



Hemophilia Saskatchewan



August 2015

Summer Newsletter

2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-4366 or 653-4366

Email: hemosask@hemophilia.ca

Celebrate
Hemophilia Saskatchewan's
50th Anniversary Banquet
With Silent Auction
on

Saturday November 7th, 2015

Held at Cumberland Hall in the Travelodge
4177 Albert Street, Regina, SK

5:00 Cocktails

6:00 Supper

Program to follow

Tickets: \$40/adult, \$15/kids under 18

Dress is business casual

Tickets can be purchased from

Derek Bissonnette 526-6185

derek_bissonnette@hotmail.com or

Hemophilia Saskatchewan



President's Message

Hello All,

All I can say at this moment is Guys Getaway is a GO!!! By the time this newsletter gets to you I hope that this ended up being the case because the situation in the La Ronge area did not look too favourable in the month of July. We don't give up too easily at Hemophilia Saskatchewan, and Missinipe here we come!

We hope the summer fires haven't affected your summer activities either. Life sometimes sends us stuff out of our power, we just roll with the punches, accept stuff we can't change, and grow new ways to cope to face another day. This is true in our world of coping with incurable chronic diseases. It builds coping and resilience, puts us in a place where we don't take what we have for granted.

Staying on subject of Saskatchewan forest fire crisis, did you know that Red Cross is a total volunteer organization? I had the privilege of working at the evacuation sites and seeing the work of Red Cross. Amazing is all I can say. We live in a great country of people who are committed to human service.

Our country takes care of us in so many ways. I know as a family who is a recipient of blood product that is covered by our Canadian Blood Services, I am forever grateful.

Please enjoy the pages of our newsletter with our upcoming activities including our 50th anniversary celebration this fall.

Happy Summer to All!!

Wendy



Board of Directors

President:	Wendy Quinn	Director:	Vanessa Lockhart
Vice President:	Angie Bedard-Haughn	Director:	Sandra Dionne
		Director:	Ann Lukian
Treasurer:	Derek Bissonnette	Director:	Celena Moody
Secretary:	Lorrie Kagle	Director:	Jae Won Hur

Thanks for the Help!

Thanks to Bayer Inc. for the grant supporting this newsletter.



Bayer HealthCare

HEMOPHILIA SASKATCHEWAN

2015 Grey Cup Pool



Tickets are now available for purchase. If you are interested in buying or selling tickets please contact us at hemosask@hemophilia.ca

	Correct Score	Reverse Score
End of 1st Quarter	\$200.00	\$100.00
End of 2nd Quarter	\$200.00	\$100.00
End of 3rd Quarter	\$200.00	\$100.00
Final Score	\$1000.00	\$100.00

\$25 will be paid for the correct score every score change

For Just \$5.00/ticket... You could be a Winner too!!!

25% Of All Proceeds Will Go Towards Research
Serving The Bleeding Disorders Community



Saskatchewan Bleeding Disorders Program

SBDP: Outreach Programs



The Saskatchewan Bleeding Disorder Program has had several opportunities to provide education sessions in rural communities.

The health care team (Hematologist, Nurses, Social Worker and Physiotherapist) travel to a community and provide presentations to families and health care workers. This provides educational support and introduces the health care facility to the SBDP team. This outreach program enhances communication and the care for people with bleeding disorders who reside in our rural communities.

If you feel the health care workers in your community could benefit from this educational support contact us at (306) 381 – 4185.



Nancy Hodgson, RN, Michelle Sims, SW, Tara Schlosser, RN, JoAnn Nilson, PT, Dr. Roona Sinha



Saskatchewan Bleeding Disorders Program

Pain Treatment Planning

Questionnaire –

What is it and What to expect



Here at the Saskatchewan Bleeding Disorders Program, we have taken on the challenge to identify and treat pain. While pain is a good warning system for when something is wrong in our bodies it can have long term consequences if it is not well managed. This is why we are now focused on pain in bleeding disorders. Dr. Susan Tupper has been dedicated to exploring pain with a men's focus group, which has been meeting regularly since 2013.

Our most recent project is a **Pain Treatment Planning Questionnaire**. This project came out of planning day in collaboration with Dr. Tupper, our team and client members. It will possibly be a method for us to track pain at our regular clinics. With the use of this questionnaire we hope to start conversation with you about what type of pain is experienced, how is it managed and how we can support this management with you. In June, we completed the development of the questionnaire. For the next several months, we will be presenting the questionnaire at clinic visits. It will be voluntary and it will take about 10 minutes to complete as you wait for your appointment.

As always we also have information on the management of pain provided through the Saskatoon Health Region and the resources from the Canadian Hemophilia Society.

If you have questions, we want to hear from you.

Jennifer King Social Work, JoAnn Nilson, Physiotherapist and Dr Susan Tupper, Pain Strategist

Pediatric Clinic Child Care

We love children at our clinics and we want you to enjoy having them here too! Clinic's can run a long time and in a child's mind it can be "forever!". While there is a lot happening at clinic we understand that sometimes kids just need to hang out while parents talk with the clinic team.

Last year we partnered with Saskatchewan Polytechnic and their Therapeutic Recreation Program students to come and provide child care during clinics. These volunteer students are given education about bleeding disorders and are provided with information on confidentiality in health care. They will set up toys and provide an environment for children to be children. As always, this is a voluntary service and your children are always welcome to stay in the clinic room with you for the entire visit if you prefer.

This program will be offered at our Saskatoon Pediatric Clinics starting in the fall. At our Regina and PA clinic we will provide some toys and play material to help out.

See you there!
Jennifer King RSW
SBDP - Social Work

Insurance and Medical Conditions

Considering Insurance? There can be a lot of information and a lot to consider when looking at medical insurance for you or your family. The Canadian Hemophilia Society has provided a breakdown of what you should consider when looking at insurance.

Start at the CHS website <http://www.hemophilia.ca/en/>. On the left menu bar click on Support and Education. From the new menu pick Insurance Coverage.

Here you will find three categories:

Individual Insurance Coverage – Working with a licensed insurance broker, anticipating needs, knowing your policy, disclosing your health status guaranteed insurability policies, and much more.

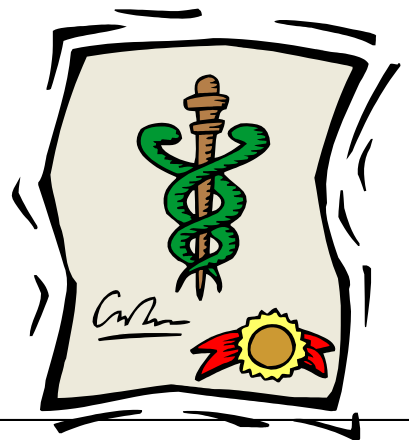
Travel Insurance Coverage – Examples of travel insurance and issuers, travel outside your province, studying abroad and away from your province, visitors and new arrivals to Canada and other helpful tips.

Provincial Drug Insurance – Provincial coverage, coverage levels for prescriptions drugs frequently used, anti-retroviral drug plans and provincial drug coverage and chronic Hepatitis C medication.

You can also find information on the OmbudServices for Life and Health Insurance (www.olhi.ca).

I carry copies of this information to all clinics so please ask if you want to review with me.

Jennifer King RSW
SBDP – Social Work



Want to know more about Hemophilia Saskatchewan?

Check us out online at

www.hemophiliask.ca



Tavis Duncan Foundation

Through the Tavis Duncan Foundation, Hemophilia Saskatchewan is able to offer help for parents seeking to defray a percentage of the costs associated with the maintenance and treatment of children with hemophilia. Application for coverage is to be made in advance, if possible. Applicants must be registered members of Hemophilia Saskatchewan.

The Foundation will reimburse for items and/or expenses such as:

- * the purchase of safety apparel (ie. head gear, elbow pads)
- * \$50.00 per year per affected child, under the age of 18 years, towards the purchase of adequate footwear
- * assistance with in-hospital costs during an extended visit
- * assistance with out of province medical costs
- * summer camps
- * an educational opportunity for a family member to increase their knowledge of hemophilia

For application forms, please contact the Hemophilia Saskatchewan office by mail, phone or email.

Hemophilia Saskatchewan
2366 Avenue C North,
Saskatoon, SK S7L 5X5 Phone: 1-866-953-4366 or 653-4366
Email: The Duncans at sldaizy@yahoo.com or hemosask@hemophilia.ca



Hemophilia Saskatchewan "200 Club"

Purpose: To provide a stable, reliable, predictable, ongoing and adequate source for funding. If we can find at least 100 families, groups or individuals who will pledge a minimum of \$200 per year on an ongoing basis for the foreseeable future, Hemophilia Saskatchewan would be assured of a minimum income of \$20,000 per year.

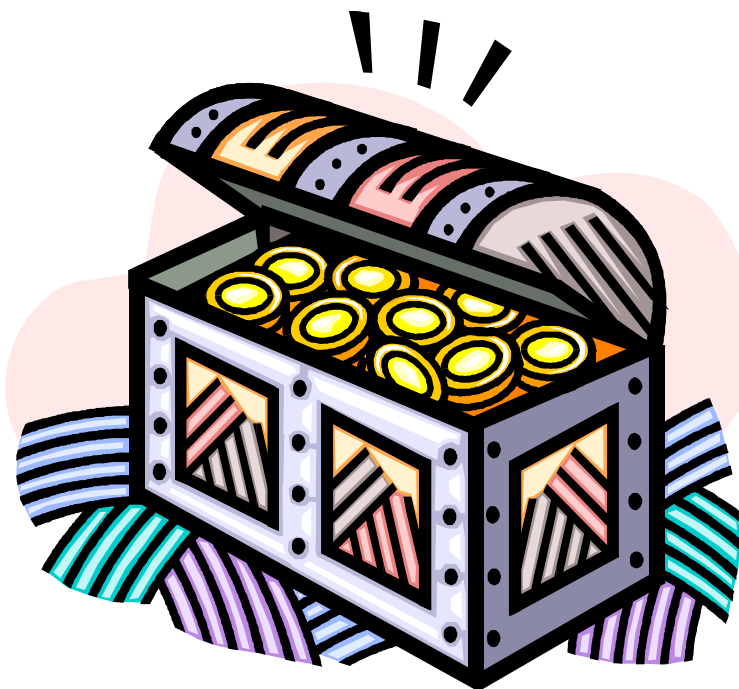
The 200 Club is different from a one-time financial campaign, because it is ongoing, every year for the foreseeable future.

The fund would be administered by the treasurer, who would issue receipts for income at year end. Note that the government allows a 43% tax credit for donations over \$200.

A commitment to the 200 Club is made on the understanding that if the contributors' financial situation changes, the yearly commitment could be discontinued at any time.

The 200 Club is not meant to be an elite, exclusive club. It is a group of concerned committed people who want to see Hemophilia Saskatchewan become self-sufficient, not depending on any help from CHS.

Complete donation form within this newsletter.



Reminders to Those with a Bleeding Disorder Who Will be Undergoing Surgical or Dental Procedures

Our goal is to always provide our clients with a safe and effective plan of care while also keeping your optimal health and recovery in mind. In order to prevent bleeding complications, we ask that you remind your physician or dentist of your bleeding disorder on each visit. Take ownership and be proud to share with healthcare professionals what you know about your condition! Become familiar with your bleeding disorder and know the name of products you need to prevent a bleeding episode. Show your physician and/or dentist your Factor First / Treat First card on a pre-op visit/assessment. Ensure these professionals are aware to call us directly with any questions that arise.

Always ensure that you let the Saskatchewan Bleeding Disorder Team know well in advance of the procedure: **We need at least 2 weeks' notice of a date booked for surgical or dental procedures.** A phone call discussion with the nurse coordinator ahead of time can provide you with clarity on details for your surgery and hospital stay.

Any clients on home infusion should not have to bring in their product from home if their product is administered in hospital. Preparing yourself and family should be all that is expected of you.

The Nurse Coordinator will:

- Ensure coagulation product orders are prepared and reviewed with the Hematologist familiar with you.

- Process the orders by mail/fax once the nurse educator and staff nurses have been educated on how to mix and administer the product.

- Alert the transfusion lab staff to arrange for appropriate coagulation product to be ordered in from CBS (Canadian Blood Services), and be available.

- Alert the coagulation lab staff of lab work details to ensure they have adequate staff to process the factor level results requested, and report these to the Hematologist/nurse coordinator.

- Provide ongoing support to ward staff unfamiliar with factor concentrates and/or specific lab work requests.

- Ensure clarification prior to your discharge on the number of follow-up doses of factor to be given at home and/or a local hospital setting. (Also determine who will be administering these doses).

Any questions or concerns that arise please don't hesitate to call the nurse coordinators at (306) 381 - 4185. We will be happy to assist!

Submitted by: Nancy Hodgson
Clinical Nurse Coordinator
Saskatchewan Bleeding Disorders Program

Louise Paisley Memorial Bursary Application

\$500.00 to be awarded to student with a bleeding disorder or family of a person with bleeding disorder enrolled in a post secondary education program.

Eligibility Criteria

Student enrolled in a post secondary education program

Student could be:

Diagnosed with a bleeding disorder

Family of a person diagnosed with a bleeding disorder

Family is defined as siblings, children, parents or grandparents of a person diagnosed with a bleeding disorder

Student must be a member of Hemophilia Saskatchewan

Bursary Application must include:

Current resume

Transcript of high school marks if applicable

Acceptance letter to post secondary institute

2 letters of reference

Personal Information:

Surname: _____ First Name: _____

Permanent Address: _____

Email: _____ Telephone: _____ Cell: _____

Bleeding disorder diagnosed: _____

Name of Family Member with diagnosed bleeding disorder: _____

Check one: _____ Sibling _____ Parent _____ Grandparent

Bleeding disorder diagnosed: _____

Education Information:

Name of Program: _____

Length of Program: _____

Year of Study: _____ Date Program Complete: _____

Bursary will be reviewed annually, this year the **application deadline is November 30, 2015**. Successful applicants will be notified within 4 weeks of review.

Declaration:

I certify that all the above statements made by me are true. If it is found that I have given false information in this application, such falsification will constitute full and sufficient grounds for rejection of this application.

Student's Signature: _____ Date: _____

Please submit application and supportive documentation to:
Hemophilia Saskatchewan
2366 Ave. C North
Saskatoon, Saskatchewan
S7L 5X5

ONLINE RESOURCES FOR WOMEN WITH BLEEDING DISORDERS

A list of on-line resources related to specific concerns of women and bleeding disorders.

Remember that there is information on this list for every age and stage of life and development. Look for yourself, your daughter or your mother!

If you have found helpful resources please send them my way so we can share!

Canadian Hemophilia Society: Strategy to raise awareness about Women with Bleeding Disorders

<http://coderougewomen.com>

National Hemophilia Foundation: Victory for women – www.victoryforwomen.org

Steps for Living – www.stepsforliving.hemophilia.org

Hemaware – Online Magazine: www.hemaware.org

Women's Health and Bleeding Disorders

Pregnancy Planning for Carriers

Preparing your Daughter for her First Period

Discussing Intimacy Issues when you have a Bleeding Disorder

Transitioning Through Menopause

Managing Heavy Periods so you can Remain Active

The Haemophilia Society (UK) – Talking Red: www.talkingred.org

Calgary Sexual Health: www.calgarysexualhealth.ca

Menstrual Cups: Soft Cup – www.softcup.com

Diva Cup – www.divacup.com

Both can be found on www.amazon.ca

Jennifer King RSW
SBDP – Social Worker
Jennifer.king@saskatoonhealthregion.ca

Jayden Lockhart presents a donation to Angie Bedard-Haughn,
Vice President of Hemophilia Saskatchewan,
for \$4,640.00 to Hemophilia Saskatchewan and the
Canadian Hemophilia Society, on behalf of A-Line Furniture.



*Something that has always puzzled me all my life is why,
when I am in special need of help, the good deed is usually done by
somebody on whom I have no claim.*

**“Hemophilia Saskatchewan thanks all our volunteers
for their ongoing support”**

2015 Hemophilia Saskatchewan Rendezvous



Photo courtesy of Derek Bissonnette

Report on Rendezvous 2015

In May 2015 members of the Hemophilia Saskatchewan board and youth representatives from Saskatchewan had the privilege of attending Rendezvous in Halifax which is the national meeting for the Canadian Hemophilia Society. It gave us all the opportunity to learn what is up and coming for bleeding disorders, meet others from around the country and hear their experiences, and to take part in celebration of the accomplishments nationally and within our own province. We were so proud to see two of our own clinic staff honoured for their accomplishments at the awards banquet - Michelle Sims and JoAnn Nilsson. It was a valuable and unforgettable experience.

Picture from L-R front row:

Jennifer King, Vanessa Lockhart, Nancy Hodgson, Anne Lukian, Derek Bissonnette

L-R middle row:

Celena Moody, Dr. Roona Sinha, Dr. Robert Card, Russell Quinn, Wendy Quinn, Micaella Fiacco, Michelle Sims, Tara Schlosser

L-R back row:

Did you know that Children's Wish Foundation has granted over 20, 000 wishes in the last 30 years? And they do it because wishes make a difference.

"Joy is a wonder drug"

"Wishes work wonders"

(Children's Wish Foundation Website)

Children with moderate and severe hemophilia and other severe bleeding disorders between the ages of 3-17 can qualify for a wish. Wishes are to be special and meaningful to the child and the possibilities seem endless (take a look at the Children's Wish webpage and read all the stories). Typically the wishes fall into one of three categories: travel, item or celebrity contact (often involves travel). One wish is granted in a child's lifetime although a child can reapply if there are any subsequent, new, high risk life threatening diagnosis.

Anyone can make a referral but the parents or guardians must also express interest to the Foundation. Our contact in Saskatoon is:

Kristen Allen

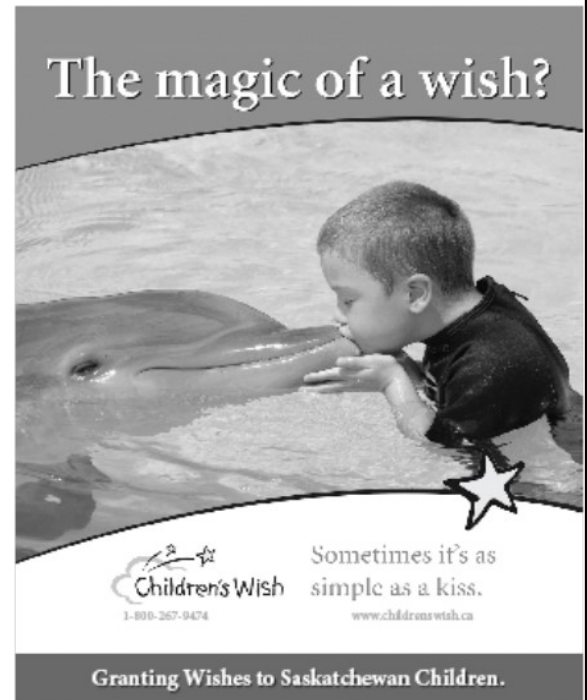
kristen.allen@childrenswish.ca

Phone: 306-955-0511

They do require a doctor to confirm the medical condition which will require the parent/legal guardian to sign a consent form for the health region to provide that information. We can help complete this and assist with any forms in order to start the wish granting process.

Jennifer King RSW

SBDP - Social Work



“Physical Activity” Bursary Program

The Physical Activity Bursary program is available through Hemophilia Saskatchewan. It is a great program which helps financially assist members of Hemophilia Saskatchewan to stay active in recreational or sporting activities. It is available to children 18 years and younger, but also, youth and adults who are members of Hemophilia Saskatchewan.

This chapter funded program promotes a healthy lifestyle through safe physical activities. It gives you the opportunity to discuss your sports or recreational activity involvement with the Physiotherapist, therefore addressing any questions or concerns you may have in regards to preparation for each type of physical activity. I look forward to assisting anyone interested in applying for this beneficial program.

Give me a call, JoAnn Nilson, Physical Therapist, SBDP, 306-655-6628

Physical Activity



Bursary Program

*Sponsored by
Hemophilia Saskatchewan
Canadian Hemophilia Society
213 - 2366 Avenue C North
Saskatoon, Saskatchewan
S7L 5X5
(306) 653-4366
1-866-953-HEMO (4366)*

Physical Activities can be chosen on an individual basis, there is Risk Levels and these must be discussed with the PT

Think Once: Excellent Activities to participate in
Swimming, Golfing, Tennis, Badminton, Bicycling, Tai Chi, & Yoga

Think Twice: Activities which require preparation and equipment
Volleyball, Basketball, Nordic Skiing, Running & Dance
Windsurfing, Squash/Racquetball, Baseball, Soccer, Ice Skating,
Rollerblading & Weight Lifting

Think Again: Activities with increased risk of injury
Karate/Judo, Waterskiing, Football (tackle), Rugby, Skateboarding, Ice
Hockey, Downhill Skiing, Road Hockey, Horseback Riding & Wrestling

What is the Physical Activity Bursary Program?

- A Chapter funded program to promote a healthy lifestyle for children, youth and adults with bleeding disorders through safe and beneficial physical activities.

Who Qualifies for the Program?

- Chapter members with a bleeding disorder. *(Some restrictions may apply.)*

Guidelines *(subject to revision)*

- Hemophilia Saskatchewan will fund one bursary (maximum of \$250), per person, per year.
- Funding may be used for registration fees and/or safety equipment required for the sport; however, the amount of bursary remains a maximum of \$250.
- Activity must include instruction from a qualified individual.
- Funding does not include club drop-in fees, or health club memberships, but if a specific program at one of these facilities meets an individual's physical activity goals then it may be permitted with physiotherapy approval.
- **ALL** activities require consultation and co-signature from a Care Team physiotherapist **PRIOR** to commencing program.
- Funding will be awarded after an application form is submitted to the Chapter together with original **receipt of cost** and **evidence of completion** of the activity. *(Must be submitted within six months of the end of the activity).*
- Activities in "high risk" category are excluded from the bursary program, unless a letter from the physical therapist approving the program is included.

A full listing of activities and risk categories can be found in the WFH publication "GO FOR IT" which can be obtained online at Hemophilia.org.



Physical Activity BURSARIES ARE SUBJECT TO CHANGE AND AVAILABILITY OF FUNDS.*

Physical Activity Program Application

Please Print:

Applicant's/Parent's Name _____

Address _____

Phone Number _____

Child's name _____

Birth Date (for Child only) _____

Activity description _____

Start date _____

End date _____

I have consulted the physiotherapist regarding the activity that I / my child will be participating in.

Physiotherapist's Signature Date

Parent's Signature Date

Revised September 2003

Parents Release & Waiver

On behalf of myself, my child, or other persons for whom I am responsible, I hereby release and indemnify Hemophilia Saskatchewan and the Canadian Hemophilia Society and all of their members, directors, officers and employees, of and from all liability, suits, actions, claims, costs, expenses, demands and causes of action of whatever kind or nature without restriction in respect of, or in any way arising out of receipt of this bursary or participation in the activities contemplated by this application, howsoever caused, including without limitation, any injury to a person or damage to property that may have been caused, contributed to, or occasioned by the negligence of the above-noted organizations and people and any one or more of them. I understand that by providing information during the application process, and by providing this bursary, the above-noted organizations and people are not providing any opinion in relation to the safety of the contemplated activities and that the determination of the safety of such activities is solely my/our responsibility.

I have carefully read this Release and Waiver, I fully understand it, and I am freely and voluntarily executing it.

Applicant/ Parent's

Signature _____

Dated _____

Client Services Policy

APPROVED BY HEMOPHILIA SASKATCHEWAN BOARD OF DIRECTORS (March 29, 2014)

Please note – the information contained herein is subject to change.

Please email hemosask@hemophilia.ca for details.

PREAMBLE

Client Services are available to registered members of Hemophilia Saskatchewan (HSK) who are cared for by the Saskatchewan Bleeding Disorders Program (SBDP). Please note that some services are available only to members who meet specific criteria. Contact HSK for any clarification.

To be eligible for reimbursement: 1) a Request for Service form must be completed and authorized by the most responsible practitioner (Group A: Client Services) OR the necessary application form must be completed and additional authorization may be required (Group B: Additional Programs), AND 2) a completed HSK membership application form must be on file (Groups A and B). Members who are listed under their family membership form need to fill out an individual application once they reach 18 years of age.

The policy outlined below is designed to help HSK members find the assistance they need, and guide the HSK Board of Directors as they attempt to balance the needs of members and their families with the limited resources that are available. Misuse of Client Services and/or Additional Programs may result in suspension of privileges.

POLICY

Client Services and Additional Programs are intended to help our members to defray expenses related to living with bleeding disorders. Services associated with medical treatment (outpatient or inpatient) must be directly related to treatment of bleeding disorders: either the treatment of a bleeding episode or a surgical procedure that requires extended care due to a bleeding disorder. Provision of Client Services and Additional Programs are subject to approval by the HSK Board of Directors and availability of funds, and may change at any time without notice.

Hemophilia Saskatchewan will cover only those expenses that are authorized through the Request for Service form; payment will be provided after service is received. The member is liable for all other expenses. Hemophilia Saskatchewan will not cover expenses that other agencies or extended health care plans cover. Decisions of the Board of Directors, or its designated committees, are final.

PROCEDURES

All requests for reimbursement must be in writing. Members must complete the Request for Service (or other form for Additional Programs), including any necessary authorizations, and provide the form and original receipts to HSK for reimbursement. The HSK Board of Directors reserves the right to set limits on individual allocations that may be authorized (up to \$750/member/year under Group A; maximums as specified by program under Group B).

All Client Service claims must be made within six months of receiving the service.

Hemophilia Saskatchewan Donation Form

2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-4366 or 653-4366

Email: hemosask@hemophilia.ca

\$200 Club

The objective is to provide HSK with stable, reliable, and ongoing funding that would help us to plan our activities and reduce reliance on outside sources of funds.

Our goal is to find 100 families, groups or individuals who will pledge a minimum of \$200 per year on an ongoing basis.

A commitment to the \$200 Club is made on the understanding that if the contributor's financial situation changes, the yearly commitment could be discontinued at anytime.

Please note, this donation can be paid in installments through monthly giving.

_____ *Yes! I would like to join Hemophilia Saskatchewan's \$200 Club*

_____ I prefer to make a one time donation of \$200

_____ I prefer to make a monthly donation in the amount of \$_____ and authorize Hemophilia Saskatchewan to charge the indicated amount on my credit card

Monthly Giving Program

Your monthly gift helps Hemophilia Saskatchewan meet its commitments to people affected by bleeding disorders by providing a steady stream of income.

_____ I want to make a monthly donation of \$_____

_____ I have enclosed 12 post dated cheques for the amount indicated

_____ I prefer to make my monthly donation by credit card and I authorize Hemophilia Saskatchewan to charge the indicated amount on my credit card

Please Note: You may cancel or change your monthly donation at any time by notifying us.

One Time Donation

_____ *Yes! I would like to support Hemophilia Saskatchewan with a donation in the amount of:*

_____ \$250 _____ \$100 _____ \$50 _____ \$25 Other\$ _____

Please charge my: ____ Visa ____ MasterCard

Card #: _____ Exp. Date: _____

Name on Card: _____ Signature: _____

Address: _____

Telephone: _____ E-mail: _____

Thank you for your generosity. Charitable Reg.# 119139954RR0001

The next newsletter deadline is October 20, 2015. Your contributions are always welcome.

Email: hemosask@hemophilia.ca

Or send to the office,
2366 Avenue C
North, Saskatoon,
SK S7L 5X5.

Hemophilia Saskatchewan acknowledges Action Printing, Baxter, Bayer, Biogen Idec, Pfizer, SaskTel, Telcare, and SaskTel, for the support given to our programs and printing of the newsletter.

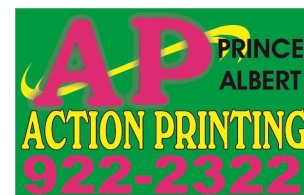
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SaskTel



This newsletter has been generously sponsored by a grant from Bayer Pharmaceuticals.

Please Note: Opinions expressed herein are those of the authors, and do not necessarily represent the views of Hemophilia Saskatchewan. We do not guarantee the accuracy of information contained herein, and accept no legal responsibility for information quoted from other sources.

Upcoming Events for 2015

Queen City Marathon, Water Aid Station, Regina	Sept 13
Deadline for Fall HSK Newsletter	October 20
HSK 50th Anniversary Banquet	Nov 7
Deadline for Louise Paisley Memorial Bursary	Nov 30



Just a friendly reminder!

Just a friendly reminder to contact the Saskatchewan Bleeding Disorders Program (SBDP) at least 2- 4 weeks PRIOR to any scheduled surgeries, medical or dental procedures that may cause bleeding.

This would ensure we had adequate time to make the required arrangements to control possible bleeding that may occur, as well as to educate the health care personnel that may be involved with your care/treatment.

If enough notice isn't received your scheduled surgery, medical or dental procedure could be postponed or even canceled.

The Nurse Coordinators with the Saskatchewan Bleeding Disorders Program (SBDP) at 306-381-4185.

Saskatchewan's Help Lines

For bleeding problems we all know we can contact the **Saskatchewan Bleeding Disorders Program** by phoning our nurse coordinators at (306) 381-4185.

The **Saskatchewan Health Line**, 811, gives you access to a nurse to help you decide, based on your symptoms, if there is a need to see your doctor or if a visit to the Emergency Room is warranted.

Saskatchewan Consumer Drug Information Service can give you advice on over the counter and prescription drugs as well as herbal remedies.

Phone 1-800-665-3784, or in Saskatoon 966-6378

Updated July 13, 2015

What's new?

If you would like to receive an electronic copy of our newsletter instead of a print copy please email hemosask@hemophilia.ca with your name and email information.