

## BECAUSE YOU MATTER TO US.



### At Brothers Healthcare we work hard to cultivate an attitude of gratitude within our team.

Sometimes it's honoring a team member for completing a special project or thanking individuals for small acts that help patients in big ways. Often, it's taking time to look for the good in each moment. We focus on gratitude as a way to uplift and unite us as members of the Brothers Healthcare family. Most importantly, though, **we appreciate you.** Our patients give us purpose, meaningful connection, and occasions to learn. For all you teach us, for the large and small ways you touch our lives, and for the opportunity to be a part of your journey, we thank you.



This issue features an interview with Chris Bombardier, whose inspirational story of mountain climbing highlights disparities in bleeding disorders treatment across the world. You'll discover how our Virtual Emergency Preparedness Workshop is meeting community needs during COVID-19 and how our new virtual program *Let's Talk About It!* could help you cope with feelings of isolation.

Happy Reading!  
—Jessica Steed, Editor

## CALIFORNIA SPECIALTY PHARMACY UPDATE



If 2020 has taught us anything it's that only change is permanent. Together, we navigate changes socially, environmentally, and medically while we

support those around us. One of these changes has affected specialty pharmacies who serve people with bleeding disorders in California. If you or someone you love has been affected by these changes, please know that Brothers Healthcare is here for you. We are accepting new patients and as always, treating them like family. We appreciate the opportunity to earn your business.

Scott Carthey &  
Kevin Shaughnessy,

*Presidents and Co-Founders  
of Brothers Healthcare*

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# BOMBARDIER BLOOD:

## AN INTERVIEW WITH CHRIS BOMBARDIER

By Jessica Steed

Bombardier Blood is a film about Chris Bombardier, the first man with hemophilia who climbed the seven summits, the highest mountain on each continent. The film, produced with Patrick James Lynch and Believe Ltd, has been screened around the country and is now available on iTunes and Amazon. The following is a transcript from the interview, edited for length and clarity.



Chris and Patrick

**JS-** Hi Chris, thanks for making time for this interview. I'll dive right in. What gave you the idea of working with Patrick to create this film?

**CB-** I was interested in trying to bring awareness to the disparity in [bleeding disorders]

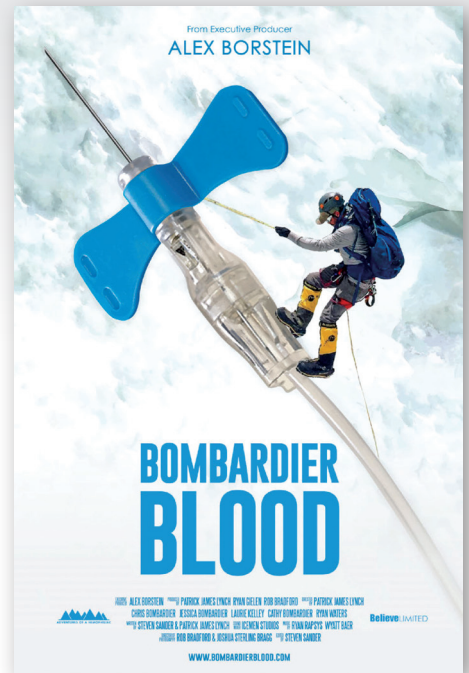
care and Save One Life in particular. Everest is a really interesting mountain in the sense that it's the tallest in the world, but it's also located in Nepal where care for hemophilia is drastically different. So, it's the juxtaposition of me coming there as a person [with hemophilia] with access to care who can climb this mountain while people there [with hemophilia] are just struggling to live. I thought that was an important message to share.

Another reason I reached out to Patrick is because he also has hemophilia and he's a person chasing a different kind of dream with a bleeding disorder. Hemophilia can get in the way of a lot of people's dreams but there's also a way for people with hemophilia to overcome those obstacles. That was also very important for me.

**JS-** Do you know if there were any scenes that didn't make it to the final cut that you wish had?

**CB-** There's only one and it was with [my wife] Jess and I at [Everest] base camp. She made this cool book with a bunch of friends who had written messages to me with pictures. It was really special.

Also, there was another scene we left in



that we were told we should remove about the HIV/AIDS part of the hemophilia story. People outside our community got confused about whether I had HIV or what that part was. But Patrick and I thought it was important to keep it in because it's a huge part of our history as a community.

# VIRTUAL MEDICAL EMERGENCY


## PREPAREDNESS WORKSHOP



For many of us, the COVID-19 pandemic has brought to mind the possibility of a family health crisis. In January 2020, we launched an educational program to help families better prepare for medical emergencies. The **Virtual Medical Emergency Preparedness Workshop**, originally intended for in-person meetings, has had great success over Zoom during quarantine. We've reached dozens of families across the US, hosting events in both English and Spanish.

Before the event, we send the **GO! Bag**, which contains items to help in emergencies. During the Zoom workshop, families go

through their **GO! Bags** at home and add items specific to their own needs. This removes the "do it later" step which leads to greater completion. Then we talk about handling possible emergencies, creating a family emergency plan, and discuss important information to keep in your phone. Additionally, participants share stories and tips for navigating different aspects of emergency departments, medical care, and hospital stays.

If you are interested in attending a Virtual Medical Emergency Preparedness Workshop, please email [info@brothershealthcare.com](mailto:info@brothershealthcare.com). 



# "THERE'S A LOT OF FEAR WHEN YOU HAVE A CHILD DIAGNOSED WITH HEMOPHILIA AND [THE FILM] DOES GIVE THEM A LOT OF HOPE..."

**JS-** At the beginning of the film, I was struck by what a typical kid you are with both talents and difficulties. Can you tell me about your journey, your evolution?

**CB-** For me, I was always interested in being physically active, that was part of my personality. My parents steered me towards baseball when I was very young as a sport I could play that probably be okay with my bleeding disorder, at least while I was young. It was hard as I got older with baseballs coming at higher speeds. You know, trying to keep up with people without bleeding disorders was really hard.

But after college, I just needed something to stay physically active. I felt when I started going to the mountains with (my uncle) Dave, it was an epiphany for me, "Oh, this is cool." And, I feel like it's accessible to my bleeding disorder if I take the proper steps. I think it had a similar challenge to what baseball did: they both presented a mental and physical challenge.



Chris Bombardier

**JS-** I met you in 2014 at Utah hemophilia camp a month after you summited Denali and was really inspired by your story. What experiences with young people with bleeding disorders have touched you?



Chris and Jess crossing bridge on trek

**CB-** Yeah, there's been a lot, but actually I've gotten more from parents of young kids, which is really cool. There's a lot of fear when you have a child diagnosed with hemophilia and [the film] does give them a lot of hope. Maybe it's not as bad as they were thinking. Not that it's going to be easy, obviously as you know, but there is potential to have a pretty normal life.

What's struck me about my interactions with young adults after the film came out is they seem to be latching onto the struggle with mental health and depression. That was something that Patrick and I wanted to make sure was in the film as well. It's something we both feel passionate about and isn't addressed a lot. We've had a lot of adults come up to us and just say, "I've struggled with this a lot, too and I didn't know that other people did."

So that's been really powerful for me to hear. I'm glad they feel like they aren't the only ones because I definitely felt like the only one for a while, too.

**JS-** So Jaxon, my 18-year-old son with hemophilia A, watched the film with me here in Arizona at a chapter event. These final three

See "Bombardier" Continued on Page 4

## LET'S TALK ABOUT IT!

By Veronica Diaz, LCSW



Many patients and caregivers are struggling at home during this difficult time due to coronavirus quarantine. At Brothers Healthcare,

we call to check in as often as we can, but some may benefit from additional connection to others who understand what they are going through and can empathize with their struggles. To this end, we are offering a series of casual video-chats hosted by our in-house social worker Veronica Diaz, to help meet this need. This resource is unique as it is only offered to patients and caregiver on service with Brothers Healthcare.

### VIDEOCONFERENCE



**Let's Talk About It!** will feature a short educational segment, but mostly focus on discussion and connection between participants. We anticipate ongoing sessions on alternating Mondays and the first series will focus on these topics:

**September:** Combating feelings of loneliness.

**October:** Dealing with an anxious mind.

**November:** Managing grief during the holidays.

For more information or to register, please email Veronica at [veronicad@brothershealthcare.com](mailto:veronicad@brothershealthcare.com).

questions are from him.

**Jaxon-** Was there any part of the movie or your journey that you wish you could change or do over?

**CB-** Oh man, that's a good question! If I could do it over, I would try to have my wife come on Kilimanjaro with me, the first (summit). We couldn't afford it then so it was just me and my uncle Dave which was very cool. But I would have loved to have Jess come on that climb. She got to come to Everest base camp, which was really special, but I would have loved to have summited one with her.

**Jaxon-** Can you speak to how you've learned from failure?

**CB-** There were a lot of times on this journey that I didn't think I was going to be able to finish. Whether it was not being able to afford it or when I got denied a permit to go to Antarctica. There were a lot of times I just didn't think it was going to happen. A lot of support came from Laurie [Kelley] and my wife, "You can do this. It's just a little hurdle." Then it's just trying to put that in perspective and start thinking about other ways you can go about making it happen. So, I had to think of alternatives.

The biggest thing that's been helpful for me is breaking things down into steps. Getting the Antarctic [permit] denial was disappointing but then I thought, "What can we do to get to Antarctica?" The answer ended up being "Climb Everest." But then I thought, "Alright, that's the way I have to do



*Chris meeting the Nepalese Hemophilia Community*

it." Then it's breaking down, "How are we going to make Everest happen?" and "How are we going to break down those goals to make that happen?" Focusing on the small things instead of always focusing on the big picture helps me overcome those little bumps in the road.

**Jaxon-** What's next?

**CB-** While I was on these climbs and traveling, I saw the need in different countries not only for hemophilia care but access to different kinds of medical intervention. I started going to school to get my master's in global health which I finish this week.

Transitioning from doing the climbs and raising money and awareness for Save One Life to actually doing the work has been the next big adventure and challenge for me. It's a whole different kind of adventure and challenge but very rewarding, too.

Many thanks to Chris Bombardier for making time for this interview. Chris is the Executive Director of Save One Life. You can find him on social media or his website, [www.adventuresofahemophiliac.com](http://www.adventuresofahemophiliac.com) or learn more about the film at [bombardier-blood.com](http://bombardier-blood.com). Finally, congratulations to Chris for earning his master's degree in global health! 🌊

## 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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