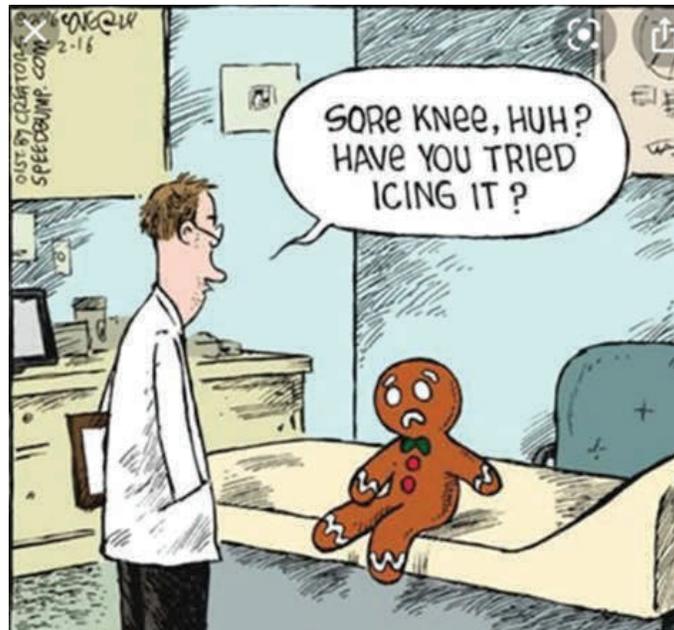




St. Paul's
Adult Bleeding Disorder Program
Winter 2020



Clinic Holiday Hours

The office will be closed from 3pm on December 24th and reopen at 0800 on December 29th. It will close again at 3pm on December 31st and reopen on 0830 on January 4th.

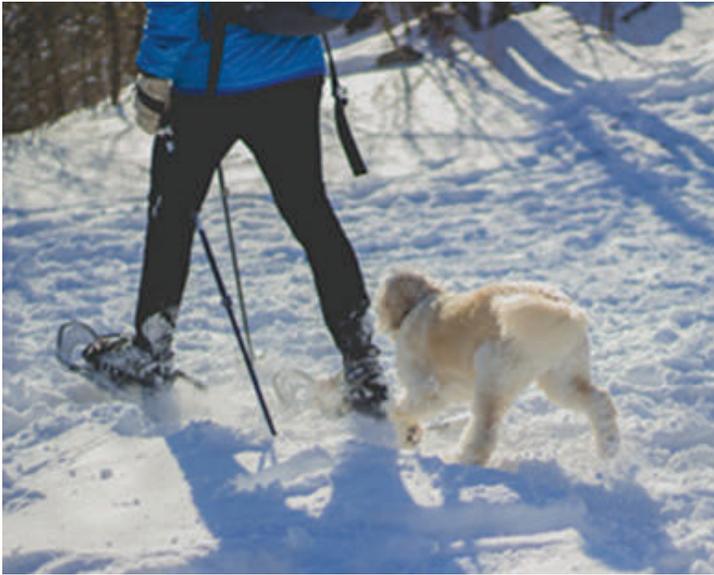
For urgent bleeding related concerns during the holiday closures and after hours please contact **St. Paul's Hematology on call at 604-682-2344**; ask to speak to switchboard and then asked to have hematology on call paged.

Winter Weather and Nose Bleeds

WHAT causes my nosebleeds?

There are many tiny blood vessels lining the inside walls of your nose. These blood vessels keep the air you breathe in warm and moist. Since these delicate blood vessels lie close to the surface, they are easily injured and cause nosebleeds. The medical name for nosebleeds is epistaxis. Some causes of nosebleeds may be trauma, blowing your nose too hard, too much nasal spray; hot & dry air, smoke, swimming, infection, *change in seasons* or allergies. Read more in the **attached handout**.

Winter Sports and Activities!



The winter months bring a change in scenery. Some people can be intimidated by the drop in temperature, but there are a lot of activities that can be a ton of fun while maintaining your physical fitness. Whether you're out in your driveway shoveling snow or out on the mountain hitting the slopes, preparation is key for preventing bleeds. Prior to starting an activity, warming up with a few minutes of gentle exercise is important because it will reduce the chance of injury; therefore making joints and muscles less likely to bleed.

Snowshoeing, Cross Country Skiing, and walking are all safer activity options as several risks such as height, speed, and

contact are lessened. No matter what activity you choose to do, ensure you are prepared by having the appropriate equipment, and communicating with your friends or family about your plan of action if an injury occurs. Prior to starting an activity, warming up with a few minutes of gentle exercise is important because it will reduce the chance of injury; therefore making joints and muscles less likely to bleed.

Lastly, remember to wear a helmet! A helmet should be worn for any activity with speed, a risk of falls, or contact. Examples include skating, skiing, and snowboarding. Ensuring proper fit is necessary for keeping your head safe and sound.

Congratulations!

We are excited to share with you that Stacey Cave and Dr. Hayley Merkeley are both expecting and will begin maternity leave in February 2021. Please note that your care will be seamlessly transitioned to other team members.

COVID-19 Provincial and Federal Benefits

This compiled list of federal and provincial financial benefits is updated on an ongoing basis. Here is the last update from December 8, 2020 **Financial Updates and links**.

Herbals



You can admit it to us!! The use of complementary medicine has become popular over the last few years as people are using herbal products, homeopathic medicines, and dietary supplements.

Despite their “natural” characteristics, these remedies may have the potential to cause mild bleeding. Ensure you read the labels before starting a new herbal medication and if you have questions about the medication give the clinic a call or email us.

Here are a few examples of herbals that could potentially cause mild bleeding: Garlic (in large amounts, Arnica, Ginger (fresh only), Ginkgo Biloba, and Ginseng.

Click here for more information on Natural Health Products or **read this article**.

Planning a Procedure? Upcoming Dental work?

Help us help you and review the following;

Please let us know **at least** 7 business days before any procedures or dental work. It does take time for us to connect with your specialist to gather more information about the procedure as well as to arrange prescriptions and support for infusions if needed.

We have recently experienced an increased number of requests for procedure support with very short turnaround time. While we do our best to try and make arrangements in a timely way, some arrangements take more than 24 or 48 hours. More helpful tips on **our website**.

Research Corner

Did you know that older hemophilia patients have lower rates of multiple medication use than their peers? A study suggests that this is likely due to their regular risk assessments at hemophilia treatment centers (HTCs and coordination of care with their practitioners. It is for this reason we ask in detail about the medications, vitamins and minerals you are taking. **Read More**.

CHS Contact online news platform

CHS launched its online news platform, **CHS CONTACT**, replacing its long-standing newsmagazine, Hemophilia Today. On November 2, 2020, the CHS held a live educational videoconference aimed to improve the understanding of FVIII/FIX inhibitors and treatment options, with a special focus on emicizumab.

The video is available for viewing on CHS CONTACT [here](#).

**Thanks for reading, and Happy Holidays from
all of us at St. Paul's Adult Bleeding Disorder Program!**

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<http://hemophilia.providencehealthcare.org/>