



YOU MATTER TO US.

With each season, each day, each breath we decide how we show up in the world. At Brothers Healthcare, we show up for you. In this issue, you'll find important updates, advice from experts and a true story about lasting friendship. Enjoy your summer and remember we are here to help you on your journey
Cheers! —*Jessica Steed, Editor*



ASK A PHARMACIST

NUTRITION - STAYING ON TOP OF IRON

By Eslam Omar, Rph, MPH, Pharmacist, Nutritionist

UPCOMING EVENTS

NHF Hawai'i Golf Tournament

Hawai'i, HI July 9, 2018

NHF NV Family Education Weekend

Reno, NV
July 21, 2018

Sangre de Oro Women's Retreat

Albuquerque, NM
July 22, 2018

CCHF Family Education Day

Sacramento, CA
Aug. 4, 2018

Sangre de Oro Golf Tournament

Albuquerque, NM
Aug. 4, 2018

NHF NV Women's Retreat

Las Vegas, NV
Aug. 25, 2018

Familia de Sangre

Oakland, CA Sept. 7-9, 2018

NHF HI Family Camp

Oahu, HI Sept. 8-9, 2018

HFNC Vine, Hops & Golf

Sonoma, CA
Sept. 12-13, 2018

NHF NV Unite for Bleeding Disorders

Reno, NV
Sept. 15, 2018

Iron Deficiency Anemia is caused by having too little iron in your blood. Menstruating women are mostly affected with hemophilia patients being the most concerning.

Found in soil, iron is absorbed by plants which we then consume as herbs, fruits and vegetables. It can also be consumed through meats and other animal products.

Iron is an essential component of hemoglobin, a part of our red blood cells that carry oxygen from the respiratory system to various tissues in the body. It is also essential for synthesis of myoglobin, a protein that provides muscles with oxygen(1).

Symptoms of iron deficiency can vary from mild tiredness and weakness to shortness of breath, fatigue, increased heart rate, cold extremities, extreme dizziness, physiological disorders and even ADHD (2). The Recommended Dietary Allowance (RDAs) for females age 14-50 years old is 15-18mgs of iron daily. There are two types of iron that can be consumed through our diet; heme-iron which comes from meat, poultry and seafood, and non-heme iron, which is found in plants and iron fortified foods. Heme-iron has higher bioavailability compared to non-heme iron, meaning that it will be absorbed and distributed better throughout the body. However, there are plenty of iron-rich foods for vegetarians. Check out the info graphic for top iron-rich foods.

Those who struggle to take enough iron through regular diet can always turn to supplements. The most common iron supplement is ferrous sulfate 325mgs which gives about 65mgs elemental iron (361% DV). Iron supplements, however, are made in laboratories using iron that has been mined from the ground, thus they have lower bioavailability and are not as easily absorbed into our body. Constipation is also a common side effect of iron supplements.

Regarding drug interactions, iron should not be taken with levothyroxine (thyroid hormone used to treat hypothyroidism or goiter disease) as iron reduces the levels of levothyroxine. Proton pump inhibitors such as omeprazole and medications reducing stomach acidity should also not be taken with iron supplements as stomach acidity is essential for iron absorption.

Iron is essential for overall health and well-being. As a nutritionist and a hemophilia pharmacist, I always advise patients to eat whole foods and replenish their mineral levels through natural food sources. Only when consuming minerals naturally isn't sufficient, should people turn to supplementation. So, whether you are a vegetarian, vegan or a primal paleo diet follower, there is plenty of iron for you.

1. Murray-Kolbe LE, Beard J. Iron. In: Coates PM, Betz JM, Blackman MR, et al., eds. Encyclopedia of Dietary Supplements. 2nd ed. London and New York: Informa Healthcare; 2010:432-8.
2. Cullis JO. Diagnosis and management of anaemia of chronic disease: current status. Br J Haematol 2011;154:289-300. [PubMed abstract]

HFO Annual Meeting

Portland, OR Sept. 15, 2018

NHF NV Unite for Bleeding Disorders

Las Vegas, NV
Sept. 22, 2018

Hope for Hemophilia Superhero Walk/Run

Covington, LA
Sept. 22, 2018

*For more info, contact
your local chapter or
info@brothershealthcare.com*

BROTHERS WELCOMES NEW TEAM MEMBERS

Joel Simon,

Specialty Pharmacy Account Manager

Joel has been serving the bleeding disorders community since 1987. His work as a Specialty Pharmacy Account Manager demonstrates his compassion, empathy and good humor. As a young man, Joel intended to become a nurse until he suffered a severe back injury at work. His extended recovery included re-learning how to walk. Despite these obstacles, Joel enjoys giving back to the bleeding disorders community to honor the people who helped him as a young man. He says, "I encourage other adults to give back and train tomorrow's leaders." His experience with his own bleeding disorder helps him have empathy for his patients.

Joel lives on Oahu, HI, with his family. He loves to golf and occasionally travel to the mainland. Joel's wife is a nurse and their 20-year-old son studies media arts in college. Joel is impressed with Brothers Healthcare's



ADVOCACY UPDATE

By Jessica Steed

In the summer of 2017, Congress tried to undo the Affordable Care Act (ACA) also known as Obamacare. While the legislative attempts were unsuccessful, other changes pose a risk for important parts of the ACA which protect people with bleeding disorders. For example, tax reform which passed at the end of 2017 eliminated the individual mandate which required all people to have health insurance.

In February, several states sued the US government over ACA's constitutionality. On June 7, leadership at the Department of Justice decided it will not defend specific parts of the ACA. Most importantly, it will not defend the protections to people with pre-existing conditions. If these protections disappear, people with bleeding disorders and many other conditions may not have access to quality, affordable care. If this battle was happening in Congress, we would call our representatives to take action. Instead, we must be more creative as we advocate for ourselves and our children by creating awareness among our social networks.

Here are some ideas to continue to advocate for healthcare:

- Share your story to social media
- Buy and wear an Existing, Not Preexisting shirt www.hemophiliaz.org to highlight that we are more than our medical conditions
- Stay tuned to NHF advocate@hemophilia.org and HFA
- www.hemophiliafed.org/advocacy/



growth over the last ten years and very happy to join the Brothers Healthcare team.

Linda Reyes, Specialty Pharmacy Account Manager

Linda and her husband live in Chino, CA with their Yorkie, Harley. A California native, Linda enjoys country music and has 2 adult children and 4 grandchildren. For the last 15 years, Linda has worked in the bleeding disorders community. She loves meeting families, especially mothers of children with bleeding disorders. "There was a time when I prayed to have another baby and instead, God sent me families with little babies with hemophilia to help care for. I cherish the relationships I've made as I watch these children grow." Sometimes dealing with their child's disorder can be overwhelming for moms. That's why Linda is passionate about supporting, educating and helping families advocate for their children. When these mothers say to her, "You're an angel who was brought to me," Linda feels the families are also a blessing to her.

Sandy Casey, Senior Director of Market Access

Sandy has been in the home infusion industry for 20+ years. She began her career as a nurse clinical coordinator, transitioned to sales, then managed care. In her previous role, Sandy worked with Linda in

SUMMER CAMP SPOTLIGHT

By Jessica Steed and Kelle Carthey, RN

In the last issue, Veronica Diaz, LCSW, shared some of the benefits of summer camp for children with bleeding disorders. Did you know Brothers Healthcare founders Kevin Shaughnessy and Scott Carthey met at hemophilia summer camp? Their friendship has spanned three decades of experiences in the bleeding disorders community and healthcare challenges. In that time, they have shared each other's struggles and victories of living with a bleeding disorder. As they became professionals, they resolved to create the healthcare experience they wished they had while growing up. In mindful pursuit of this dream, they created Brothers Healthcare, a unique specialty pharmacy, built around exceptional care, personal experience and integrity. Kevin and Scott are committed to providing pharmacy care experience that is second to none.

Call for Stories!

It's clear that hemophilia summer camp changed Scott and Kevin's lives. How has summer camp affected you? Send your stories to info@brothershealthcare.com or tag #brothershealthcare on social media.

supporting Spanish-speaking patients and families at bleeding disorder education events. At Brothers Healthcare, Sandy works with payers at all levels, including insurance companies, medical groups, and case managers. Sandy says, "I love a challenge. What excited me about joining Brothers Healthcare is not only their reputation of great customer service and being easy to work with, but the challenge of growing my knowledge. I like to learn and want to create better programs for patients." Sandy lives in Riverside, CA with her husband and two rescue dogs. She has 5 adult children and 6 (soon to be 7) grandchildren. In her spare time, Sandy is an avid Dodgers fan, enjoys hiking, camping and spending time with her grandchildren.

Ask US!

Call or email us with any questions you have about sports, life, relationships or your managing your medical condition and we will lend our expertise to help you in any possible way.

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