September is National Childhood Obesity Awareness Month and brings into focus the need for improving healthy habits and preventing obesity from a young age. Studies show that children with obese parents are more likely to also be obese. Children who are obese also have a much higher risk of staying obese as they age.

Unfortunately, kids and adults with bleeding disorders nationwide are more likely to be overweight or obese than their peers without bleeding disorders. In addition, those with bleeding disorders who are carrying extra weight tend to lose joint mobility faster and are at risk for more frequent joint bleeds. Experts believe the higher obesity rates for those with hemophilia are due mostly to an inactive lifestyle. Parents of children with bleeding disorders may tend to be cautious when it comes to encouraging kids to engage in physical activity to reduce the risk of a bleed. This caution can extend to caregivers, teachers, and gym teachers or coaches, in a well-meaning effort to prevent bleeds in kids.

But more bleeds and increased joint damage are only additional problems to the already known problems from obesity. Obesity and sedentary lifestyles increase the risk of many types of cancer as well as other serious health issues like heart disease, type 2 diabetes, and stroke.

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The Colorado Chapter of the National Hemophilia Foundation (NHF CO) held their Walk for Hemophilia at Sloan’s Lake Park on August 27th and it was a wonderful success. There was a great turnout, and many members of our HTC were able to attend. NHF CO estimated that over 500 people joined us at the Denver walk.

Dr. Manco-Johnson and Dr. Wang were able to attend and loved spending time walking and visiting with members of our community. Our HTC nurses, pharmacy, physical therapy, research, and other staff members enjoyed the chance to walk alongside so many they care about.

The NHF Colorado Chapter reported that they had a lot of community involvement and were able to meet their fundraising goal. The chapter is very grateful to all who were able to contribute and participate in making the walk a success. Support from so many in the community makes a huge difference in the lives of those families living with bleeding disorders.

The Rocky Mountain Hemophilia & Bleeding Disorders Association (RMHBDA), based in Montana, also held their Walk for Hemophilia recently. Their walk was held on September 10th at Zoo Montana. There was a very healthy turnout of about 200 people and a fun time was had by all. The RMHBDA is still working to reach their fundraising goal and would love any support. Donations can be made by going to their fundraising page here: walk.hemophilia.org/RockyMountain

If you were unable to attend either of the Denver or Montana walks and would like to still help contribute to the amazing programs that both the NHF CO chapter and the RMHBDA provide to those with bleeding disorders in their local communities, please consider donating. Both organizations can accept donations at their walk pages even though the walk has already happened.

Go to walk.hemophilia.org/Denver or walk.hemophilia.org/RockyMountain to donate.

More details on the programs that these fundraisers support can be found at www.cohemo.org for NHF CO, or www.rmhbda.org for the RMHBDA.

Thanks for your support!
Losing weight, particularly if a child needs to lose weight, can be very hard to do alone if others in the family do not also make it a priority. Families that incorporate healthy eating and exercise habits together are more successful in losing weight and maintaining a healthy weight. Working as a family to keep healthy and active not only increases the health of children, but it can also strengthen family bonds.

Including healthy meal planning as a family can encourage leaner options and smaller portions when food is made at home. Plus, simple things like eating one meal a day together has been proven to reduce other health related problems like alcohol, drugs, or smoking.

Getting in at least 30 minutes of physical activity a day can make a big difference in overall health and weight loss. Having a bleeding disorder can bring challenges to finding the right physical activity that works for you but there are many fun options that are safe for most to participate in.

Talk with the HTC or your doctor about what kinds of sports or exercises would be the best for you or your child and look into creative options. Swimming, biking and golf are among the regularly suggested activities, but hiking, walking, archery, and even things like playing Frisbee can add to fun activities to get in physical activity.

Choosing healthy foods and encouraging active physical activity as a family provides a basis for long term health for children and can be a fun way to connect. If your family needs to focus on healthier eating and activity, take the opportunity to find out what works for you.

There are many resources with great ideas on how to work as a family to eat better and get healthy.

We have listed several, including some with recipes and fun exercise ideas for the entire family, in the digital version of this newsletter. This can be found by going to our website here: medschool.ucdenver.edu/htc and go to the RESOURCES tab and find NEWSLETTERS and look for the SEPTEMBER 2016 DIGITAL issue.
RECENT HEADLINES

These are a few of the headlines that we’ve recently featured on our home page.

We maintain a Newsroom page at our website with a list of the news we feel may be of interest to our patients and families. To see more head to: www.medschool.ucdenver.edu/htc then find the RESOURCES tab, and go to the NEWSROOM page.

New Method Identifies Female Carriers of Hemophilia A in Study

Greeley Tribune Shares Ride the Rockies Experience of HTC Patient

PPTA Updates News Release about Zika Virus & Safety of Blood Supply

Sangamo BioSciences Receives Orphan Drug Designation for SB-FIX

National Hemophilia Foundation Wins Awards for Videos

UPCOMING EVENTS

Sep 21-23: Outreach Clinic-Grand Junction, CO
Sep 21: NHF CO Mix and Mingle-Grand Junction
Sep 22: NHF CO Pain Management Discussion–Grand Junction
Sep 27: Pediatric Stroke Support Group Meeting–Brain Injury Alliance of Colorado location
Sep 30-Oct 1: RMHBDA Men’s Retreat–Chico Hot Springs, MT
Nov 4-6: RMHBDA Women’s Retreat—Chico Hot Springs, MT
Nov 24-25: Clinic and Admin closed for Thanksgiving Holiday
Dec 23 & 26: Clinic and Admin closed for Christmas Holiday

See more at our Events Page on our website: www.medschool.ucdenver.edu/htc find RESOURCES tab, go to EVENTS