

BLEEDER'S DIGEST

BLEEDING DISORDERS OF KENTUCKY



We are so excited to release our very first BDoKY newsletter! Here, we will be sharing articles on anything and everything related to living life to the fullest with a bleeding disorder. We will also be keeping everyone in the loop on events and educational offerings provided by our foundation.

As you may remember, we asked our members to help us come up with a unique name and you all hit it out of the park!

Congratulations to **Nikki Sanderson** and **Carrington Padgett** for suggesting Bleeder's Digest. You both will receive a \$25.00 Target gift card. Thank you to everyone who participated, all of the suggestions were great!

GET IN THE KNOW:

OUR TEAM

02

UPCOMING EVENTS

03

SUPPORTING BDOKY

04

STAYING HEALTHY

05

OUR TEAM

We are thankful to have the opportunity to serve the bleeding disorder community in Kentucky!

EXECUTIVE DIRECTOR

Alane Foley

BOARD MEMBERS

Mark Milburn, Board Chair

Diane Burnett

Matthew Burnett

Evan Dupree, Camp Director

Amber Ferrell

Julia Kluesner

Stacey Powell

BDoKY works collaboratively with both Hemophilia Treatment Centers (HTC) in an effort to provide quality education and support across Kentucky.

UNIVERSITY OF LOUISVILLE HTC
2401 TERRA CROSSING BLVD., SUITE 202
LOUISVILLE, KENTUCKY 40245
(502)210-4301

UNIVERSITY OF KENTUCKY HTC
800 ROSE STREET, 4TH FLOOR
LEXINGTON, KENTUCKY 40536
(859)257-6033



UPCOMING EVENTS

EDUCATIONAL DINNER PRESENTED BY NOVO NORDISK

Coping with Anxiety and Depression

Location: The Portal, 101 N. Main St., Harlan, Kentucky or virtually via Zoom

Date/Time: 03/24/2022 @ 6:00 PM

Please RSVP to bdoky19@gmail.com by 03/18/2022

CAMP FUSION 2022

June 26th-30th, 2022 campers will be provided with a fun filled experience while building resiliency, independence and friendships.

Open to all children with a bleeding disorder between the ages of 6 and 15. Go to bdoky.org to register!



SUPPORTING BDOKY

PUTT FOR A PURPOSE GOLF SCRAMBLE FUNDRAISER

Saturday, June 18, 2022 at Wild Turkey Trace in Lawrenceburg, Kentucky

11:30 Registration and Lunch / 1:00 Shotgun Start

\$60.00 per player / \$240.00 per team

1st and 2nd Place Prizes / Door Prizes / Split the Pot / Mulligan Purchases

Email bdoky19@gmail.com to register! Spots are filling quickly!

KROGER COMMUNITY REWARDS PROGRAM

Extra funding for our foundation to support the efforts in improving the quality of life of individuals with bleeding disorders is provided through the Kroger Community Rewards Program. Participants must add BDoKY to their Kroger Rewards Card. Please visit Kroger.com or Kroger's mobile app. Once logged in, go to Rewards, Community Rewards, then search **Bleeding Disorders of Kentucky** or enter our organization number **YG762**.

STAYING HEALTHY

A consistent exercise routine will help keep joint and muscles healthy and resilient. Please see the tips below provided by Hemaware.

HEMAWARE

Exercise Do's and Don'ts

FOR PEOPLE WITH BLEEDING DISORDERS, regular physical activity is a key part of a healthy lifestyle. Regular exercise not only helps one maintain a healthy weight and cut the risk of chronic diseases such as heart disease and diabetes, but it also strengthens muscles around the joints, which helps prevent injuries that could lead to bleeds. But safety is important! Follow these exercise do's and don'ts.



Get evaluated

A physical therapist can identify and address muscular imbalances related to your chosen activity so you can more safely participate.



Join a group

Exercising in a group is fun and can help motivate you to stick to a regular fitness regimen. Make exercise a family affair as much as possible.



Select an appropriate sport or activity

Consider your age and abilities. As you age, activities that are easier on the joints, like swimming, yoga and tai chi, may be better.



Have a factor plan

Discuss with your medical team if a change in your infusion schedule is appropriate given your activity, or if prophylactic factor replacement is recommended to minimize your risk of bleeding.



Exercise daily

Work up to exercising at least 30 minutes a day, five days a week at moderate intensity.

Do's



Don't's



Go too hard

The "no pain, no gain" approach could lead to injury. Be patient and set realistic goals.



Forget to warm up

Five to 10 minutes of light activity before a workout slowly increases heart rate and preps muscles to perform, helping to prevent injuries.



Ignore bleeds

Exercising a muscle or joint that's experiencing a bleed could lead to longer-term injuries. Exercise other areas of the body instead. Elbow giving you trouble? Work on core strength or aerobic endurance.



Return from injury without consulting your PT

Improper recovery could lead to long-term or permanent joint and tissue damage. Talk with your treatment team to determine when you can resume certain physical activities.



Focus only on sports or organized workouts

Be physically active in your daily life: Take the dog for longer walks, skip the elevator and take the stairs at work.