



**MAY 2**  
**FRIDAY**  
7:00 PM TO 10:30 PM  
**DAYTON WOMAN'S CLUB**  
**\$60 PER PERSON**



## 2025 SWOHF EVENTS



### May 2 Casino Night Fundraiser

Dayton Woman’s Club, Ludlow Ave—Downtown Dayton



### July 25-26 Family Fest Weekend

Scene 75 Dinner (Fri) & Dayton Dragons Game (Sat)



### September 20 Bleeding Disorders Awareness 5K Walk/Run

Rice Field, Miamisburg OH



### October 5 Fall Outing

Young’s Dairy Farm, Yellow Springs, OH



### November 8 Women’s Day Together

Educational Program & Lunch

The Golden Lamb, Lebanon, OH



Did you know you can support our SWOHF community just by shopping at Kroger? It's easy when you enroll in Kroger Community Rewards! To get started, sign up at [krogercommunityrewards.com](https://krogercommunityrewards.com) with your Kroger Plus Card and enter our number #78558 as your organization. Once you've enrolled, you'll earn rewards for SWOHF every time you shop at Kroger and use your Plus Card! Kroger is committed to helping our communities grow and prosper. Year after year, local schools, churches and other nonprofit organizations earn millions of dollars through Kroger.



**COULDN'T BE EASIER.  
SUPPORT SWOHF!**

# VOLUNTEER OF THE YEAR

We want to recognize our VOLUNTEER OF THE YEAR, SANDRA HIBNER, who has been an integral resource and friend of SWOHF through her work as a nurse at the HTC and, more recently, a valued Board member. She has chosen to step off the Board, but her contributions are invaluable. We LOVE and appreciate her commitment and dedication to SWOHF through the years!



## Welcome Billy Cline to SWOHF Board

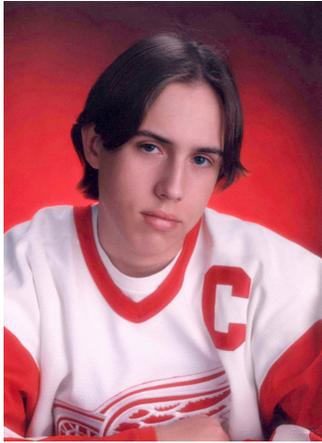
I am 49 years old and I have Severe Hemophilia B. I have been a patient of Dayton Children's Hospital's HTC since birth. I am married to my amazing wife Rachel; we've been together for 20 years and married almost 14. Between us we have three boys, Logan 29, Trey 24 and Noah 22. We also have our niece who is more like a daughter, Cailynn 24. They have given us 5 grandbabies--3 boys and 2 girls. One of the boys was just born on Feb 4th of this year! None of our children have Hemophilia.

I am a Project Manager on the I.T. side of healthcare and have been working with the State's designated Health Information Exchange for going on 11 years. Prior to that, I did some advocacy work in collaboration with Baxter Pharmaceuticals (now Takeda). I was one of several that were a part of their True Identity Program where I would share my story of growing up and living with Hemophilia. I also had the opportunity to attend Rare Disease week in Washington D.C. in 2024 to provide a presentation on a situation I was involved in where my insurance company was pushing me to Step Therapy.

This will be my first Board position with SWOHF. I look forward to learning from all the various people living with Bleeding Disorders and collaborating with all of the wonderful resources to work to make a difference for the better in patients' lives. I am hopeful my lived experiences, as a patient living with Severe Hemophilia B, will bring value and insight to conversations we will have with those that can assist our efforts in making access to medication easier and working to ensure co-pay assistance goes towards deductibles as it is intended.



# BRAD MILLER MEMORIAL SCHOLARSHIP



**The Brad Miller Memorial Scholarship** has been created to commemorate and remember an exceptional young man from the bleeding disorder community. Brad was born with severe hemophilia in 1979, a time when hemophilia treatment was less refined and many treatment products were ultimately found to be unsafe. These and other life issues contributed to the many challenges experienced by this scholarship's namesake. Throughout his 29 years, Brad held his head high and did his very best to live each day fully. Brad's immediate and extended family members supported him during his short life and continue to be active volunteers and mentors for the bleeding disorder community. Through this scholarship, Brad and his family's spirit of living and dedication to giving will continue to honor Brad and the entire bleeding disorder community for many years to come.

The SWOHF board and the members of the scholarship committee acknowledge the many challenges students face during their journey to complete a post-secondary educational program or beyond. It is hoped that the financial assistance provided by the Brad Miller Memorial Scholarship of \$2,000 will help recipients continue their quest for knowledge and the attainment of their dreams.

The Brad Miller Memorial Scholarship is open to any person with a bleeding disorder diagnosis, i.e., hemophilia, von Willebrand disease or other inherited bleeding disorders, who receive treatment at Dayton Children's Hemostasis and Thrombosis Center. The applicant must be seeking post-secondary education at a university/college or technical school or be enrolled in a graduate school program.

The scholarship application and supporting documents must be submitted by July 7, 2025. The decision by the scholarship committee will be announced by July 31, 2025. Payment will be made directly to the student's university/college or technical school. For more information about the application process, check our website for a list of requirements and to download the application form. The completed application and all supporting documentation should be submitted via email to [joy@swohf.org](mailto:joy@swohf.org) by July 7, 2025.



## SCHOLARSHIP TIPS

- 1 PAY ATTENTION to details and requirements.
- 2 STAY ORGANIZED
- 3 STAND OUT: Share your accomplishments.
- 4 BE PERSONAL: What drives you?
- 5 RESEARCH. Research. Research. There are thousands of scholarships out there and many don't get applicants.
- 6 PROOFREAD your application. Check for spelling and punctuation.

BE MINDFUL OF DEADLINES.

Download application for Brad Miller Memorial Scholarship. Scan QR code for more info at [swohf.org](http://swohf.org)



# ADVOCACY

As bleeding disorders patients begin the new year, there is a lot of uncertainty and anxiety with the potential start of a new health insurance plan year too. Will your treatment be covered in network? Will you need to switch delivery methods? Will your copay/co-insurance be unaffordable? Is your provider and hemophilia treatment center in network? There are some resources that may help. Here is a link to some programs offered within the community.

The complex medical help program, formerly (B)CMH, now serves patients up to 25 years old with out-of-pocket costs related to all treatment associated costs including prescription drug, office and ER copays, and co-insurance for in patient stays or specialty drugs. There is also programs to help patients with premium costs. Reach out to your HTC staff with any questions or if you don't have access to an HTC, email [randi@gobdf.org](mailto:randi@gobdf.org).



## Ohio Bleeding Disorders Council



## CREATIVE FUNDRAISING: Jeans Day Donations



Special Thanks to all the team members at The Uhl Agency for wearing jeans in 2024! Each year they choose a charity and then donate the proceeds from their Friday Jean Fund (\$1 per person for each week for wearing jeans to work). The Uhl Agency matches the money raised and a contribution is made to a local charity. We are so grateful they chose us!

Does your business have a nonprofit they support? Could you organize a jeans day? Sounds easy, right? – just ask Kathleen Applegate! She works at The Uhl Agency, has a daughter with a bleeding disorder and suggested they donate to SWOHF this year! We appreciate you, Kathleen!



Alhemo® is a prescription medicine used for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children 12 years of age and older with hemophilia A with Factor 8 inhibitors or hemophilia B with Factor 9 inhibitors. It is not known if Alhemo® is safe and effective in people using Alhemo® while receiving ongoing immune tolerance induction. It is not known if Alhemo is safe and effective for hemophilia A and B with and without inhibitors in children younger than 12 years of age.

NOW APPROVED

**Alhemo®**  
concizumab-mtci  
Injection | 60 mg | 150 mg | 300 mg pens

# Reimagined bleed protection is now within your reach

First and only prophylaxis treatment in a prefilled, subcutaneous pen for people who have hemophilia B with inhibitors or hemophilia A with inhibitors

Royal lives with hemophilia B with inhibitors, uses Alhemo®, and is an employee of Novo Nordisk.



**NO**  
IV infusions



**NO**  
mixing



**NO**  
vials



**NO**  
refrigeration required\*  
(up to 4 weeks after first use)

Needles provided separately and may require a prescription in some states.

\*Store in refrigerator before first use. After first use, Alhemo® can be stored at room temperature below 86 °F (30 °C) or in a refrigerator at 36 °F to 46 °F (2 °C to 8 °C) for up to 4 weeks.  
IV—intravenous.

## Important Safety Information

### What is the most important information I should know about Alhemo®?

- It is important to follow the daily dosing schedule of Alhemo® to stay protected against bleeding. This is especially important during the first 4 weeks of treatment to make sure a correct maintenance dose is established. Use Alhemo® exactly as prescribed by your healthcare provider (HCP). Do not stop using Alhemo® without talking to your HCP. If you miss doses or stop using Alhemo®, you may no longer be protected against bleeding
- Your HCP may prescribe bypassing agents during treatment with Alhemo®. Carefully follow your HCP's instructions regarding when to use on-demand bypassing agents, and the recommended dose and schedule for breakthrough bleeds

Do not use Alhemo® if you are allergic to concizumab-mtci or any of the ingredients in Alhemo®.

Before using Alhemo®, tell your HCP about all of your medical conditions, including if you:

- Have a planned surgery. Your HCP may stop treatment with Alhemo® before your surgery. Talk to your HCP about when to stop using Alhemo® and when to start it again if you have a planned surgery
- Are pregnant or plan to become pregnant. It is not known if Alhemo® may harm your unborn baby

#### Females who are able to become pregnant

- Your HCP may do a pregnancy test before you start treatment with Alhemo®.
- You should use an effective birth control (contraception) method during treatment with Alhemo® and for 7 weeks after ending treatment. Talk to your HCP about birth control methods that you can use during this time
- Are breastfeeding or plan to breastfeed. It is not known if Alhemo® passes into your breast milk. Talk to your HCP about the best way to feed your baby during treatment with Alhemo®

Tell your HCP about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your HCP and pharmacist when you get a new medicine.

### How should I use Alhemo®?

- Change (rotate) your injection site with each injection. Do not use the same site for each injection
- To determine the right maintenance dose for you, your HCP will do a blood test to check the amount of Alhemo® in your blood. Your HCP may do additional blood tests during treatment with Alhemo®
- Do not share your Alhemo® pens and needles with another person, even if the needle has been changed. You may give another person an infection or get an infection from them
- If you miss a dose of Alhemo® during the first 4 weeks of treatment, contact your HCP right away. Your HCP will tell you how much Alhemo® to inject

### What are the possible side effects of Alhemo®?

Alhemo® may cause serious side effects, including:

- **Blood clots (thromboembolic events).** Alhemo® may cause blood clots to form in blood vessels, such as in your arms, legs, heart, lung, brain, eyes, kidneys, or stomach. You may be at risk for getting blood clots during treatment with Alhemo® if you use high or frequent doses of factor products or bypassing agents to treat breakthrough bleeds, or if you have certain conditions. Get medical help right away if you have any signs and symptoms of blood clots, including: swelling, warmth, pain, or redness of the skin; headache; trouble speaking or moving; eye pain or swelling; sudden pain in your stomach or lower back area; feeling short of breath or severe chest pain; confusion; numbness in your face; and problems with your vision
- **Allergic reactions.** Alhemo® can cause allergic reactions, including redness of the skin, rash, hives, itching, and stomach-area (abdominal) pain. Stop using Alhemo® and get emergency medical help right away if you develop any signs or symptoms of a severe allergic reaction, including: itching on large areas of skin; trouble swallowing; wheezing; pale and cold skin; dizziness due to low blood pressure; redness or swelling of lips, tongue, face, or hands; shortness of breath; tightness of the chest; and fast heartbeat

The most common side effects of Alhemo® include: bruising, redness, bleeding, or itching at the site of injection, and hives.

Please see Brief Summary of Prescribing Information on the following page.



Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey 08536 U.S.A.  
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Ready to discover more?

Ask your doctor about Alhemo® or visit [Alhemo.com](http://Alhemo.com) by scanning the QR Code





## Brief Summary of information about Alhemo® (concizumab-mcti) injection

Rx Only

This information is not comprehensive.

- Talk to your healthcare provider or pharmacist
- Visit [www.novo-pl.com/alhemo.pdf](http://www.novo-pl.com/alhemo.pdf) to obtain FDA-approved product labeling
- Call 1-888-668-6732

### What is the most important information I should know about Alhemo®?

- **It is important to follow the daily dosing schedule of Alhemo® to stay protected against bleeding.** This is especially important during the first 4 weeks of treatment to make sure a correct maintenance dose is established. Use Alhemo® exactly as prescribed by your healthcare provider. **Do not** stop using Alhemo® without talking to your healthcare provider. If you miss doses, or stop using Alhemo®, you may no longer be protected against bleeding.
- **Your healthcare provider may prescribe bypassing agents during treatment with Alhemo®.** Carefully follow your healthcare provider's instructions regarding when to use on-demand bypassing agents, and the recommended dose and schedule for breakthrough bleeds.

See "How should I use Alhemo®?" for more information on how to use Alhemo®.

### What is Alhemo®?

Alhemo® is a prescription medicine used for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children 12 years of age and older with hemophilia A with factor VIII inhibitors or hemophilia B with factor IX inhibitors.

It is not known if Alhemo® is safe and effective in people using Alhemo® while receiving ongoing Immune Tolerance Induction (ITI).

It is not known if Alhemo® is safe and effective for hemophilia A and B with and without inhibitors in children younger than 12 years of age.

**Do not use Alhemo® if you** are allergic to concizumab-mtci or any of the ingredients in Alhemo®.

### Before using Alhemo®, tell your healthcare provider about all of your medical conditions, including if you:

- have a planned surgery. Your healthcare provider may stop treatment with Alhemo® before your surgery. Talk to your healthcare provider about when to stop using Alhemo® and when to start it again if you have a planned surgery.
- are pregnant or plan to become pregnant. It is not known if Alhemo® may harm your unborn baby. **Females who are able to become pregnant**
  - Your healthcare provider may do a pregnancy test before you start treatment with Alhemo®.
  - You should use an effective birth control (contraception) during treatment with Alhemo® and for 7 weeks after ending treatment. Talk to your healthcare provider about birth control methods that you can use during this time.
- are breastfeeding or plan to breastfeed. It is not known if Alhemo® passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby during treatment with Alhemo®.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

### How should I use Alhemo®?

- Use Alhemo® exactly as prescribed by your healthcare provider.
- Your healthcare provider will provide instructions for stopping (discontinuing) your current treatment when switching to Alhemo®.
- Inject Alhemo® 1 time a day.
- **Your healthcare provider should show you or your caregiver how to use Alhemo® before you use it for the first time.**
- Alhemo® is given as an injection under the skin (subcutaneous injection) by you or a caregiver.
- Ask your healthcare provider if you need to use a different injection technique. For example, children and people who are lean may need to inject into a pinched fold of skin to avoid injecting too deep (into the muscle).
- Change (rotate) your injection site with each injection. **Do not** use the same site for each injection.
- You will inject a larger dose (a loading dose) of Alhemo® on your first day of treatment. Then your healthcare provider will prescribe a dose to inject 1 time a day until your maintenance dose is established.
- To determine the right maintenance dose for you, your healthcare provider will do a blood test to check the amount of Alhemo® in your blood. Your healthcare provider may do additional blood tests during treatment with Alhemo®.
- Your healthcare provider will prescribe your dose based on your weight. If your weight changes, tell your healthcare provider.

### How should I use Alhemo®? (cont'd)

- Your healthcare provider will provide information on the treatment of breakthrough bleeding during your treatment with Alhemo®.
- Do not share your Alhemo® pens and needles with another person, even if the needle has been changed. You may give another person an infection or get an infection from them.
- **If you miss a dose of Alhemo® during the first 4 weeks of treatment**, contact your healthcare provider right away. Your healthcare provider will tell you how much Alhemo® to inject.
- **If you miss a dose of Alhemo® after your daily maintenance dose is established:**
  - For 1 missed dose, continue your normal daily dose.
  - For 2 to 6 missed doses, give 2 doses as soon as you remember. Then continue your normal daily dose the next day.
  - For 7 or more missed doses, contact your healthcare provider right away as you will need to receive a new loading dose before continuing your normal daily dose.
  - If you are unsure about how much to Alhemo® to inject, contact your healthcare provider.

### What are the possible side effects of Alhemo®?

**Alhemo® may cause serious side effects, including:**

- **Blood clots (thromboembolic events).** Alhemo® may cause blood clots to form in blood vessels, such as in your arms, legs, heart, lung, brain, eyes, kidneys, or stomach. You may be at risk for getting blood clots during treatment with Alhemo® if you use high or frequent doses of factor products or bypassing agents to treat breakthrough bleeds, or if you have certain conditions. Get medical help right away if you have any signs and symptoms of blood clots, including:
  - swelling, warmth, pain, or redness of the skin
  - headache
  - trouble speaking or moving
  - eye pain or swelling
  - sudden pain in your stomach or lower back area
  - feeling short of breath or severe chest pain
  - confusion
  - numbness in your face
  - problems with your vision

- **Allergic reactions.** Alhemo® can cause allergic reactions, including redness of the skin, rash, hives, itching, and stomach-area (abdominal) pain. Stop using Alhemo® and get emergency medical help right away if you develop any signs or symptoms of a severe allergic reaction, including:

- itching on large areas of skin
- trouble swallowing
- wheezing
- pale and cold skin
- dizziness due to low blood pressure
- redness or swelling of lips, tongue, face, or hands
- shortness of breath
- tightness of the chest
- fast heartbeat

### The most common side effects of Alhemo® include:

- bruising, redness, bleeding, or itching at the site of injection
- hives

These are not all the possible side effects of Alhemo®.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store Alhemo®?

- **Before first use:**
  - Store unused Alhemo® pens in the refrigerator between 36°F to 46°F (2°C to 8°C).
- **After first use:**
  - Store the Alhemo® pen in the refrigerator between 36°F to 46°F (2° to 8°C) or at room temperature below 86°F (30°C) for up to 28 days.
  - Write the date of first use in the space provided on the carton.
  - Throw away (discard) the Alhemo® pen 28 days after first opening even if some medicine is left in the pen.
- Store Alhemo® with the cap on and keep it in the original carton to protect from light.
- Do not store Alhemo® in direct sunlight and keep away from direct heat.
- When stored in the refrigerator, do not store the pen directly next to the cooling element (the part that cools the refrigerator).
- Do not freeze Alhemo®.
- Do not use Alhemo® if it has been frozen or if it has been stored above 86°F (30°C).

**Keep Alhemo® and all medicine out of the reach of children.**

### More detailed information is available upon request.

Available by prescription only.

For information contact: Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey 08536, USA, 1-888-668-6444

Manufactured by: Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, NJ 08536 U.S. License No. 1261

At: Novo Nordisk A/S, Novo Allé 1, 2880 Bagsværd, Denmark  
Alhemo® is a registered trademark of Novo Nordisk Health Care AG.

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# THANK YOU

to our Industry Partners for  
Sponsoring SWOHF Annual Meeting

accredo.

 Bayer

**CSL Behring**  
Biotherapies for Life™

  
dayton  
children's

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A Member of the Roche Group

**HEMA**  
Biologics™

 InfuCare Rx®

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HEALTH®  
Simplifying Complex Care

  
novo nordisk®

**sanofi**



**CASCADE**  
HEMOPHILIA  
CONSORTIUM



**2024 SWOHF Board**

Cheryl Coffey  
Deb Kremer-Smith  
Lindsay Carlson  
Dena Shepard  
Dick Miller  
Sandy Hibner  
Katie Mullins  
Carolyn Brown

**Casino Night**  
Julie Sampson  
Amber Guy  
Ava Linder  
Barry Linder  
Kaitlyn Mahaffey  
Courtney Marker

**5K Fundraising Teams**

Taylor Stebelton  
Dena Shepard  
Lindsay Carlson

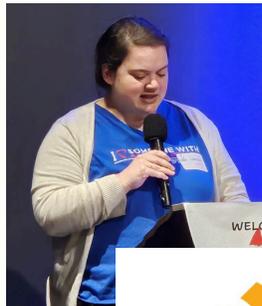
**Woman's Day**  
Lisa Geers

**5K**

Carolyn Brown  
Steve Brown  
Sheila Hobbs  
Teresa Howard  
Katie Justice  
Larry Justice  
Suzi Justice  
Barry Linder  
Sheri Neaves  
Denise Croley  
Betty Wyatt  
Angie Morgan  
Dena Shepard



**Ohio Bleeding Disorders Council**



# WHAT'S NEXT? YOU DECIDE.

At Genentech, we're committed to supporting the hemophilia A community in ways that go beyond treatment and focus on you as a person. From sharing real stories and experiences from our Patient Ambassadors, to an educational rap anthem for a hemophilia A treatment, to one-on-one support from a team of experts, we're here to help you take on what comes next.

SCAN THE QR CODE TO SEE HOW  
GENENTECH AND THE HEMOPHILIA  
A COMMUNITY ARE EMBRACING  
WHAT'S NEXT, TOGETHER.



**OHIO DENTAL PLAN COVERAGE** Who is eligible? The Ohio Dental Program is open to bleeding disorder patients with VWD or Hemophilia in Ohio who have NO AVAILABLE dental coverage through any other source. Dependents may also be eligible, based on need and availability. Where does the plan coverage come from? The Greater Ohio Bleeding Disorders Foundation acts as the fiscal agent for all Ohio chapters and HTC's for the Ohio Dental Program. GOBDF coordinates coverage with Delta Dental. What does it cost? There is an annual \$25 per person enrollment fee for a person with a bleeding disorder and \$50 each for additional family members with a \$200 per family maximum. Each enrollee will also have a \$100 deductible due to the dentist for services over and above exams/cleanings. Each family has an annual maximum of \$300 out of pocket. The monthly premium costs will be paid out of grants that were written and supported by all Ohio chapters and HTC's from Cascade Hemophilia Consortium and other HTC's funds. There may be assistance available for bleeding disorder patients to meet out of pocket costs. Contact Program Manager for more details. What is the coverage? Up to FOUR free cleanings per year, per enrollee. Also, includes \$1,250 in services per enrollee.

What is the coverage? Up to FOUR free cleanings per year, per enrollee. Also, includes \$1,250 in services per enrollee.

Services Amount of Coverage:

- Class I Services 4 Exams/cleanings per year, x-rays – paid at 100% Deductible Applies to basic and major services only – \$100 per individual. \$300 Family maximum.
- Class II Services Fillings, extractions, crowns, relines & repairs – paid at 100% after deductible
- Class III Services Bridges, implants, dentures – paid at 100% after deductible Annual Maximum \$1,250 Individual annual limit applies to all services except diagnostic & preventative



**SCAN QR CODE TO  
DOWNLOAD DENTAL  
PLAN APPLICATION  
FROM SWOHF.ORG  
WEBSITE**

Who accepts the Delta Dental Plan? Most dentists accept Delta Dental. A list of dentists who participate in Delta Dental's Preferred and Premier networks can be found at [www.deltadental.com](http://www.deltadental.com). Click on "Find a Dentist" on the right side of the screen, or call your current dentist to ask if they accept Delta Dental PPN. When can I sign up for coverage? The applications are available year-round and placement into the program is done throughout the year based on availability. Send in your application asap. New enrollees will be added at the beginning of each month. You will get a call when your application is received. Contact your HTC or Chapter for more information or call the program manager, Randi Clites at 330-730-1259. How long will I be covered? To maintain coverage on the Dental Program, you must meet comprehensive care guidelines. Patients must attend comprehensive clinic based on recommendations of their provider. You will be required to receive at least one dental cleaning a year to qualify to reapply during annual enrollment periods. As long as you stay compliant, you will maintain coverage as long as it is needed.



# BLEEDING DISORDERS CONFERENCE

Aurora, Colorado • August 21-23, 2025

We hope you join us in Aurora, Colorado for a premiere three-day event designed to connect, educate, and empower those in the Bleeding Disorders community. NBDF offers a program full of rich educational sessions, engaging networking opportunities, and a vibrant exhibit hall showcasing the latest advancements in research and patient care. Aurora's stunning scenery and family-friendly venue will make this an unforgettable experience for both professional development and relaxation. Don't miss out!

## SWOHF TRAVEL SCHOLARSHIPS AVAILABLE

SWOHF is pleased to offer scholarship opportunities for travel to our national organization conferences. These scholarships are awarded by the SWOHF Board after review of all applications received. The scholarships are open to individuals in our community diagnosed with a bleeding disorder who live in the Greater Dayton area and are treated at Dayton Children's HTC or Dayton area hematologist. The scholarship is for one individual affected by a bleeding disorder and one immediate family member only.

This scholarship award is intended to solely cover: Registration to the HFA Symposium or NBDF Annual Bleeding Disorders Conference; Airline Reservations; Hotel Accommodations. If granted this scholarship, the award is solely for direct expenses: travel expenses and hotel will be paid directly by SWOHF. Before you apply, please be aware that there will be other costs to attend; for example: meals, taxi/shuttle, baggage, and other miscellaneous expenses. SWOHF is not responsible for any additional expenses of the trip.



NATIONAL  
BLEEDING  
DISORDERS  
FOUNDATION



**SCAN QR CODE TO  
DOWNLOAD TRAVEL  
SCHOLARSHIP  
APPLICATION FROM  
SWOHF.ORG WEBSITE**



For children with bleeding disorders, camp is a place where they can learn the valuable skills they need to become independent teens and adults. They will learn from each other and from their counselors (many of whom live with bleeding disorders themselves) about ways to manage their disorder both medically and socially. At Camp Bold Eagle, kids experience a traditional summer camp environment complete with archery, arts and crafts, canoeing, swimming in a lake, and nature walks. For more information about camp opportunities and requirements, check out the Hemophilia Foundation of Michigan's website at <https://hfmich.org/camp>

**CAMP BOLD EAGLE**

Teen Camp: Ages 13-17 June 29 - July 5, 2025

Session 1: Ages 6-9 July 13-17, 2025 // Session 2: Ages 10-12 July 19-25, 2025

**EAGLE OUTPOST** Ages 14-15 August 3-9, 2025



CAMP REGISTRATION  
**NOW OPEN**

**Camp Bold Eagle registration is open now!** Once the application is submitted through the HTC is required, SWOHF will make travel arrangements for campers as well as processing scholarships provided through grant funding and generous supporters. If you have questions, contact the SWOHF office at 937-298-8000

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LIFE LOOK LIKE  
WITH HEMGENIX?**

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**CSL Behring**



## 2024 Grant Funds Update: Period Pack Program SUCCESS!

In 2024, in conjunction with the Dayton Children’s HTC, SWOHF initiated the Period Pack Program as a Hemophilia Alliance Foundation grant project for our Chapter. Period products were purchased and delivered to the HTC by SWOHF, then given to identified patients during their annual medical exams at the HTC.

Our initial goal was to make the transition to menstruation more manageable as girls start menses--along with the additional challenges of having a bleeding disorder. Delivery of these products empowers young women to have open conversations about menstrual health, fostering a positive and informed approach to self-care. Having these supplies ready and available to the girls is paramount to encouraging growth of healthy confident young women.

These packs include several items designed to help offset the costs of period products including period underwear, pads, and tampons among other items which are placed in a carry bag that is stylish and discrete. Each of these packs is personalized and includes educational materials and tips for helping to manage heavy menstrual bleeding. This program has been incredibly well received by HTC patients and their families alike. In the coming year we plan to continue to offer this program and hope to be able to expand it to include more reusable period products.



## PERIOD POVERTY

Education Article by Emma Boyd, MHA, Program Manager

“Period poverty” is defined as “the inability to afford and access menstrual products, sanitation, and hygiene facilities, and education and awareness to manage menstrual health.” It is estimated that nearly one in four students have struggled to afford period products in the United States and that 44% of teens report stress and embarrassment due to the lack of access to period supplies. According to the National Organization of Women, the average cost of menstrual products per month is around \$20. In women with bleeding disorders, periods are often far heavier and more difficult to manage leading to further expenses in period products.

To continue to better serve our menstruating bleeding disorder patients, the HTC has opened a combined Hematology and Adolescent Gynecology Clinic this past January. We hope to provide better care for our patients by scheduling them to meet with a hematologist and gynecologist in one appointment. If you have any questions regarding this clinic, please call 937-614-3111 to speak with an HTC nurse.

If you have any questions regarding the program or would like to get in touch with your HTC, please contact Emma Boyd at [boyde2@childrensdayton.org](mailto:boyde2@childrensdayton.org) or 937-641-3773.

The Widespread impact of period poverty on US Students. Commissioned by Thinx & PERIOD. (October 2023)

Nearly 1 in 4 students have struggled to afford period products in the United States.

44% of teens report stress and embarrassment due to a lack of access to period products.

92% of teens agree periods should be recognized as an indicator of good health rather than as something dirty or gross – a 7-point increase from 2021.

78% of teens agree education around menstrual health should be part of the core curriculum, just like math.

[www.period.org/periodpoverty](http://www.period.org/periodpoverty)



In collaboration with Dayton Children's HTC, SWOHF continues its partnership with American Medical ID. They offer a great variety of quality products at a discount to Chapters. Additionally, their Customer Service is exceptional, their shipping is fast and their prices are reasonable.

Free products are included with every order: An emergency medical ID card, a small ID charm and an exclusive engraved rectangular "InCase" phone ID that easily attaches to your cellphone case or any flat object, such as a suitcase, briefcase or laptop.

SWOHF is grateful for grant funding and donations that facilitate these purchases on behalf of our Greater Dayton Bleeding Disorders Community. So when you go to the HTC for your next visit, you can view sample products available and complete a form to request a new bracelet or necklace according to Chapter guidelines.

# SWOHF MISSION

Southwestern Ohio Hemophilia Foundation (SWOHF) helps improve the quality of life for those affected by hemophilia, von Willebrand disease, and other bleeding disorders by providing support, education, networking, advocacy and services to individuals, their families and the community.



**SUPPORT EDUCATE ADVOCATE**



**DISCLAIMER** The material provided in SWOHF Notes is for your general information only. SWOHF does not give medical advice or engage in the practice of medicine. SWOHF under no circumstances recommends particular treatment for specific individuals, and in all cases recommends that you consult your physician or treatment center before pursuing any course of treatment.

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