

# SWOHF

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



# NOTES

## 2025 ISSUE #3



Happy Holidays from your friends at the Southwestern Ohio Hemophilia Foundation!

2025 was an exceedingly industrious year for SWOHF. We are so grateful for the commitments of time and talent from our families, volunteers, donors, sponsors and friends to further our mission to enhance the lives of those affected by bleeding disorders in southwestern Ohio. Our ability to be a significant resource is only possible because of our relationships with all of you. We are looking forward to serving this community in 2026.

There were numerous highlights from this past year. Let's reflect on a few! We took a different approach to our Annual Meeting and created an Ask the Doc presentation where families could address questions to Dr. Wright from Dayton Children's Hemophilia Treatment Center. This was such an informative session followed by lunch and an adventurous afternoon at the Boonshoft Museum of Discovery.

Of course, our other events such as Family Fest, Fall Outing, Industry Partners filled out a year of camaraderie and education. Our two fundraisers, Casino Night and 5K, raised over \$23,000!

Once again, we were able to offer the Brad Miller Memorial Scholarship Award; Justine Buell was the recipient. She attends Penn State University. We wish her well and know that she is on track for a bright future.

We covered travel expenses for five children to attend summer camp. Sending two families to the National Bleeding Disorders Conference in Denver, Colorado was especially fulfilling as it was a new experience for both. In addition, we purchased over 90 medical ID's and provided special assistance including back-to-school and Kroger gift cards.

Thanks to all who participated throughout the year. We are planning 2026 and budgeting for another impactful year. We humbly ask that you consider a year-end gift. **It's easy to give online with your credit card on our website [www.swohf.org](http://www.swohf.org)** We would gladly accept a check donation. Our office address is 11 West Monument Ave. Suite 605, Dayton, OH 45402. **Every donation makes a difference!**

Thank you from the bottom of our hearts



SWOHF Board of Directors

**THANK  
YOU!**  
♥





## 2026 SWOHF EVENTS

March 7	Annual Meeting at <i>Boonshoft Museum of Discovery</i>
April 11	Casino Night Fundraiser at <i>Dayton Woman's Club</i> ,
June 12-13	Family Fest Weekend at <i>Scene 75 Dinner (Friday)</i> & <i>Dayton Dragons Game (Saturday)</i>
September 19	5K Bleeding Disorders Awareness Walk/Run <i>Rice Field, Miamisburg OH</i>
October 4	Fall Outing at <i>Young's Dairy Farm, Yellow Springs, OH</i>
November 14	Women's Day Educational Program & Lunch <i>The Golden Lamb, Lebanon, OH</i>

**NEW  
MONTH**

Casino Night moved to April!

Family Fest moved to June!

For more info, check our website [www.swohf.org](http://www.swohf.org)

## COULDN'T BE EASIER. SUPPORT SWOHF



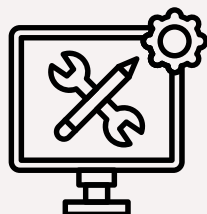
Did you know you can support our SWOHF community just by shopping at Kroger? It's easy when you enroll in Kroger Community Rewards! To get started, sign up at [krogercommunityrewards.com](http://krogercommunityrewards.com) with your Kroger Plus Card and enter our number **#78558** as your organization. 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.



# ADVOCACY

**Open Enrollment.** These two words cause a lot of anxiety for our bleeding disorders community. Whether you are waiting on enrollment information from your employer, Medicaid or Medicare, or the ACA Marketplace, or you have it and trying to make the coverage decision for 2026, it is a trying time. Please know there are resources to help you decide for your 2026 plan year. The National Bleeding Disorders Foundation has updated the insurance toolkit. You can visit <https://www.bleeding.org/bleeding-disorders-a-z/healthcare-coverage/personal-health-insurance-toolkit> to help you make decisions on which plan to choose.

## TOOL KIT



**SCAN QR CODE FOR NBDP PERSONAL  
HEALTH INSURANCE TOOLKIT**

Also, if you see a big spike in your premiums or out-of-pocket costs, please reach out to the chapter for resources to help with that financial burden. There is a state program through the Ohio Department of Health called Complex Medical Help. Bleeding disorders are covered; the program is a great safety net program to help pay for the costs not covered by your primary insurance coverage. There is also a program to help pay your portion of premiums for adults over 26 with hemophilia. Contact your HTC Social Worker for both of these programs.

The Ohio Statehouse continues to be busy with bills impacting our community. There are three bills the Ohio Bleeding Disorder Council is watching: SB207 to ban copay diversion programs, HB257 to address negative impacts of medical debt, and two bills to streamline prior authorization process HB212 and HB220.

**Need  
Help?**

As the new health plan year unfolds, please know that we, or your HTC staff, are here to help you overcome any healthcare access barriers you face. If your premiums have increased so much that you aren't sure if you can afford them for the entire year, or if your Hematologist visits or treatment for your bleeding disorder is no longer covered or the out-of-pocket amount is unaffordable, PLEASE CONTACT your HTC or SWOHF staff to walk you through your options and connect you with resources that may be available to you within our bleeding disorders community.

## OHIO ADVOCACY TRAINING JANUARY 17, 2026



## Ohio Bleeding Disorders Council

**SWOHF is looking for new Advocacy Ambassadors. If you've never participated and are interested in getting more involved, the Training will be held January 17, 2026. Contact Joy for more info on the training. Email [joy@swohf.org](mailto:joy@swohf.org)**



Join the fight for a better future! NBDP Washington Days brings together advocates to push for federal funding and better access to care for inherited blood disorders.

**WASHINGTON DAYS  
MARCH 4-6, 2026**



**OHIO STATEHOUSE DAY  
MARCH 25, 2026**





## HEMLIBRA: TRUSTED BY THE COMMUNITY FOR 7 YEARS AND COUNTING



First approved in 2017.\*  
Over 8,100 patients  
in the US treated with HEMLIBRA.†



SCAN TO HEAR STORIES  
FROM THE COMMUNITY

\*November 2017: FDA approval for adults and children with hemophilia A with factor VIII inhibitors.

†Number of patients with hemophilia A treated with HEMLIBRA in the US as of March 2024.

### INDICATION & IMPORTANT SAFETY INFORMATION

#### What is HEMLIBRA?

HEMLIBRA is a prescription medicine used for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children, ages newborn and older, with hemophilia A with or without factor VIII inhibitors.

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

**HEMLIBRA increases the potential for your blood to clot. People who use activated prothrombin complex concentrate (aPCC; Feiba®) to treat breakthrough bleeds while taking HEMLIBRA may be at risk of serious side effects related to blood clots.**

#### These serious side effects include:

- **Thrombotic microangiopathy (TMA)**, a condition involving blood clots and injury to small blood vessels that may cause harm to your kidneys, brain, and other organs
- **Blood clots (thrombotic events)**, which may form in blood vessels in your arm, leg, lung, or head

Carefully follow your healthcare provider's instructions regarding when to use an on-demand bypassing agent or factor VIII, and the dose and schedule to use for breakthrough bleed treatment. If aPCC (Feiba®) is needed, talk to your healthcare provider in case you feel you need more than 100 U/kg of aPCC (Feiba®) total.

Your body may make antibodies against HEMLIBRA, which may stop HEMLIBRA from working properly. Contact your healthcare provider immediately if you notice that HEMLIBRA has stopped working for you (eg, increase in bleeds).

Please see Brief Summary of Medication Guide on following page for Important Safety Information, including **Serious Side Effects**.





**Medication Guide**  
**HEMLIBRA® (hem-lee-bruh)**  
**(emicizumab-kxwh)**  
**injection, for subcutaneous use**

**What is the most important information I should know about HEMLIBRA?**

**HEMLIBRA increases the potential for your blood to clot. Carefully follow your healthcare provider's instructions regarding when to use an on-demand bypassing agent or factor VIII (FVIII) and the recommended dose and schedule to use for breakthrough bleed treatment.**

**HEMLIBRA may cause the following serious side effects when used with activated prothrombin complex concentrate (aPCC; FEIBA®), including:**

- **Thrombotic microangiopathy (TMA).** This is a condition involving blood clots and injury to small blood vessels that may cause harm to your kidneys, brain, and other organs. Get medical help right away if you have any of the following signs or symptoms during or after treatment with HEMLIBRA:
  - confusion
  - weakness
  - swelling of arms and legs
  - yellowing of skin and eyes
  - stomach (abdomen) or back pain
  - nausea or vomiting
  - feeling sick
  - decreased urination
- **Blood clots (thrombotic events).** Blood clots may form in blood vessels in your arm, leg, lung, or head. Get medical help right away if you have any of these signs or symptoms of blood clots during or after treatment with HEMLIBRA:
  - swelling in arms or legs
  - pain or redness in your arms or legs
  - shortness of breath
  - chest pain or tightness
  - fast heart rate
  - cough up blood
  - feel faint
  - headache
  - numbness in your face
  - eye pain or swelling
  - trouble seeing

**If aPCC (FEIBA®) is needed, talk to your healthcare provider in case you feel you need more than 100 U/kg of aPCC (FEIBA®) total.**

**Your body may make antibodies against HEMLIBRA, which may stop HEMLIBRA from working properly. Contact your healthcare provider immediately if you notice that HEMLIBRA has stopped working for you (e.g. increase in bleeds).**

See “What are the possible side effects of HEMLIBRA?” for more information about side effects.

**What is HEMLIBRA?**

HEMLIBRA is a prescription medicine used for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children, ages newborn and older, with hemophilia A with or without factor VIII inhibitors.

Hemophilia A is a bleeding condition people can be born with where a missing or faulty blood clotting factor (factor VIII) prevents blood from clotting normally.

HEMLIBRA is a therapeutic antibody that bridges clotting factors to help your blood clot.

**Before using HEMLIBRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are pregnant or plan to become pregnant. It is not known if HEMLIBRA may harm your unborn baby. Females who are able to become pregnant should use birth control (contraception) during treatment with HEMLIBRA.
- are breastfeeding or plan to breastfeed. It is not known if HEMLIBRA passes into your breast milk.

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

**How should I use HEMLIBRA?**

**See the detailed “Instructions for Use” that comes with your HEMLIBRA for information on how to prepare and inject a dose of HEMLIBRA, and how to properly throw away (dispose of) used needles and syringes.**

- Use HEMLIBRA exactly as prescribed by your healthcare provider.
- **Stop (discontinue) prophylactic use of bypassing agents the day before starting HEMLIBRA prophylaxis.**
- **You may continue prophylactic use of FVIII for the first week of HEMLIBRA prophylaxis.**
- HEMLIBRA is given as an injection under your skin (subcutaneous injection) by you or a caregiver.

- Your healthcare provider should show you or your caregiver how to prepare, measure, and inject your dose of HEMLIBRA before you inject yourself for the first time.
- Do not attempt to inject yourself or another person unless you have been taught how to do so by a healthcare provider.
- Your healthcare provider will prescribe your dose based on your weight. If your weight changes, tell your healthcare provider.
- You will receive HEMLIBRA 1 time a week for the first four weeks. Then you will receive a maintenance dose as prescribed by your healthcare provider.
- If you miss a dose of HEMLIBRA on your scheduled day, you should give the dose as soon as you remember. You must give the missed dose as soon as possible before the next scheduled dose, and then continue with your normal dosing schedule. **Do not give two doses on the same day to make up for a missed dose.**
- HEMLIBRA may interfere with laboratory tests that measure how well your blood is clotting and may cause a false reading. Talk to your healthcare provider about how this may affect your care.

**What are the possible side effects of HEMLIBRA?**

- See “What is the most important information I should know about HEMLIBRA?”

**The most common side effects of HEMLIBRA include:**

- redness, tenderness, warmth, or itching at the site of injection
- headache
- joint pain

These are not all of the possible side effects of HEMLIBRA.

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 HEMLIBRA?**

- Store HEMLIBRA in the refrigerator at 36°F to 46°F (2°C to 8°C). Do not freeze.
- Store HEMLIBRA in the original carton to protect the vials from light.
- Do not shake HEMLIBRA.
- If needed, unopened vials of HEMLIBRA can be stored out of the refrigerator and then returned to the refrigerator. HEMLIBRA should not be stored out of the refrigerator for more than a total of 7 days or at a temperature greater than 86°F (30°C).
- After HEMLIBRA is transferred from the vial to the syringe, HEMLIBRA should be used right away.
- Throw away (dispose of) any unused HEMLIBRA left in the vial.

**Keep HEMLIBRA and all medicines out of the reach of children.**

**General information about the safe and effective use of HEMLIBRA.**

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use HEMLIBRA for a condition for which it was not prescribed. Do not give HEMLIBRA to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about HEMLIBRA that is written for health professionals.

**What are the ingredients in HEMLIBRA?**

**Active ingredient:** emicizumab-kxwh

**Inactive ingredients:** L-arginine, L-histidine, poloxamer 188, and L-aspartic acid.

Manufactured by: Genentech, Inc., A Member of the Roche Group,  
1 DNA Way, South San Francisco, CA 94080-4990  
U.S. License No. 1048

HEMLIBRA® is a registered trademark of Chugai Pharmaceutical Co., Ltd., Tokyo, Japan  
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For more information, go to [www.HEMLIBRA.com](http://www.HEMLIBRA.com) or call 1-866-HEMLIBRA.  
This Medication Guide has been approved by the U.S. Food and Drug Administration  
Revised: 03/2023



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# Congratulations

## PHYSICIAN OF THE YEAR AWARD: DR. JORDAN WRIGHT



Each year, the National Bleeding Disorders Foundation (NBDF) recognizes seven individuals who have made outstanding contributions to the bleeding disorders community. The Physician of the Year Award honors the legacy of Dr. Kenneth Brinkhaus, a physician, who in 1967, discovered clotting factor concentrates that revolutionized care for patients with bleeding disorders. Recipients of this award are chosen from peer-submitted nominations for clinical excellence, advocacy, compassion, and advancing care.

**This year's recipient of the Physician of the Year Award was Dr. Jordan Wright.** Dr. Wright received this award in August at the 77<sup>th</sup> annual Bleeding Disorders Conference in Colorado. He was nominated by one of our SWOHF families for the excellent care he provides in the HTC.

In addition to providing care to our bleeding disorder patients Dayton Children's HTC also specializes in caring for children with cancer and sickle cell disorder. From fertility preservation and pain relief during treatment to long-term follow-up care in our survivorship program, Dr. Wright leads our hematology/oncology team in providing expert, compassionate care when it matters most.

We are incredibly proud of all the work Dr. Wright does and to have him serve as our director of the HTC.

**Congratulations Dr. Wright!**

## SWOHF SENDS FAMILY TO BDC

*I wanted to send a little note about our conference experience! We had a great time & we were so thankful to be at BDC & witness Dr. Wright receiving his award. I may have shed a few tears! Thank you again Bleeding Disorder Conference 2025 – this event was a very neat experience for adults & children in the hemophilia & bleeding disorder community. You are able to ask any & all questions & learn about things that are happening now or even in the future! It was such a promising event that shows they are working so hard to make patients & caregivers' everyday life worry-free. Along with all of the knowledge we gained, we also were able to witness our very own Dr. Wright receive the "Physician of the Year" award. Dr. Wright has been a part of our lives for many years & I couldn't think of a better person to receive this award. To be there & witness it was such an honor. We were honored & thankful to SWOHF to attend this year!*





**sanofi**


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CONSORTIUM



NATIONAL  
**BLEEDING  
DISORDERS**  
FOUNDATION







# SWOHF 15TH ANNUAL BLEEDING DISORDER AWARENESS

## RUN/WALK 5K

IN SUPPORT OF SOUTHWESTERN OHIO HEMOPHILIA FOUNDATION



### WINNERS:

**GEORGE CARLSON 23:15**  
**MOLLIE COURTNEY 23:54**  
**DAVID HEIDRICH 25:17**

### FIRST PLACE BY AGE GROUP (Male-Female)

Tyler Hipsher \* Aspyr Knaub  
Adam Knaub \* Amber Larotonda  
Bryan Hall \* Alyson Anderson  
Tiffany Kaeser  
Jeffrey McCormick \* Melodie Eads  
Graham Carlson \* Stella Kramer



**BLEEDING  
DISORDER  
AWARENESS**  
5K Walk / Run 2025

**THANK  
YOU**

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**NEW LEBANON**  
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# Fall Outing



2025 SWOHF  
FALL OUTING  
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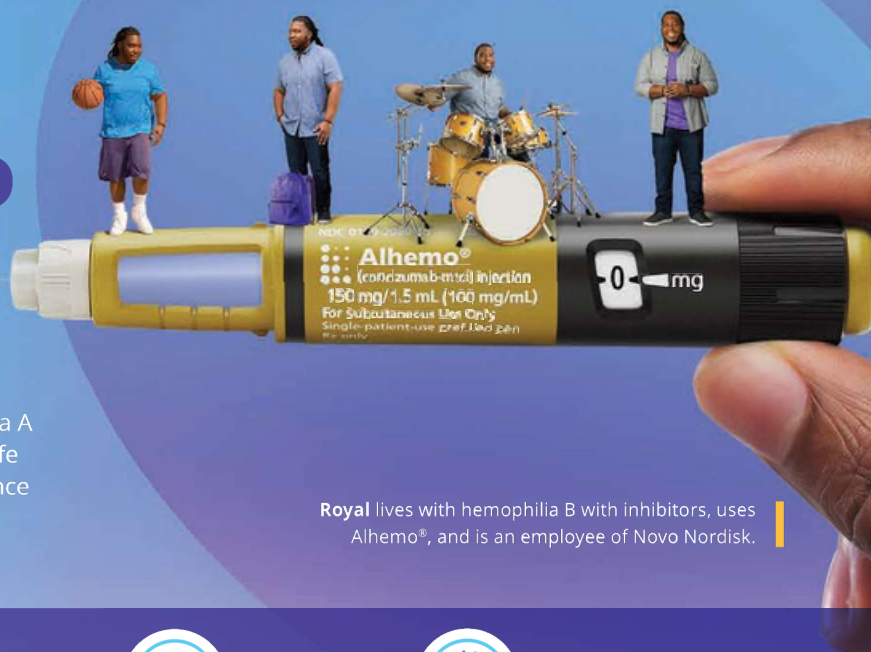


More than a pen—

# YOUR EVERYDAY BLEED PROTECTION<sup>a</sup>

**Prophylaxis treatment in a prefilled, subcutaneous pen** to prevent or reduce the frequency of bleeding episodes in adults and children 12 years of age and older with hemophilia B with or without inhibitors or hemophilia A with or without inhibitors. It is not known if Alhemo® is safe and effective in people receiving ongoing immune tolerance induction or in children younger than 12 years of age

<sup>a</sup>It is important to follow the daily dosing schedule of Alhemo® to stay protected against bleeding.



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<sup>b</sup>  
(up to 4 weeks after first use)

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

<sup>b</sup>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 factor VIII, factor IX, or bypassing agents during treatment with Alhemo®.** Carefully follow your HCP's instructions regarding when to use on-demand factor VIII, factor IX, or 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. Talk to your HCP about when to stop using Alhemo® and when to start it again if you have a planned surgery
- Are pregnant, breastfeeding, or plan to become pregnant or breastfeed. It is not known if Alhemo® may harm your unborn baby or if Alhemo® passes into your breast milk
  - Your HCP may do a pregnancy test before you start treatment with Alhemo®
  - **Females who are able to become pregnant**, talk to your HCP about using effective birth control (contraception) methods during treatment with Alhemo® and for 7 weeks after ending treatment

**Tell your HCP about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and supplements.

**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 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, itching, rash or lump at the injection site, headache, and hives. These are not all the possible side effects of Alhemo®. Call your doctor for medical advice about side effects.

**Please see Brief Summary of information about Alhemo® on the following page.**

**Ready to discover more?**

Ask your doctor about Alhemo® or visit **Alhemo.com** by scanning the QR Code



Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey 08536 U.S.A.

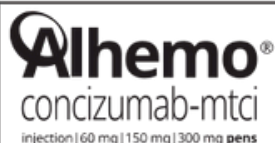
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## Brief Summary of information about Alhemo® (concizumab-mtci) injection

Rx Only

This information is not comprehensive.

- Talk to your healthcare provider or pharmacist
- Visit [www.novo-pi.com/alhemo.pdf](http://www.novo-pi.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 factor VIII, factor IX or bypassing agents during treatment with Alhemo®.** Carefully follow your healthcare provider's instructions regarding when to use on-demand factor VIII, factor IX or 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 or without factor VIII inhibitors
- hemophilia B with or without factor IX inhibitors

It is not known if Alhemo® is safe and effective in people 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®.

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

- Your healthcare provider will prescribe your dose based on your weight. If your weight changes, tell your healthcare provider.
- 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 daily maintenance dose.
  - For 2 to 6 missed doses, give 2 doses as soon as you remember. Then continue your daily maintenance 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 daily maintenance dose.
  - If you are unsure about how much 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 reactions that can be serious. Stop using Alhemo® and tell your healthcare provider right away if you have 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
- bruising, redness, bleeding, itching, rash, or lump at the injection site
- headache
- 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°C 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  
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# Women's Day



Women's Day was once again a wonderful gathering of patients, mothers, daughters, grandmothers, caregivers and friends. Indeed, it was a warm gathering of women to support one another, learn about the circumstance of women with bleeding disorders and to discuss the unique diagnosis of hemophilia in women. Only recently has this diagnosis been addressed as a serious condition. Thanks to Christy Glass, NP and Judy Doyle, Hemophilia Community Liaison- Novo Nordisk, we were able to dig deep and understand so much more about this journey.

Jim Zimkus, local historian from Lebanon, gave us a history lesson about the community and particularly The Golden Lamb. He left us speechless with his presidential stories, local lore, and a good ghost story to top it off. Our first male at Women's Day!

Finally, we made holiday wreaths, enjoyed amazing cuisine and shopped til we dropped. It was another incredible day for the books. See you next November!



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## SWOHF TRAVEL SCHOLARSHIP AVAILABLE

CHECK OUR WEBSITE  
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# New Orleans HFA 2026 SYMPOSIUM

Jazzed For The Journey Ahead 🌸 32 Years

## APRIL 16-19, 2026

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

## NBDF

AUG 13-15, 2026

### Bleeding Disorders CONFERENCE



## ORLANDO

### Supporting the Judith Graham Pool Fellowship



NATIONAL BLEEDING DISORDERS FOUNDATION



Investing in research that deepens our understanding of inheritable bleeding disorders and fuels new treatment options is important to SWOHF



### SAVEONELIFE

Save One Life improves the quality of life and future for people with bleeding disorders in developing countries through direct financial assistance.

**SWOHF IS A  
PROUD ANNUAL  
PARTNER OF  
THESE NATIONAL  
ORGANIZATIONS!**



## WFH

WORLD FEDERATION OF HEMOPHILIA

WFH USA advances the global mission of the World Federation of Hemophilia (WFH) in the United States. We provide American citizens, foundations, and corporations with the opportunity to ensure treatment for all people with bleeding disorders worldwide.



### BD SUMHAC

Bleeding Disorders Substance Use &  
Mental Health Access Coalition

Ensuring that all individuals with bleeding disorders have access to appropriate substance use and mental health treatment facilities.

GET INVOLVED TODAY!

[newenglandhemophilia.org/sumhac](http://newenglandhemophilia.org/sumhac)



CONGRATULATIONS

**BRAD MILLER MEMORIAL SCHOLARSHIP  
RECIPIENT 2025  
JUSTINE BUELL, PENN STATE UNIVERSITY  
MAJOR: CRIMINOLOGY  
MINOR: PSYCHOLOGY & CHILD ADVOCACY**

If I were asked to share advice with members of the bleeding disorder community, I would say to **maintain a positive attitude** and focus on what you **CAN** do rather than your limitations. I would also advise others to find opportunities to **help those who are less fortunate** than yourself. Also, be responsible about your disorder: follow doctor's orders, wear a medical alert bracelet. Although living with a bleeding disorder can be challenging both physically and mentally, it is important to remember that a medical diagnosis should not stop you from living your life with a positive attitude and **high aspirations**.



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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.

Check our website [swohf.org](http://swohf.org)

Email: [director@swohf.org](mailto:director@swohf.org)

Phone: 937-298-8000

Executive Director: Joy Linder



Southwestern Ohio Hemophilia Foundation  
11 West Monument Ave, Suite #605  
Dayton OH 45402

