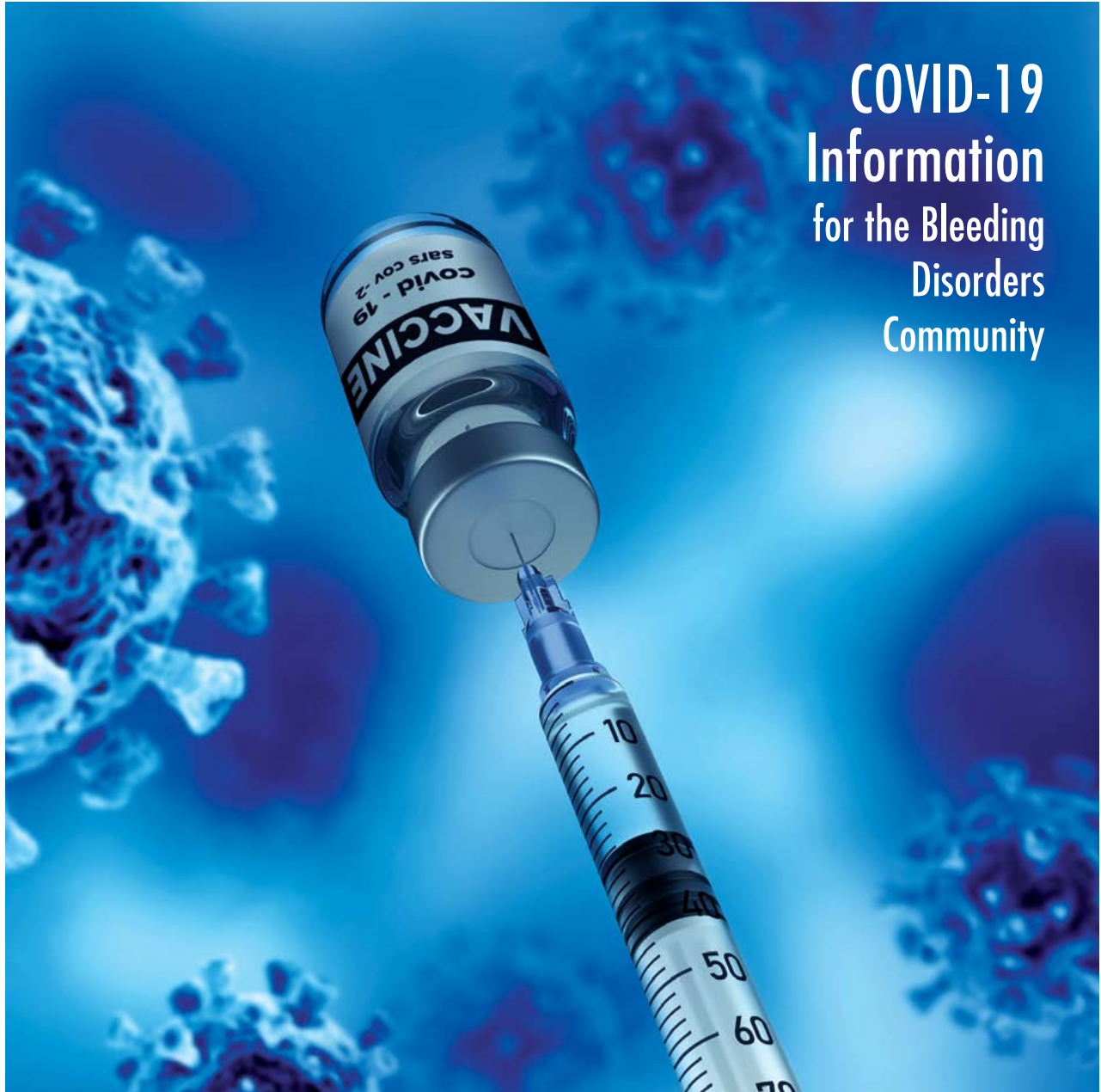


INFUSING

BONDED BY BLOOD | SPRING 2021



COVID-19 Information for the Bleeding Disorders Community



Tips for Talking
to Children About
COVID-19

COVID-19
Vaccination Guidelines

Factor Storage Part 2:
Looking on the
Package Insert



Explore **HEAD-TO-HEAD** Pharmacokinetic (PK) Study Data

See half-life, clearance and other
PK data from the crossover study
comparing **Jivi®** and **Eloctate®**.

Visit **PKStudies.com** to find out more.

► **Pharmacokinetics** is the study of the activity
of drugs in the body over a period of time.

Jivi
antihemophilic factor
(recombinant) PEGylated-acl
LET'S GO

FROM THE EDITOR

Shockingly, the COVID 19 pandemic has profoundly affected our lives for an entire year. Some of us are working by finding new and unconventional ways to do all our normal daily activities.




Kelle Carthey, RN
Editor

For others, there is more of an emotional and psychological shift that we navigate as we learn to adapt and overcome obstacles that we never considered before. For many, this means being isolated, working from home, homeschooling our kids, learning A LOT of new skills, and trying to understand all the information given to us.

We are with you. This newsletter is for you.

With so much information continuously coming at us, it can be hard to differentiate between fact and opinion. Our intention is to simplify and condense some of this information and touch on some of what we consider to be the most important topics

and conversations we should be having as a community. In this newsletter, we discuss how telehealth affects care in the bleeding disorders community. We explore vaccine guidelines, the use of masks after the vaccine roll-out, strategies we can use when discussing covid with our kids, and how we can find peace in during trying times. We will also present the second half of 'Understanding Your RX label'.

We hope that you are finding strength and support through all you may be going through and that you are finding positives in all the new ways we are living our lives. 

Stay healthy and safe,
—Kelle Carthey, RN, Editor

INDIVIDUALITY IS OUR STRENGTH, UNITY IS OUR POWER

By PNC

Many of the challenges we face today are things that have been foreign to many of us. We all have been forced to face our own inner darkness, that actually protects against our inner fears. The mask that we have worn for almost our entire life has begun to change who we are as individuals. Having to "Shelter in Place" kept us in our homes. And in many ways it made us look inward, to what our lives mean and what we want to discard as a new being. *This is where we begin:*

What? Where do we begin when we don't even know we've ended!

The Super Bowl's commercials last night I could not help but notice, there was a distinct theme. Unity, Love, Resistance. These threads of fabric within our being have become frayed.

After a year of sheltering in place and it's become a thin layer embedded in our spirit.

What we have discovered, we have become very aware how resilient we each are in the way we view the world.

Each one of us individually have discovered the strength we have inside of us to fight. Fight not only who we are, but fight for what we believe in and also fight with our inner being.

Hemophilia has taught us that we always fight with our inner being. Discovery shows that the warrior in us can shield us from the pain. Pain that we cannot express to nobody else. Chronic conditions can debilitate us to the point of paralyzing us, stopping us in our tracks. It feels

See "Individuality" on page 13



INFUSING LIFE
SPRING 2021

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How TELEHEALTH is affecting hemophilia healthcare



The Coronavirus pandemic has caused many to adjust how they conduct business in all aspects of life, including our personal healthcare. Many healthcare facilities are now using Telehealth services to guarantee everyone's health and safety, including the Center for Inherited Blood Disorders (CIBD) in Orange. Brothers Healthcare interviewed Hemophilia Nurse Coordinator at CIBD, Marianne McDaniel, to explain the clinic's positive outcomes of using Telehealth services. The interview also includes a long-time patient of CIBD and Brothers Healthcare client, Fernando Luna explaining his positive experience with Telehealth.

As CIBD uses Telehealth services, they are looking forward to the day when they see their patients in-person again. Until then, the center continues to work hard to ensure their patients receive the care they need.

"In general, we are not seeing patients in the clinic these days unless we have to. And that would be if it was something where we could not do a proper evaluation through zoom," McDaniel said.

Patients are now seen reg-

ularly at CIBD for their annual check-ups via Telehealth to receive their medical care. While undergoing a Telehealth appointment, patients will have the opportunity to meet with their doctor, nurse, physical therapists, and social worker. During the meeting, the doctor will ask the patient to undergo a routine evaluation similar to what they would have had in-person before the pandemic.

"We have a whole routine that we have the patients go through, such as we have them stand

and squat down. We also have them put their arms out, bend and compare their elbows," McDaniel said.

McDaniel explained that for patients with a bleed that is not healing correctly with proper treatment, the center might ask them to be examined in-person.

"For example, if a bleed doesn't seem like it's getting better, we go back and have another Telehealth meeting. Suppose it still looks like it is not healing properly. In that case, we usually have them come in so

we can get a hands-on evaluation,” McDaniel said.

While technology such as cell-phones or computers is required for Telehealth services, McDaniel has only experienced one elder patient struggling with the technology. The clinic adjusted to that patient’s challenges to give her the proper care she needed. Still, the majority of patients have phones or computers to undergo Telehealth visits.

“It’s been pretty smooth. Very organized with the zoom calls, I’m able to get in my time whether it’s with the head nurse, the doctor, the psychologist, or the social worker,” Luna said. “They are super helpful. It’s never really a hassle to get a hold of anyone on the phone or email.”

McDaniel explained that she believes many patients enjoy virtual appointments because they do not have to leave their homes.

“They don’t have to come in here and sit for two or three hours. Suppose somebody is

coming in for an annual evaluation. In that case, they see their social worker, physical therapist, doctor, and nurse. It could take a long time sometimes. It is only once a year, but it’s a lot easier for them to sit in their living room,” McDaniel said.

Luna also emphasized that he prefers virtual appointments because “it feels safe,” he said. Today, many have already experienced undergoing numerous zooms or virtual meetings throughout the day.

“Some patients are zooming all the time now because they have to zoom to school. And if they’re adults, a lot of them are working from home. For some, it is a challenge to do this because it’s so different from anything any of us have ever done,” McDaniel said.

Although many have adapted to the new normal, CIBD wants to guarantee their patients receive care for their physical and mental health. Typically, in the appointments, patients are


provided with a social worker to ensure they receive the proper care. As many know, a lack of in-person connection can be overwhelming for some. CIBD provides behavioral health personnel to help patients with coping techniques on how to relax during these abnormal times.

“We make sure that the social worker always gets in there to talk to them. The teenage patients are the ones that are having a difficult time with it because they are not able to go to school and spend time with their peers. And that age that’s important. While the little kids, it’s harder on the parents because they have to be home with them while they’re on their computers,” McDaniel said.

As for Luna, he continues to stay motivated about his physical and mental health. He has found ways to cope with these changing times.

“I would say find people you can confide in to talk to over the phone, texts, or FaceTime.

I think it’s important to have an outlet to talk to someone because it’s tough when you are alone. I think that’s the biggest way to keep yourself motivated. For me, always having somebody to talk to every day is important,” Luna said.

Luna is one of many patients at CIBD in Orange. Throughout the interview, he expressed his gratitude towards the center and his doctors for providing excellent services. Just as Luna, many individuals with bleeding disorders might be already undergoing Telehealth services. However, if you have not yet experienced Telehealth services, we encourage you to speak with the team at your Hemophilia Treatment Center for support. Teams across the country, like at CIBD, are working hard to guarantee our community is continuing to get the best care possible. Most HTC’s have the experience and knowledge to provide you a comfortable, comprehensive, seamless visit. 

LET'S TALK ABOUT IT!

2021 WEBINAR SERIES

Feeling isolated? Ready to feel connected?

Join us! Brothers Healthcare's very own

Veronica Diaz, LCSW hosts a casual video chat series!

Topics include but not limited to:

- Goal Setting
- Mental Illness in Children
- Healthy Nutrition
- Managing Sibling Dynamics
- 504 and IEP plans
- Signs and Symptoms of Drug Addiction

Dates for 2021:

1/13	7/14
2/10	8/11
3/10	9/8
4/14	10/13
5/12	11/10
6/9	12/8

**All meetings take place at
4:30 PM & 6:30 PM**

To register:

<https://forms.gle/Pv5vidFC1FogGrgL9>



Brothers
HEALTHCARE



COVER STORY

FACTOR 101

PART 2: **FACTOR**

STORAGE:

LOOKING ON THE

PACKAGE INSERT



By Eslam Omar, RPH, MPH Pharmacist



Last quarter we discussed best way to read and understand factor prescription label. We discussed the difference between factor dose range and actual units in each vial and where to find this information. We also highlighted the importance of factor drug lot number and expiration date. In this edition we will discuss best ways to store factor product. Also, what to do in the events when hematologist switch patient's factor product or if we have an expired factor product on hand.

Usually, factor is to be stored in the fridge. But what happens if we forget it on the kitchen table for few hours. Does that mean it is spoiled? Some products are stable up to 6 months at room temperature and effective if we kept it outside the fridge. *Table 1* demonstrates the most common factor products and their stability specifications by manufacturer. However, never leave your factor in hot environment, like a hot car, or outside the fridge if you live somewhere hot like Southern California, Arizona, Texas or Florida.

Remember, the expiration

date only applies to factor stored in the fridge. Some factor products can be stored at room temperature for shorter amount of time. Be sure to write the new expiration date on any factor you take out of the fridge. Also, once you bring your factor to room temperature, it should not go back to the fridge.

SWITCHED OR EXPIRED FACTOR

Sometimes our hematologist will change our prescription or factor product to better suit our clinical needs. What shall we do with the old product?

Usually when switching happens, your hematologist will coordinate with your pharmacist to start the new product right after you finish the old one, to avoid any wastage. However, if we are switching to a totally different therapy e.g. Hemlibra Subcutaneous injection (under the skin). Usually, you can use the Factor product you have on hand as needed. It is always best to check with your hematologist or call your pharmacy to confirm. However, if the factor product is expired, do not use it. To dispose the product, unless otherwise mentioned, treat it like any other disposed

pharmaceuticals; make sure to take all your personal information (including pharmacy label, your name, address, RX number) off the box, mix it with non-appealing trash, like cat litter, or used ground coffee and put the factor product in landfill. Never, flush factor down the toilet or down the drain. Also, never flush tablets, capsules, or any other pharmaceuticals. This is contradicting to old recommendations. However, currently landfill disposal is preferred as United States Environmental Protection Agency (EPA) found prescription drugs including statins, blood pressure medications and even opioids in wildlife marine animals and fish due to flushing drugs down the toilet.

There is an old folklore saying, "Whoever asks for directions, shall never get lost," and "Direction determines destination." Importantly so when the destination is your good health. Get the best health directions from health profes-

sionals whether it is your Doctor or Pharmacist. That is why it is essential to ask your pharmacist about any concerns or questions

you may have. Here at Brothers Healthcare we do our best to make it easy for you to ask for directions. Whether speaking to


your patient advocate or calling the pharmacy directly you will always have a health professional guiding you. 

TABLE 1*

FACTOR	ADDITION STABILITY DATE PER MANUFACTURE
Advate	Refrigerate at 2C to 8C (36F to 46F) and up to 6 months in temp below 30C (86F)
Adynovate	Refrigerate at 2C to 8C (36F to 46F) and up to 3 months in temp below 30C (86F)
Jivi	Refrigerate at 2C to 8C (36F to 46F) and up to 6 months in temp below 25C (77F)
Alprolix	Refrigerate at 2C to 8C (36F to 46F) and up to 6 months in temp below 30C (86F)
Eloctate	Refrigerate at 2C to 8C (36F to 46F) and up to 6 months in temp below 30C (86F)
Idelvion	Refrigerate at 2C to 8C (36F to 46F)
Humate-P	Refrigerate at 2C to 8C (36F to 46F) and up to 36 months in temp below 25C (77F)
Wilate	Refrigerate at 2C to 8C (36F to 46F) and up to 6 months in temp below 25C (77F)
Alphanate	Refrigerate at 2C to 8C (36F to 46F) and up to 36 months in temp below 25C (77F)
Afstyla	Refrigerate at 2C to 8C (36F to 46F) and up to 3 months in temp below 25C (77F)
Hemlibra	Refrigerate at 2C to 8C (36F to 46F) and up to 7 days in temp below 30C (86F)



Strength, Support and Community for People Living with Bleeding Disorders

Factor My Way is a robust patient support program from Octapharma designed for people living with hemophilia A and von Willebrand disease, and for those who care for them. We spoke with you and we listened. The insights we gathered form the foundation of our bleeding disorders patient support program. Built around your needs, Factor My Way includes resources for patients and caregivers, support services for those navigating care, reliable educational materials, and uplifting community connection.

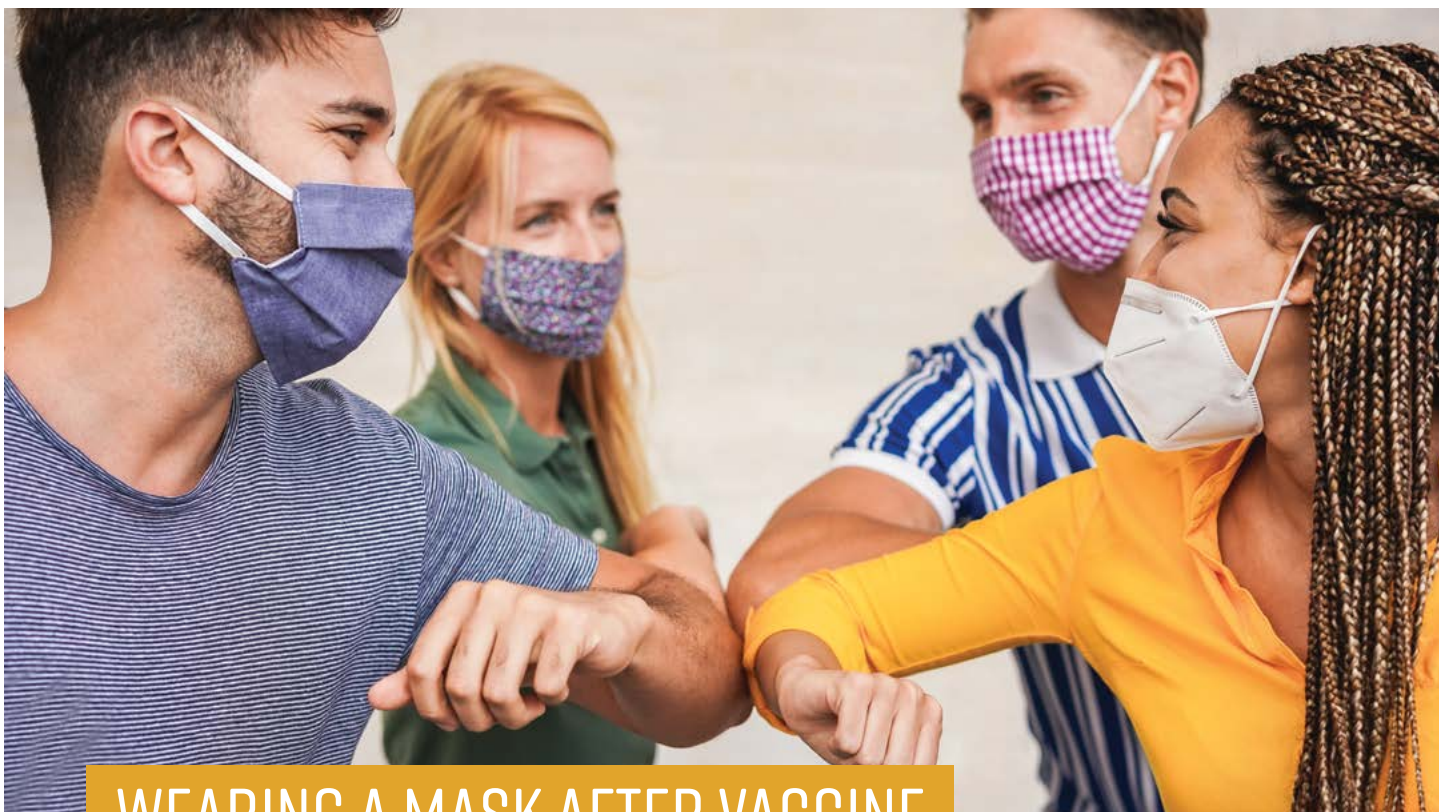


Join Today!
factormyway.com/brothers

Member benefits include:

- ✓ Financial assistance, including free trials and co-pay assistance
- ✓ A dedicated, local Factor My Way Patient Experience Manager, a specialist in dealing with bleeding disorders
- ✓ Access to a wide range of digital programs and events
- ✓ On-demand access to practical and informative educational resources

... and lots more. Membership in Factor My Way is complimentary. Join the program at factormyway.com/brothers, or call 1-855-498-4260



WEARING A MASK AFTER VACCINE

WHAT?! WHY?!

By Kelle Carthey, RN

You need to wear a mask because public health agencies are still learning about the protection the vaccine provides under real-life conditions, so it's essential to continue to use all available tools to stop the virus from spreading.

BUT WHY?! Here are five reasons why it is important for everyone to continue to wear your mask after getting vaccinated:

1. The vaccine is 95% effective **BEST CASE SCENARIO**. That leaves a chance that you can still get infected.
2. **AFTER** vaccination and even if you have **NO** symptoms, it's unclear if we can still carry and transmit the virus without knowing it. When you get the COVID vaccine, you develop something called IGG antibodies. These antibodies circulate in your blood.

On the other hand, the virus enters your body through mucus membranes, so generally your nose and your mouth. It starts to replicate in those areas before it goes or systemic (or all around the body). The antibodies that protect those mucus membrane areas of your body are called IGA antibodies. We don't necessarily produce these antibodies when we get the vaccine. There are ongoing studies to determine if we do develop these antibodies and if you are protected in these areas. Unfortunately, if they don't, you can still have viral replication happening in your nose, mouth, or nasopharynx and you could sneeze or cough and transfer it to someone else while it's still very early.

3. We need to protect those in high-risk categories and those advised not to get vaccinated

(like those with severe allergic reactions). Doctors don't know how effective the vaccines will work for people with compromised immune systems, stating that they might not be about to develop the same amount of protection to the virus because their immune systems may not be as effective at creating antibodies.

4. Creating Herd Immunity takes time. For herd immunity to help slow the spread, some experts estimate that 60-70% of the population would need to be vaccinated; others estimate even more. According to our-worldindata.com, the US is only at about 5% of people vaccinated at this time.
5. Lastly, Masks protect against any strain of the virus, in spite of genetic mutations. Global health leaders are extremely concerned

about the coronavirus's new genetic variants, which appear to be at least 50 percent more contagious than the original.

THE BOTTOM LINE: The vaccine is still effective at protecting you and keeping you safe from the virus, but it is still essential to wear your mask so that you don't accidentally infect others.

The best hope for ending the pandemic isn't to choose between masks, physical distancing, and vaccines, but to combine them. The three approaches work best as a team. 🏆

Resources:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>
<https://www.hackensackmeridian-health.org/HealthU/2021/01/20/3-reasons-why-you-should-continue-wearing-a-mask-after-getting-the-covid-19-vaccine/>
<https://www.goodrx.com/blog/wearing-a-mask-after-covid-19-vaccine/>



COVID-19 VACCINATION GUIDELINES


for Individuals with a Bleeding Disorder

By Maydeen Merino

If you have a bleeding disorder, you may question whether getting the COVID-19 vaccine is an essential remedy for your health. As the COVID-19 vaccines begin to roll-out, many questions might emerge in the bleeding disorder community.

Nonetheless, Brothers Healthcare's clinical team has researched guidelines to help you understand what you need to know before getting the vaccine. The recommendations have been acquired by the National Hemophilia Foundation (NHF) and World Federation of Hemophilia for patients to follow and study before choosing to be vaccinated.

Individuals with bleeding disorders are not recognized to be at high-risk for COVID-19. Unlike people with obesity, diabetes, or heart and lung disease, according to the Center for Disease Control and Prevention (CDC). Still, the NHF recommends individuals with bleeding disorders get vaccinated. NHF stated, "All rare bleeding disorder patients (including those with thrombocytopenia or platelet function disorders) should be vaccinated."

Individuals should speak with their physicians before administering the COVID-19 vaccine. To find more information on the vaccines related to bleeding disorders, visit the World Federation Hemophilia or National Hemophilia Foundation websites. 

GUIDELINES

1. There are no contradictions to being vaccinated with the current vaccines if you have a bleeding disorder. Immune tolerance therapy, treatment for hepatitis C, and HIV, and other conditions, including the use of immunosuppressive agents, do not preclude a person from receiving either available vaccines.
2. A patient with a history of allergies should discuss their vaccine options with their physician before undergoing the vaccine. Someone encountering an allergic reaction such as a fever, redness, itchy skin, rash, shortness of breath, or swelling of the face or tongue must contact their physician or go to the nearest hospital.
3. Patients with severe/moderate hemophilia, the vaccine should be given after a factor VIII (FVIII) or factor IX (FIX) injection. Patients with FVIII or FIX level above 10%, no hemostatic precautions are required.
4. Patients on emicizumab (with or without inhibitor) can be vaccinated by intramuscular injection without hemostatic precautions and without receiving a dose of FVIII.
5. The vaccine should be administered intramuscularly. If possible, use the smallest gauge needle available (25-27 gauge), depending on the vaccine. After receiving the vaccine, a self-inspection of the injection area several minutes and 2-4 hours later is recommended to ensure no delayed hematoma. Discomfort in the arm 1-2 days after injection is standard. However, suppose the injection area worsens and begins to swell. In that case, report the symptoms to a hemophilia treatment center. Patients with Von Willebrand Disease or rare bleeding disorders should consult with their hematologist regarding special precautions before receiving the vaccination.

Resources:

The Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/faq.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-seasonal-allergies-faqs.html#People-with-Seasonal-Allergies and <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety.html>

COVID-19 California: <https://covid19.ca.gov/vaccines/#-California's-vaccination-plan>

World Federation Hemophilia: <https://news.wfh.org/covid-19-vaccination-guidance-for-people-with-bleeding-disorders/>

National Hemophilia Foundation: <https://www.hemophilia.org/news/covid-19-vaccines-and-bleeding-disorders-frequently-asked-questions-faqs>

Teaching

CHILDREN

about CO

By Veronica Diaz

TIPS FOR TALKING TO CHILDREN ABOUT COVID-19

At Brothers Healthcare we understand that talking to children about Covid-19 can be hard. Some children may be experiencing extreme worry and anxiety while others seem unaffected. Fortunately, parents and other trusted adults play a vital role in helping children understand what they hear. Therefore, it is extremely important for adults to speak to children honestly and accurately about Covid-19. Take a look at the helpful tips The Center for Disease Control gathered that adults could use when speaking to children about Covid-19.



VID

FACTS ABOUT COVID-19 TO DISCUSS WITH CHILDREN

- Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

WHAT IS COVID-19?

- COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Scientists and doctors are still learning about it.
- Recently, this virus has made a lot of people sick. Scientists and doctors are trying to learn more so they can help people who get sick.
- Doctors and health experts are working hard to help people stay healthy.

TIPS FOR TALKING TO CHILDREN

- Remain calm. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Make yourself available to listen and to talk. Let children know they can come to you when they have questions.
- Avoid language that might blame others and lead to stigma.
- Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- Provide information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Teach children everyday actions to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- If school is open, discuss any new actions that may be taken at school to help protect children and school staff.


“It is extremely important for adults to speak to children honestly and accurately about Covid-19...”

WHAT CAN I DO SO THAT I DON'T GET COVID-19?

Practice healthy habits such as:

- Wear a mask.
- Stay 6 feet away from others.
- Avoid crowds.
- Avoid poorly ventilated spaces.
- Wash your hands often with soap and water for 20 seconds or more.
- Cover coughs and sneezes with the inside of your elbow or tissue paper.

WHAT HAPPENS IF YOU GET SICK WITH COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home will help get you any help that you need. 

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html#:~:text=Make%20yourself%20available%20to%20listen,radio%2C%20or%20online.>

What is Mindfulness?



When dealing with a pandemic and maintaining your well-being, you may need to find ways to unwind and destress. Using essential mindfulness exercises can help improve your overall lifestyle by reducing the mind and body's stress. Mindfulness is also a tool to help with chronic pain that individuals with bleeding disorders may encounter. Here at Brothers Healthcare, we have conducted brief research to help you understand the benefits of mindfulness. We have also included steps to get you started on your journey to alleviate life's stresses.

There are numerous types of mindfulness exercises an individual can begin to practice. According to the Mayo Clinic, mindfulness is a type of meditation to help individuals focus on their senses and feeling in the moment.

"Spending too much time planning, problem-solving, day-dreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety, and symptoms of de-

pression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you," according to Mayo Clinic.

Still, there are various exercises someone can practice to become more mindful of themselves and their surroundings. Some of these techniques may include: mindful coloring, breathing exercises, going for walks, practicing yoga, or meditating.

According to the American Psychology Association, numerous benefits of practicing mindfulness include reduced rumination, stress reduction, improving memory or focus, less emotion reactivity, more cognitive flexibility, and relationship satisfaction.

How Can Mindfulness Benefit Individuals with Bleeding Disorders?

Individuals with a bleeding disorder might suffer from chronic pain-causing mental and emotional decline throughout the body. Suppose you are someone encountering physical pain

within your body. In that case, mindfulness is a technique that you can practice to help manage your chronic pain.

"There is increasing evidence that regular mindfulness practice reduces a person's pain experience. In 2015, Fadel Zeidan, Ph.D., and his colleagues conducted a study to investigate the effectiveness of mindfulness practice in pain management. Brain images of participants who received mindfulness as treatment had less activation in the parts of their brains that manage pain messages," according to the Mayo Clinic Health System.

Mindfulness can help people suffering from chronic pains by redirecting their negative thoughts about the pain. Mindfulness exercises can help relax the mind and body.

"Being able to focus on relaxing the body, noticing the breath and body sensations as being there just as they are, can help manage pain, as well as reduce depression and anxiety symptoms," according to the Mayo Clinic Health System.

Jhon Velasco, Senior Manager of Education and Training at

NHF spoke at a session during the 2020 virtual Rare Bleeding Disorders Conference for the National Hemophilia Foundation about the importance of mindfulness for individuals with bleeding disorders. Velasco recommends individuals practice meditation to help ease the mind and body.

"The state of the world may appear to be spiraling right before our eyes," Velasco said. "It's times like these that a practice like meditation and mindfulness can be adapted to our lives to help alleviate some of the spinning."

How to Begin Practicing Mindfulness

Although there are many techniques and exercises you may want to consider to achieve a mindful state. However, the most common practice is meditation. Before beginning the path through mindfulness, it is essential to understand that meditation and mindfulness are practices. There are several steps an individual can take to begin achieving the benefits of mindfulness.

The publication “Mindful: Healthy Mind, Healthy Life” provides several steps to begin meditating, which include:

- 1) Take a seat** - Find a place to sit that feels calm and quiet to you.
- 2) Set a time limit** - It can help choose a short time, such as five or 10 minutes if you are beginning.
- 3) Notice your body** - You can sit in a chair with your feet on the floor, and you can sit loosely cross-legged, you can kneel—all are fine. Just make sure you are stable and, in a position, you can stay in for a while.
- 4) Feel your breath** - Follow the sensation of your breath as it goes in and as it goes out.
- 5) Notice when your mind has wandered** - Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered—in a few seconds,

a minute, five minutes—return your attention to the breath.

- 6) Be kind to your wandering mind** - Do not judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.
- 7) Close with kindness.**

When you are ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions.

Resources: <https://www.mindful.org/how-to-meditate-3/>

Individuals can download apps such as Headspace or Calm (which offer a free trial) to help guide their meditation and mindfulness practice. If the apps do not work for you, there are also numerous books explaining mindfulness practices. Although mindfulness exercises have been proven to alleviate pain and other stresses, it is essential to understand the practice is not

a permanent solution. If you feel extreme chronic pain, it is vital to let your doctors know what pain you are beginning to feel throughout your body. However, mindfulness and meditation can be a useful tool when dealing with life pressures, whether it is physical or mental challenges.

“If a person’s basic state of mind is serene and calm, then it is possible for this inner peace to overwhelm a painful physical experience,” — Dalai Lama. 🌀

Resources:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/use-mindfulness-to-cope-with-chronic-pain>

<https://hemaware.org/mind-body/4-mind-body-pain-management-techniques-try>

<https://www.hemophilia.org/educational-programs/education/online-education/a-moment-of-reflection>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3671698/>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

<https://www.apa.org/monitor/2012/07-08/ce-corner>

“Individuality” continued from page 3
as if you cannot move to step forward.

But you see, we CAN defy this momentum of resistance. As individuals, we can begin to reach into our souls, as who we are at this very moment.

The masks we wear begin to melt as we grasp the pieces that makes us the better person, the compassionate person that we are in this world of ours.

You see our Strength is Our Power. That’s where we begin.

Our Hemophilia community is a Unity of People, it gives us the courage to power through so we can stand on our own two feet. We all have a voice.

Let’s stand together. Reach out your hand. You are not alone!

As individuals, we can Unite as ONE, we can strengthen our power, and stand up and shout, “LOOK AT ME! I DID THIS.” UNITY IS OUR POWER!

Written by PNC

A Pharmacy Specializing in You.

Complex Home Infusion Therapies & Patient Management

At the heart of **Brothers Pharmacy** is patient-centered, compassionate care delivered by our infusion pharmacy team. We are committed to transitioning patients home with extraordinary care, fully supported by our knowledgeable clinical staff, and commitment to patient safety.



BROTHERS PHARMACY

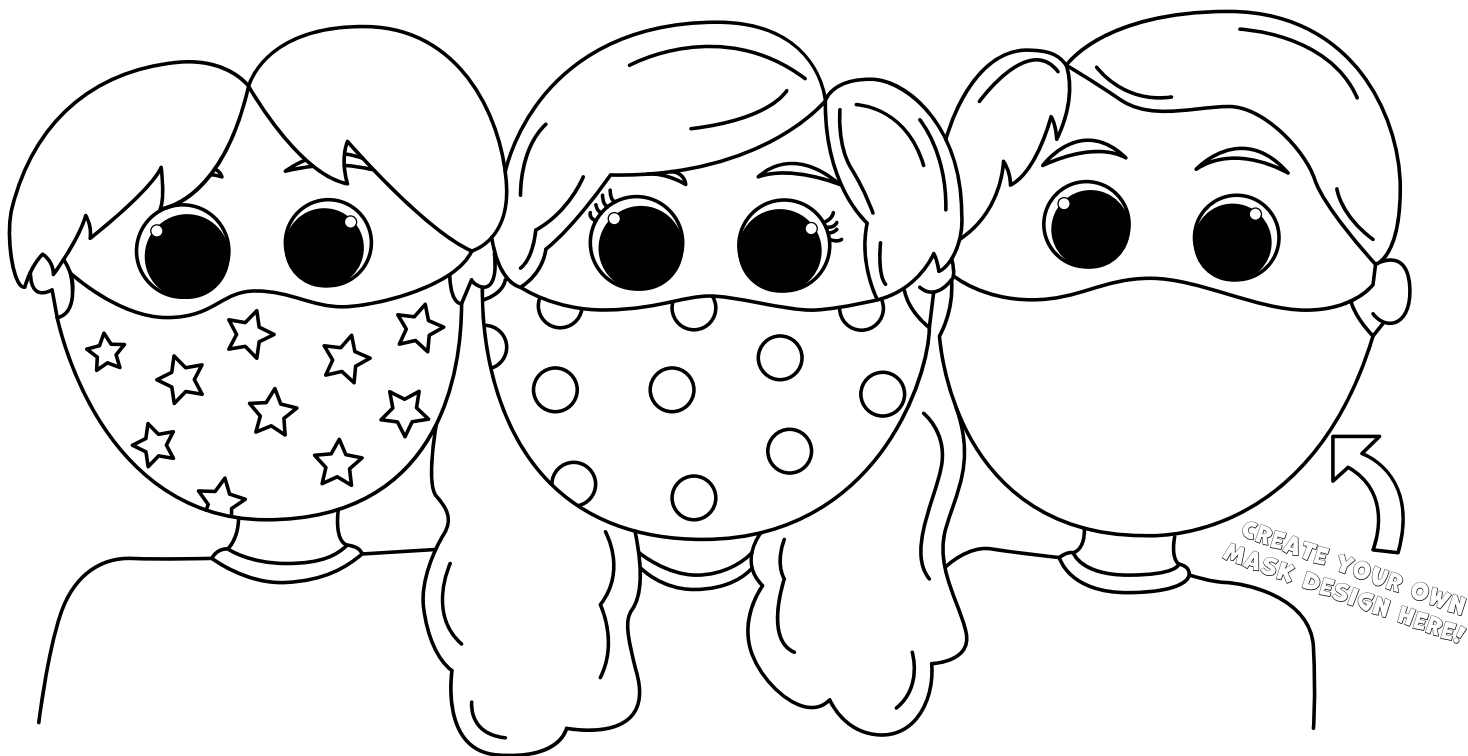
Monday - Friday, 9am - 5pm | 24/7/365 for After-Hours or Emergency Services

11705 Slate Ave. Suite 100, Riverside, CA 92505 | (909) 328-4383 | (844) 838-6902 | brothershealthcare.com

MASK COLORING CONTEST!

by Brothers Healthcare

LET'S KEEP EACH OTHER SAFE.
WEAR A MASK!



Childs Name: _____ Age: _____

Why I wear my mask: _____

Our hope at Brothers Healthcare is to make sure we are always doing our part to keep everyone safe and healthy. We would love to decorate our Facebook and Instagram pages with your beautiful art! There are two ways to submit your child's art (you are welcome to do both). You may share to our Facebook or Instagram page with the hashtag #maskstokeeveyonesafe or mail it to our office:

1705 Slate Ave Suite 200, Riverside, CA 92505

**winner will be announced on FB and IG and will receive a special package in the mail!*

