



# BLOOD line



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[www.cincinnatichildrens.org](http://www.cincinnatichildrens.org)

A Newsletter Designed for Members of the Bleeding Disorders Community

# How to Talk with Your Child's School about Bleeding Disorders

School supplies, backpacks, bus schedules, and school forms. A parent's back-to-school to-do list can be cumbersome. And for families who have a child with a bleeding disorder, there are a few more items to add to the list.

Last year, two mothers, Kelly G and Lisa P, each prepared to send their sons with bleeding disorders to Kindergarten. Here they share their tips for educating school staff about bleeding disorders and planning for what to do in an emergency.

- **Contact your child's principal.** The summer before school started, Kelly called the school and spoke with the principal. "I let her know that Joshua would be starting school in the fall and asked to meet with her, his teacher, the school nurse, and the gym teacher before school started to discuss his condition and help prepare the school." Lisa called even sooner. "I called before we applied to the school to make sure they could accommodate us." Even if the school year's begun, it's not too late to schedule a meeting.

## Who to Invite

- Principal
- School nurse
- Gym teacher
- Teacher
- Teacher's aide if one will be in the classroom
- Staff from your child's treatment center

- **Invite health care professionals from your child's treatment center to attend the school meeting.**

Kelly was thrilled when staff from Cincinnati Children's attended her meeting with school staff. The treatment center team explained bleeding disorders to the school and answered their questions. "Carrie did a great job

explaining hemophilia and answering their questions. She also helped them understand that Joshua should be treated like all the other kids in his school. Everyone felt at ease after the meeting" says Kelly. Lisa had a similar experience. "The school staff was very welcoming and accepting," she says.

- **Create an action plan with your child's school.** After you have met with school administration and staff, work with your child's teacher and school nurse to develop an action plan in case your child is injured or complains about bleed symptoms. Lisa gave the teacher specific information on Dylan's care. "I said standard first aid should be followed for minor cuts. However, I told her I needed to be contacted if he bumped his head or complained he couldn't use a limb." Kelly did the same. "The school nurse has a plan of what to do if Joshua comes to her with a bleed or complains about symptoms of a bleed. She knows to call me or my husband," says Kelly.

- **Attend Welcome to School events.** Many schools host "get acquainted" events and open houses where your child can see the classroom and meet the teacher and other students. If you haven't met with your child's teacher prior to an open house, take a moment to speak with the teacher about your child's condition. But be brief. Schedule another time with him or her to have a more in-depth conversation.

- **Build a mutually supportive relationship with your child's school.** Lisa says, "By providing information to the school about bleeding disorders, I can help my child have as normal an educational experience as possible." Keep the lines of communication open. If you have questions about your school's policies, ask them. Also, make sure the school can easily reach you. Kelly concurs "It's a good idea to stop in every once in awhile to ask the school if they need anything and to see how your child is doing."

- **Volunteer in the classroom.** Kelly finds it helpful to volunteer in Joshua's class once every other week in order to build a relationship with his teacher and school. This can also help the child prepare to talk about his or her condition. "Once Joshua is comfortable, we plan on helping him talk to his classmates about hemophilia."



"Information is huge. When everyone knows what to look for and what to expect it makes things go easier."

– Kelly, parent of a child with a bleeding disorder



"Open and regular communication with my child's teacher has been key."

– Lisa, parent of a child with a bleeding disorder

## On the cover:

Mom, Kelly G, pictured with her family, shares tips for talking with schools about bleeding disorders.

# Taking the Stress Out of Stress Management

Sometimes, stress can make your condition harder than it needs to be. From needle sticks to joint pain and insurance coverage to everyday worries, there's a lot on your mind. But you don't need to suffer. Stress management can help.

Staff psychologist Angela C. Roddenberry, PhD, of the division of behavioral medicine and clinical psychology at Cincinnati Children's, wants to make your life easier. Here, she answers common questions about the benefits and how-tos of stress management.

## Q. What are the benefits of stress management for people with bleeding disorders?

A. It's well documented that stress has a lot to do with illness. Stress can even cause pain, such as joint pain, or make pain worse. And pain can lead to anxiety. Relaxation is key. When we work with patients, we use stress management techniques to help reduce their pain and help them learn coping techniques.

## Q. What are some of those techniques?

A. When we are initially treating a patient, we start with basic relaxation techniques. These include exercise, controlled breathing, guided imagery, progressive muscle relaxation, and distraction, to get a patient's mind off of what ails them. For pediatric patients, I like to teach parents the relaxation techniques so they can do them at home with their child. We also record relaxation sessions with patients and give them a CD so they can listen to session again later.

## Q. What other techniques do you use?

A. Sometimes we use a system to collect biofeedback. With biofeedback, patients are monitored while playing a computer video game that responds to their body's stress, pain, and relaxation responses. This is an effective and fun way to get patients engaged while teaching them control over these responses.

## Q. What are common stressors for people with bleeding disorders?

A. The patients I have worked with comment on worries over school issues and how to stay safe with a bleeding disorder. These are common sources of stress.



Angela C. Roddenberry, PhD  
Staff Psychologist  
Division of Behavioral Medicine and Clinical Psychology  
Cincinnati Children's Hospital Medical Center

## Q. What are signs of stress?

A. Stress can be mild, moderate or severe. In most cases, it's a good idea to seek treatment for stress so it doesn't get out of control. Some signals for stress include:

- Decline in daily functioning
- Decline in mood
- Feeling isolated
- Increased anxiety
- Nervousness
- Making issues bigger than they are
- Trouble sleeping
- Trouble sleeping as a result of pain

## Q. What should a patient or parent do if stress becomes a problem?

A. If stress does not subside with basic relaxation techniques or biofeedback, patients may be referred for further evaluation and treatment. Patients or their families should speak with their health care team if they feel stress or anxiety is a problem that's not going away. There are many tools and resources designed to help manage stress.

# Making a Difference in a Child's Life with Music Therapy

Break out the instruments. Turn up the volume. Let the music make you better. That's just what music can do to help children cope with chronic conditions according to Brian Schreck, MA, MT-BC, music therapist in the division of integrative care and holistic health at Cincinnati Children's.

Through music, Brian provides comfort and support to pediatric patients and families facing fears about procedures, seeking tools to reduce pain and anxiety, celebrating life and creating lasting memories. "Music is a non-threatening approach to working with patients. It opens a new door for coping with a condition. Creating music can also be educational and fun."

So how does music help a patient struggling with a health condition? Music therapy is a process of intervention where a credentialed music therapist uses experiences such as writing songs, using instruments, and playing music to build a relationship with the patient. Through this therapeutic relationship, patients are able to accomplish individualized goals.

Brian finds great joy in sharing the art of music with patients and their families. "I am here to serve our wonderful children and their families by introducing and bringing beauty, creativity and the uniqueness of musical life at all stages of their medical experience."

## Benefits of Music Therapy

According to Brian Schreck, MA, MT-BC, music therapist in the division of integrative care and holistic health at Cincinnati Children's, "Music has the ability to access thoughts, emotions, memories, and time in a non-threatening way." It offers the following benefits:

- Music stimulates all of the senses and involves the child at many levels. This "multi-modal approach" facilitates many developmental skills.
- Quality learning and maximum participation occur when children are permitted to experience the joy of play. The medium of music therapy allows this play to occur naturally and frequently.
- Music is highly motivating, yet it can also have a calming and relaxing effect. Enjoyable music activities are designed to be success-oriented and make children feel better about themselves.
- Music therapy can help a child manage pain and stressful situations.
- Music can encourage socialization, self-expression, communication, and motor development.
- Because the brain processes music in both hemispheres, music can stimulate cognitive functioning and may be used for remediation of some speech/language skills.

## Philia: Lifelong Friends

With help from Brian Schreck, MA, MT-BC, music therapist in the division of integrative care and holistic health at Cincinnati Children's, the Camp Joy Campers created this song about bleeding disorders. Their work was recognized by Novo Nordis and by Baxter which earned the campers big bucks for 2009 kids' camp.

Let's talk about hemophilia t'day  
We will start with—Hemophilia A.  
Through all of our inherited traits  
We're all missing clotting factor 8.

Moving on to hemophilia B...  
It is not so difficult to see  
Although we're missing factor 9  
We'll all just turn out mighty fine.

Please do not be too confused  
Doctors give us medicine to infuse  
Whether it's hemophilia A or B,  
Don't worry we will still live free.

Follow RICE to treat a bleed,  
Yeah Yeah we got the beat!  
Rest and Ice, Compress and Elevate,  
Yeah Yeah we got the beat!

Here's what you do to do the 5  
Don't forget so you can strive  
Number 1, May not be fun  
But what the heck get your yearly check!  
Number 2, it's just for you  
Do something great, vaccinate!  
Number 3, keeps you pain free!  
There's a big need to treat the bleed!  
Number 4, it's not a bore  
To win the prize, exercise!  
Number 5, to survive  
Be the best, get your blood test!

Follow RICE to treat a bleed,  
Yeah Yeah we got the beat!  
Rest and Ice, Compress and Elevate,  
Yeah Yeah we got the beat!

The first thing to do when you have a bleed  
Tell someone who can assist your needs.  
Shout out to your teacher, doctor, mom or dad.  
And they'll help you out so you won't feel bad.  
Your medical alert bracelet should always be  
On your wrist in case of an emergency.

Follow RICE to treat a bleed,  
Yeah Yeah we got the beat!  
Rest and Ice, Compress and Elevate,  
Yeah Yeah we got the beat!

Inhibitors are contributors  
That stop the factor's work  
Sometimes your body's mixed up

# Student Makes Sweet Music

## Dedication to Band Keeps Eaton's Blake Jamison Busy

By Brian Zimmerman – Staff Writer, Palladium-Item

Eaton High School has no shortage of activities for students with an interest in music, and Blake Jamison has his hand in them all.

“Band is the one place where I can be myself without worrying about trying to impress people,” Jamison said. “People call it my second home because I’m in the band so much. It’s all I do.

“I’ve got marching band, concert band, jazz band, steel band, choir and the musical pit orchestra,” he said.

Jamison plays the trumpet, but he’s best known in the band for his dedication.

“He’s willing to go that extra mile -- even beyond the music part,” said Tracy Phillips, the Eaton High School band director. “He helps with the organization part, too.

“He’s always here on Friday nights (for football games) putting out the uniforms for the other students,” she said. “He’s almost anticipating things that I might need to have done and does it before I even have a chance to ask him to do it.”

His dedication is a reflection of his appreciation for what music has given him over the years.

“For me, when I was growing up, I was the only child,” Jamison said. “And I live out in the country secluded from everybody else. Band really helped me develop who I am.

“To me, just the friendships you can create through the 70-something people that’s in band, you’re spread out among seniors through freshmen,” he said. “You can create friends throughout the entire school that way.”

The 18-year-old stands at 6 feet 4 inches tall and weighs about 250 pounds, and has the frame to be a formidable athlete. But he was born with a rare genetic medical condition, called hemophilia, which limited him from playing contact sports as he got older.

“Basically, I have a part of my blood that is missing that helps the bleeding stop if you have a cut,” he said. “It really doesn’t slow me down.

“It’s just part of me,” he said. “I wake up, take the medicine for it, and just go on with life.”

Despite his medical condition, his parents never got in the way of what interested him. But they showed him that there was more to life than sports.



Blake Jamison practices trumpet with the Eaton High School band. He plays with several ensembles.

(Palladium-Item photo by Joshua Smith. Reprinted with permission.)

### Meet Blake Jamison

- Age: 18
- School: Eaton High School
- Grade: 12
- Favorites: Watching the "Star Wars" and "Indiana Jones" movies, watching the "Two and a Half Men" sitcom, and listening to movie soundtracks

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“His doctor always said, ‘He’s got to be a boy,’” Jennifer Jamison, his mother, said. “He played Little League Tee Ball, but when he got to be 8 or 9 years old, when they get to be a little more aggressive, that’s when we started to scale back on the sports part.

“But anything musically involved, he was a part of,” she said. “And something that we saw as parents, was he grew as a person.

He wasn’t your super shy kid, but he was on the shy side. But meeting people and working with people in the band, we saw him change completely.”

Staff members at Eaton High School say he has a bright future. Beyond music, he’s also been inducted into the National Honor Society, which recognizes students who excel academically.

In the fall, Jamison plans to attend Wright State University in nearby Dayton, Ohio. He wants to study computer science, and of course, music.

“Music, for me, and playing, is a stress reliever,” he said. “I can just relax, just like girls going to a spa or something.”

# How Do You Manage Stress in Your Life

## Patients and Families Share Their Concerns and Coping Skills



“My daily stresses include my job, money, driving, and teenage kids. I cope through exercise and sleep.”

– *parent, adult patient*

“I’m unemployed at this time and it’s very hard for me and my family. I would like to be able to provide more for my boys and do more for them. I’m in the process of [learning to] deal with my stress. I pray and try to work out what I feel and how I feel.”

– *parent*

“Health, school and insurance cause me stress. I cope with stress by walking and running.”

– *Patricia P, parent, adult patient*

“Money, rushing and work cause stress for me. The part of my son’s hemophilia that causes me stress is when I can’t access his veins. I know it hurts him so I hate to miss even once. To cope with stress, I pray a lot! I also try to break the tension with music, singing and dancing. It makes me and the kids laugh.”

– *Lisa P, parent of child with a bleeding disorder*

“I talk to my family and friends about whatever is causing me stress. I don’t like to keep things inside. I preferred to get it out.”

– *David E, adult patient*

“I try to get off by myself and away from the situation until things calm down a little.”

– *Shannon E, adult patient*

“Honestly I don’t let stress get the best of me. My best technique is calling my best friend when I’m overwhelmed. She can talk me through anything and always has a fresh perspective. She may not necessarily say what I want to hear all the time, but talking with her is refreshing and calming. Other times, I call a friend and we go out to dinner, or I just seek ‘solace’ time and go for a walk or stroll through the mall.”

– *Pam W, parent, adult patient*

“The demands of caring for a child with hemophilia can be very stressful at times, especially since our son Joshua receives factor infusions at least twice a week. Having a plan helps minimize the stress. For example, after my husband and I were trained by the staff at Cincinnati Children’s to give Joshua his infusions, we decided to each take a turn to infuse his factor. During an infusion, it can be frustrating when you don’t get it the first time, as well as hard to put Joshua through the extra pain of another stick. If we can’t hit a vein or we blow one, and we can see it is affecting Joshua’s confidence, we take a break. This helps us all regain composure and perspective. We also rely on God in stressful times. We realize that we can’t handle all the stress and turmoil. We often stop and pray, asking God for His wisdom and guidance constantly. He always carries us through the rough spots and blesses us over and over again. Joshua is such a blessing to us. His hemophilia has required us to depend on God more, which is also a blessing.”

– *Kelly G, parent of child with a bleeding disorder*

# 10 Helpful Strategies for Staying Active with Hemophilia

By Molly Mays, MPT, Cincinnati Children's, and Katie Tillman, DPT

## 1. Always DO the 5.

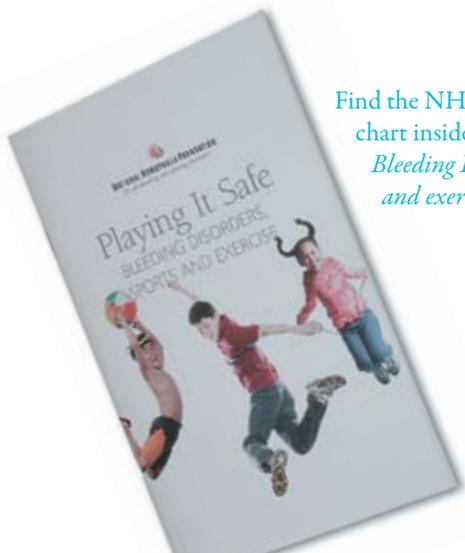
- Annual HTC comprehensive checkup
- Get your vaccinations
- Early and adequate treatment of bleeding episodes
- Regular physical exercise to protect joints
- Routine monitoring for blood-borne pathogens

**2. Go out and PLAY!** Parents, it is important for you to motivate your child to get outside and play for more physical activity. In good weather discourage video games and TV time. You can use this time towards your daily physical activity too! Exercise has many positive effects and there are general exercise protocols to stay healthy and bleed free. There are three types of exercise to review.

- I. Cardiovascular exercise involves using the large muscle groups like those in your legs to help make your heart and lungs stronger. It is best to engage in 30 minutes of moderate intensity five to seven days each week. The 30 minutes can be done all at once or broken up. Moderate intensity is when you can carry on a conversation while engaging in the activity.
- II. Strength training is the use of resistance to muscle contractions to build the strength and size of skeletal muscles. Strength training should be done two times each week with 48 hours between each session. This can begin in adolescence when growth plates mature.
- III. Stretching allows you to improve muscle elasticity and tone by elongating a muscle group to its fullest length. It is important to stretch muscle groups following a game or practice. Hold the stretches at least 30 seconds and remember not to bounce. There should be no pain felt while stretching.

**3. Choose Wisely!** Choose a sports activity that is in the green, yellow or orange color codes on NHF's sports rating chart.

Find the NHF sports rating chart inside *Playing It Safe, Bleeding Disorders, Sports and Exercise*.



**4. Practice Makes Perfect.** Check out your local YMCA's schedule. They offer six week sessions of sport activities for trial purposes without the long commitment. Consider private lessons in the preseason or backyard practice as well. [www.ymca.net](http://www.ymca.net)

**5. Play Safe.** Be consistent with the prophylaxis schedule that your doctor prescribes. Also review NHF's recommendations on how to make your sport safer for you. This information is found in the NHF Sports Ratings by activity booklet.

**6. Play Smart** by always listening to your coach, warming up before practices and games, and cooling down afterward to protect your joints. Always keep your eye on the ball and be on the lookout for others who may not be as careful.

**7. Build up slowly.** Start with shorter practices and add additional practices as needed. Start slow with new activities at the beginning of the sports season.

**8. Listen to your body.** During a practice or game listen to your body for the signs and symptoms of a bleed. If a bleed occurs stop immediately and notify the nearest adult. Follow through with your factor as prescribed. And always remember PRICE (protect, rest, ice, compression, elevate).

### PRICE for Injuries

P	Protection
R	Rest
I	Ice
C	Compression
E	Elevation

**9. Talk with your coaches.** Make your coaches aware of your bleeding disorder so that they can help you play safe. Parents should stay at practices and games when possible to closely observe participation. Coaches should have emergency contact information.

**10. Talk with your doctor** about your prophylactic treatment program. Changes should be made for weight fluctuation and the schedule can be adjusted to better cover you during practices and games. Remember to ask your doctor when it is safe to return to your sport after a bleed or injury.

# Dr. Mullins and Colleagues Publish Recent Study in *Blood*

Many doctors at Cincinnati Children's see patients as well as conduct research. Eric Mullins, MD, of the division of hematology/oncology, is among them. He and his colleagues at Cincinnati Children's Research Foundation and the University of Cincinnati College of Medicine recently completed a study and published their findings in *Blood*, a professional academic journal that features research on bleeding disorders.

Dr. Mullins collaborated with Keith W. Kombrinck, Kathryn E. Talmage, Maureen A. Shaw, David P. Witte, Joni M. Ullman, Sandra J. Degen, William Sun, Matthew J. Flick, and Jay L. Degen on research entitled "Genetic elimination of prothrombin in adult mice is not compatible with survival and results in spontaneous hemorrhagic events in both heart and brain."

The research took about two years. The goal was to study the role of thrombin (clotting), in the immune system, and inflammation in mice.

Studies like these can help medical researchers determine other potential areas of study to better understand bleeding disorders.



## FDA Approves Fibrinogen Concentrate for Bleeding in Patients with Congenital Fibrinogen Deficiency

The US Food and Drug Administration (FDA) recently approved fibrinogen concentrate (RiaSTAP, CSL Behring), an orphan drug for the treatment of bleeding in patients with congenital fibrinogen deficiency. (Orphan drugs are drugs intended for use in a rare disease.) Persons with congenital fibrinogen deficiency are unable to make sufficient amounts of fibrinogen, which is critically important in the blood clotting process. Fibrinogen deficiency affects only 150 to 300 people in the US and is usually diagnosed at birth

when bleeding occurs from the umbilical cord site. Licensing approval was supported by a study of 15 patients with afibrinogenemia who achieved a target level of fibrinogen expected to prevent bleeding after they received the drug. Clinical benefit will be further verified in a postmarketing study in patients with absent or very low levels of fibrinogen. Manufacturers are qualified to receive certain government benefits in exchange for developing orphan products.

# The ABCs of Factor Storage

With the introduction of new products and changes to the existing ones, it is a great time to review factor storage. Below is a list of current recommendations. Many factor products can now be stored at room temperature which makes traveling a little easier. However, please keep in mind that the range for room temperature is between 46 and 77 degrees. Factor should not be left in a car or in the luggage area of an airplane. For more specific information on each of the products please refer to the manufacturer's guidelines.

Advate	Advate should be stored in the refrigerator. This product can also be stored at room temperature for a period of up to six months not to exceed the expiration date on the outer carton. The date the product was placed at room temperature should be noted on the carton. Do not use beyond the expiration date printed on the vial or six months after the date noted on the carton, whichever is earliest. After storage at room temperature, the product must not be returned to the refrigerator.
Alphanate	Alphanate requires refrigeration.
Benefix	Benefix should be stored in the refrigerator. This product can also be stored at room temperature for a period of up to six months not to exceed the expiration date on the outer carton. The date the product was placed at room temperature should be noted on the carton. Do not use beyond the expiration date printed on the vial or six months after the date noted on the carton, whichever is earliest. After storage at room temperature, the product must not be returned to the refrigerator.
Helixate FS	Helixate FS should be stored in the refrigerator. This product can also be stored at room temperature for a period of up to three months not to exceed the expiration date on the outer carton. The date the product was placed at room temperature should be noted on the carton. Do not use beyond the expiration date printed on the vial or three months after the date noted on the carton, whichever is earliest. After storage at room temperature, the product must not be returned to the refrigerator.
Kogenate FS	Kogenate FS should be stored in the refrigerator. This product can also be stored at room temperature for a period of up to three months not to exceed the expiration date on the outer carton. The date the product was placed at room temperature should be noted on the carton. Do not use beyond the expiration date printed on the vial or three months after the date noted on the carton, whichever is earliest. After storage at room temperature, the product must not be returned to the refrigerator.
Feiba	Feiba requires refrigeration.
Humate-P	Humate-P can be stored at room temperature or in the refrigerator. The product will remain stable as long as it is kept above freezing and below 77 degrees.
NovoSeven	NovoSeven requires refrigeration.
NovoSeven RT	NovoSeven RT is stored at room temperature.
Recombinate	Recombinate can be stored at room temperature or in the refrigerator.
Xynthia (Xyntha)	Xynthia should be stored in the refrigerator. This product can also be stored at room temperature for a period of up to three months not to exceed the expiration date on the outer carton. The date the product was placed at room temperature should be noted on the carton. Do not use beyond the expiration date printed on the vial or three months after the date noted on the carton, whichever is earliest. After storage at room temperature, the product must not be returned to the refrigerator.

# Teens Make a Difference at the NYLI



The National Youth Leadership Institute (NYLI) is a program through the National Hemophilia Foundation (NHF) that focuses on providing young adults with leadership and problem-solving skills. The purpose of NYLI is to help NHF chapters across the country build strong youth programs that focus on prevention and self-empowerment.

Earlier this year, NYLI hosted its second annual youth retreat. Teens with bleeding disorders across the United States met at Camp For All in Burton, Texas, to enjoy a weekend focused on building leadership skills and learning about their bleeding disorder. Camp participants included young adults ages 18 to 25 years who have demonstrated leadership skills in their community. Participants must have a bleeding or a clotting disorder, be a carrier of a bleeding disorder, or be a sibling or close friend of someone with a bleeding or clotting disorder.

This year, three teens who are patients at Cincinnati Children's Hospital Medical Center attended the retreat as NYLI participants. They included Tom W, Alec S, and Kelsey H. These teens submitted applications and essays to the National Hemophilia Foundation (NHF) and were selected based on their leadership ability, involvement in extracurricular activities and community service as well as recommendations.

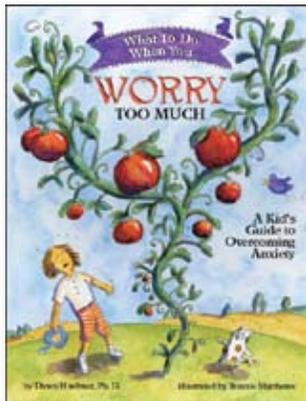
"The NYLI retreat has a dual focus," says Jennifer Crawford, Manager of Education, National Hemophilia Foundation. "It gives NYLI youth leaders an opportunity to practice leadership skills as they coach NYLI participants to build their own leadership skills and learn about their bleeding disorders." NYLI youth leaders attend the National Hemophilia Foundation's annual meeting, Washington Days, and the June Leadership weekend. This year NYLI youth leaders will also participate in Team Hemophilia where they will travel to different summer camps and educate campers on healthy living, fitness, and nutrition. NYLI is also involved with various other NHF task forces. Youth leaders are required to implement a project in their local community involving a youth-based prevention program. These programs benefit the bleeding disorder community as well as help young adults learn team building, public speaking skills, and leadership skills.

For more information about the NYLI program, contact Jennifer Crawford, Manager of Education, National Hemophilia Foundation, at 1-800-42-HANDI (ext. 3738) or email at [jcrawford@hemophilia.org](mailto:jcrawford@hemophilia.org).

"[The NYLI retreat] gives NYLI youth leaders an opportunity to practice leadership skills as they coach NYLI participants to build their own leadership skills and learn about their bleeding disorders."

-- Jennifer Crawford,  
Manager of Education,  
National Hemophilia Foundation

# Resources



## What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

By Dawn Huebner, PhD

Illustrated by Bonnie Matthews

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Metaphors and humorous illustrations make difficult concepts easy to understand, while prompts to draw and write help children to master new skills related to reducing anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.



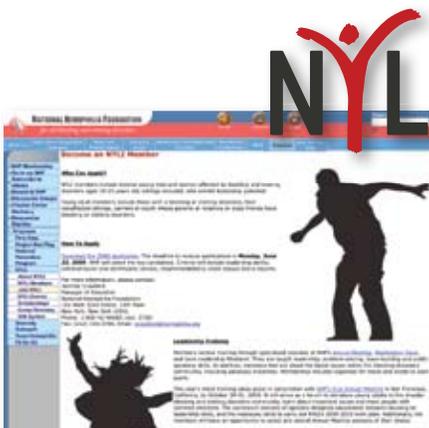
## [www.musictherapy.org](http://www.musictherapy.org)

The mission of the American Music Therapy Association is to advance public awareness of the benefits of music therapy and increase access to quality music therapy services in a rapidly changing world. Learn more about the tools, techniques, and benefits of music therapy at [www.musictherapy.org](http://www.musictherapy.org).



## Progressive Muscle Relaxation for Children

Author A.S. Koeppen, A.S. offers time-tested techniques for Progressive Relaxation for Children. This time-tested tool on relaxation training for children has been used since it was first published in Elementary School Guidance and Counseling, 9, 14-21, 1974. Ask your team for a copy or find one at [www.yourfamilyclinic.com/adhd/relax.htm](http://www.yourfamilyclinic.com/adhd/relax.htm).



## NYLI Applications National Youth Leadership Institute (NYLI)

In 2004, NHF launched the National Youth Leadership Institute (NYLI). The institute was created to foster the development of leaders and help NHF chapters and associations across the country build strong youth programs. It offers specialized programs for youth at each stage: kids, teens and young adults. Young adults, ages 18-25, who have demonstrated leadership skills in their community, are eligible to apply to be Youth Leaders for this program. Learn more at [www.hemophilia.org](http://www.hemophilia.org).



The men and boys at Kids Camp learn about bleeding disorders.

## Thanks Patty!

The Bloodline Editorial and Advisory Team would like to thank Patty Dillhoff for her active participation and parent perspective on our team.

## Upcoming Dates

September 10th	First Step
September 13th	2nd Annual Family Picnic
October 8th	First Step
October 22nd	2nd Annual Ladies Night Out
October 29th -31st	NHF meeting, San Francisco, CA
November 12th	First Step
TBA	Annual Meeting

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*Bloodline* is a collaborative effort between Cincinnati Children's Hospital Medical Center Hemophilia and Thrombosis Center; the University of Cincinnati Hemophilia Treatment Center; and the Tri-State Bleeding Disorder Foundation. It is published for the bleeding disorders community. The purpose of *Bloodline* is to provide current information in the ever-changing field of hemophilia and other bleeding disorders to patients and their families. It also offers an additional reference for those persons challenged by other complications of the disease.

Comments and articles are welcomed. Send to:

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