



Hemophilia Saskatchewan



May 2017

Spring Newsletter

2366 Avenue C North, Saskatoon, SK S7L 5X5

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

Email: hemosask@gmail.com



Calling all Guys,
Once again Churchill River
Canoe Outfitters, Missinippe,
SK
will be hosting our

Guys Getaway
July 21-23 with the option to
stay until Monday 24th.

These are some of our past
photos from this
spectacular event. Join us
for this fun filled weekend
of canoeing, fishing,
kayaking and swimming.



Please contact us at hemosask@gmail.com
for more details or visit our website to
register for this event.

Recommended for ages 7 and up but will be
based on individual families. Open to all
guys with bleeding disorders and male
family members involved with their care.

Registration is \$50/household or \$25/
individual guest. All food and lodging will
be covered by Hemophilia SK for this event.

President's Message

Hello All!

Spring has sprung and fills us with thoughts of new and upcoming events to look forward to. Hemophilia Saskatchewan came together at our AGM to present all the great activities that we are embarking on this year and we are excited. We have a couple of activities just around the corner including our first Parent Empowering Parent (PEP) weekend that will take place in Regina at the end of April. We also have our first Play 'n Stay program for our toddlers to pre-school children that will take place May 6, 2017. A little further into the year we have our Guy's Getaway that is always a great success. Look for the details in this newsletter.

This year Hemophilia Saskatchewan will be well represented at Rendez Vous 2017 - Canadian Hemophilia Society National Meeting/Weekend Conference. Their main focus this year is Advocacy and ways that we as a chapter can be better advocates for our membership. We look forward to sharing what we have learned. Rendez-Vous takes place May 25-28 in Toronto.

One reminder to all our youth out there, if you are 18 years of age you should now have your own membership as it will entitle you to all the youth directed activities and opportunities. Please submit a membership form separately from your family.

Enjoy our Spring Edition of the Hemophilia Saskatchewan Newsletter, and join us in the anticipation of all good things to come this year!!!

Wendy Quinn



Board of Directors

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		Director:	Vacant

**Want to know more about
Hemophilia Saskatchewan?
Check us out online at**

Internet: www.hemophiliask.ca

Twitter: [@HemophiliaSask](https://twitter.com/HemophiliaSask)

Facebook: [Hemophilia Saskatchewan](https://www.facebook.com/HemophiliaSaskatchewan)

Hemophilia Saskatchewan AGM 2017

It was held on March 11th at the Mayfair United Church in Saskatoon. There were two presentations. Also, we had Kenni the Clown entertain the kids in the afternoon.



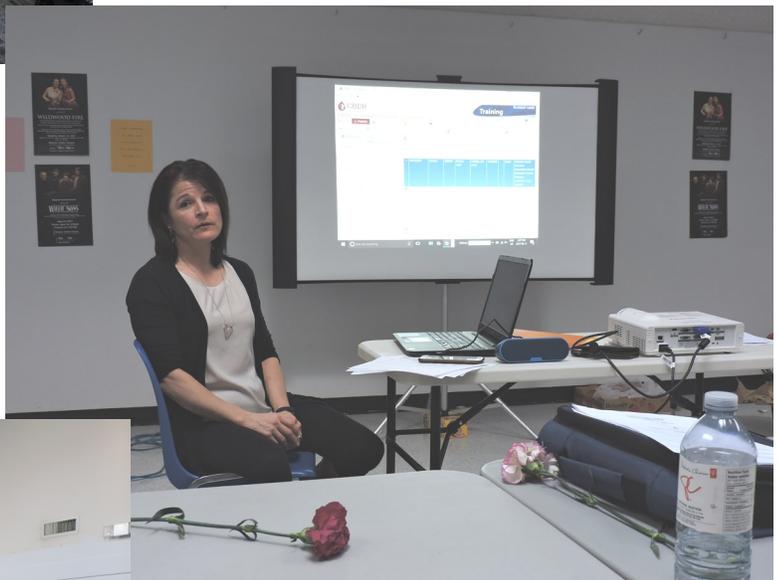
CSL Behring Presentation: Improving the treatment of Hemophilia: Results from CSL Behring's Trials in Hem A (Afstyla) and Hem B (Idelvion)

Presenter: Dr. Ayman Kafal



Saskatchewan Bleeding Disorder Program Presentation: MyCBDR update; Urgent Care for Acute Bleeding Event (short presentation).

Presenter: Nancy Hodgson, RN



Thanks to the presenters and all those that attended this important annual event. Our members are the backbone of this association.



Saskatchewan Bleeding Disorders Program



Vaccinations for Adults

So I was doing some tidying up in my filing cabinet as I was gathering all my information to do our taxes and I came across my kids immunization records. I decided to have a peek inside of them only to discover that 2 of my kids (1 of the 2 adults, and my 1 teenager) were past due for their 10 year follow up of Diphtheria and Tetanus. I myself am a big believer in vaccinations for myself and my family. I suspect my profession as a nurse may play a role to this belief. So with this newly discovered miss on my part and the medias recent telecasts about the recent outbreak of mumps across Canada, I thought I needed to re-educate myself on the vaccine recommendations and schedules for adults. The following information being shared is directly from the Government of Canada and the Government of Saskatchewan websites.

Why vaccination is important for adults

Vaccination is not just for children. Vaccines are safe and protect you and those around you from vaccine-preventable diseases.

As we get older, the protection we had from previous vaccination can decrease for some diseases. Getting another dose (called a booster) can increase our immunity to provide the best protection. Some adults may have missed one or more of their vaccines when they were a child. They may need to catch up and get these vaccines now.

There are also diseases that are more common in adults, even healthy adults. This is why additional vaccines are needed as we get older.

By keeping up to date with vaccines, adults can prevent the spread of disease to those who cannot be immunized. These include:

- babies
- young children
- pregnant women
- people with certain medical conditions such as:
those who have weakened immunity

This is known as community immunity or herd immunity.

Many Canadian adults are not up to date with their vaccines. Talk to your health care provider to see what you need to do to be fully protected.

Saskatchewan Bleeding Disorders Program



Vaccines for adults

The type and number of vaccines an adult needs should be discussed with a health care provider. To determine if a vaccine is needed, a health care provider may ask:

- what vaccines you had as a child
- what diseases you may have had as a child or an adult
- your current age
- if you are pregnant or planning to become pregnant
- if you have certain medical conditions
- if you have certain risks resulting from your lifestyle or type of work
- if you are travelling

Vaccine-preventable diseases for which an adult may need a vaccine include:

- diphtheria
- hepatitis A (free of charge for Individuals with bleeding disorders)
- hepatitis B (free of charge for Individuals with bleeding disorders)
- herpes zoster (shingles)
- human papillomavirus (HPV)
- influenza
- measles
- mumps
- meningococcal
- pertussis (whooping cough)
- pneumococcal
- polio
- rubella
- tetanus
- varicella (chicken pox)

Vaccines for adult travellers

Travelling to other countries can increase your risk for certain diseases. Discuss your travel plans with your health care provider or a travel clinic as far ahead of departure as possible.

Diseases common in other parts of the world that may be prevented by vaccination include:

- cholera
- hepatitis A
- hepatitis B
- Japanese encephalitis
- meningococcal
- rabies
- tick-borne encephalitis
- Typhoid
- yellow fever

Saskatchewan Bleeding Disorders Program



Vaccine schedule for adults

It is recommended that adults get vaccinated for common diseases at certain stages of their life.

Recommended vaccines for all healthy adults

The following vaccines are recommended:

diphtheria and tetanus

every 10 years

herpes zoster (shingles)

1 dose at 60+ years (may be given between 50 and 59 years)

influenza (flu)

every year

pertussis (whooping cough)

1 dose as an adult

pneumococcal

1 dose at 65+ years

Other vaccines you may need

You may also need to be vaccinated for:

hepatitis A (free of charge for Individuals with bleeding disorders)

1 dose (multiple doses may be required)

hepatitis B (free of charge for Individuals with bleeding disorders)

1 dose (multiple doses may be required)

human papillomavirus (HPV)

1 dose at 26 years or younger

measles, mumps and rubella

1 dose

meningococcal (meningitis)

1 dose at 24 years or younger

varicella (chicken pox)

1 dose

travel vaccines (varies)

Saskatchewan Bleeding Disorders Program



Not everyone is the same. You may need more or fewer vaccines depending on your medical history and risks. Talk to your health care provider about the right vaccines for you.

Provinces and territories have differences in how vaccines are provided and which vaccines are paid for (publicly funded). There are important things to consider when talking to your health care provider about the vaccines you need. These include your:

- Medical history
- Job
- Lifestyle

The following is the “Routine Childhood and Adult Immunization Schedules as of October 2016”.

Childhood Immunization Schedule (as of October 2016)

Age/Grade	Vaccines
2 months	<u>DTaP-IPV-Hib</u> (Diphtheria, Tetanus, acellular Pertussis, inactivated Polio & <i>Haemophilus influenzae</i> type b) <u>Pneumococcal conjugate 13</u> <u>Rotavirus</u>
4 months	<u>DTaP-IPV-Hib</u> (Diphtheria, Tetanus, acellular Pertussis, inactivated Polio & <i>Haemophilus influenzae</i> type b) <u>Pneumococcal conjugate 13</u> <u>Rotavirus</u>
6 months	<u>DTaP-IPV-Hib</u> (Diphtheria, Tetanus, acellular Pertussis, inactivated Polio & <i>Haemophilus influenzae</i> type b)
12 months	<u>MMRV</u> (Measles, Mumps, Rubella, Varicella) <u>Meningococcal conjugate C</u> <u>Pneumococcal conjugate 13</u>

Saskatchewan Bleeding Disorders Program



18 months	<u>DTaP-IPV-Hib</u> (Diphtheria, Tetanus, acellular Pertussis, inactivated Polio & <i>Haemophilus influenza</i> type b) <u>MMRV</u> (Measles, Mumps, Rubella, Varicella)
4-6 years	<u>DTaP-IPV</u> (Diphtheria, Tetanus, acellular Pertussis, inactive Polio)
Grade 6	<u>Hepatitis B</u> <u>Meningococcal conjugate ACYW-135</u> <u>HPV</u> (Human Papillomavirus) - girls only
Grade 8	Tdap_(Tetanus, Diphtheria, acellular Pertussis)
6 months to 17 years	<u>Influenza</u> (every year)

Adult Immunization Schedule (as of October 2016)

Age	Vaccines
18 years and older	<u>Influenza</u> (every year) <u>Td</u> (Tetanus, Diphtheria) every 10 years <u>Tdap</u> (Tetanus, Diphtheria, acellular Pertussis) should replace one of the Td doses <u>MMR</u> (Measles, Mumps, Rubella) - 2 doses for those born since January 1, 1970 <u>Polio</u> - 3 doses for eligible adults <u>Varicella</u> - 2 doses for eligible adults
65 years and older	<u>Pneumococcal polysaccharide 23</u> (one lifetime dose)



What's Happening with Hemophilia Saskatchewan



1. Commemoration event.

2017 marks the 20 year anniversary of the release of the inquiry into Canada's tainted blood tragedy. We will be marking this event and honouring the loss to the bleeding disorders community with an event on **November 18th, 2017** in Saskatoon. This will consist of a public display of Canada's AIDS Memorial Quilt during the day, followed by a private dinner for our members and close affiliates. Please save the date to commemorate with us. If you wish to volunteer your time with this event, please contact us to find out more.

2. PEP.

On **April 28-30th**, Hemophilia Saskatchewan and SBDP are hosting a Parents Empowering Parents workshop in Regina. Eligible parents were contacted by SBDP, and we are excited to be able to share this program with families from across the province.

What is PEP?

Parents Empowering Parents (PEP) is a program designed to promote effective parenting skills to parents of children with hemophilia, and to educate and support parents through classroom discussions and exercises. Written originally in 1995, the program has spread across the United States, and is has moved into the international bleeding community. Over a thousand parents have been through the program!

3. Stay & Play

On Saturday, **May 6th**, we will be kicking off our Preschool Stay & Play program! This program was designed jointly by Hemophilia Saskatchewan and SBDP to network families with young kids dealing with bleeding disorders and allow them to share their experiences while building relationships with families with similar diagnoses. For the kick off event, we will be reading stories and painting ceramics at Wet Paint Pottery in Saskatoon. If you are interested in this event or future Stay & Play events, please email HSKStayAndPlay@hotmail.com.



Submitted by Brittany Lee

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



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.

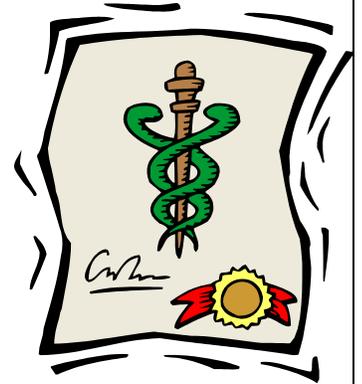
Start at the CHS website <http://www.hemophilia.ca/en/>. On the left menu bar click on Support and Education. From the new menu pick Insurance Coverage.

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

Hemophilia Saskatchewan “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



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@gmail.com



**The world is hugged by the faithful arms of
volunteers.**



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



World Hemophilia Day April 17th was celebrated with a bake sale at The Sasktel Store in Saskatoon. The employees of the store as well as members of our society donated their time and homemade baking with all proceeds going towards Hemophilia SK. Together we raised \$585.00. Thank you to everyone for your contributions in making this such a huge success.



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, 2017**. 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

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

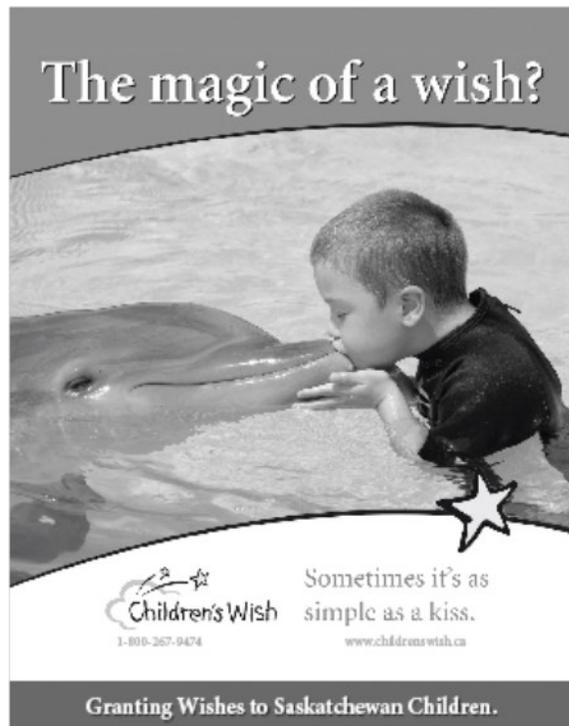
kristen.allen@childrenswish.ca

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



CLIENT SERVICES

Did you know Client Services are available to registered members of Hemophilia Saskatchewan (HSK) who are cared for by the Saskatchewan Bleeding Disorders Program (SBDP).

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.

To be eligible for reimbursement email hemosask@gmail.com or go online to www.hemophiliask.ca for details. Forms can also be accessed at your next SBDP clinic visit.



Hemophilia Saskatchewan Donation Form

2366 Avenue C North, Saskatoon, SK S7L 5X5
Tel: 1-866-953-4366 or 653-4366 Email: hemosask@gmail.com

\$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 onetime donation of \$200

I prefer to make a monthly donation in the amount of \$_____ and will pay with credit card by accessing the online option on website hemophiliask.ca and click on the **DONATE NOW** option.

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 cheque

I have enclosed 12 post dated cheques for the amount indicated

I prefer to make my monthly donation by credit card and will pay with credit card by accessing the online option on website hemophiliask.ca and click on the **DONATE NOW** option

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\$_____

I wish to donate by credit card and will submit this online at hemophiliask.ca and will click on the **DONATE NOW** button.

Thank you for your generosity. Charitable Reg.# 119139954RR0001 is for the amount indicated



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society

Help Stop the Bleeding

Membership Form

Benefits of membership in Hemophilia Saskatchewan include:

- Opportunity to learn more about bleeding disorders;
- Networking by meeting others facing the challenges you face;
- Opportunity for children and youth, with bleeding disorders, to meet others with the same challenges they have;
- Notification and right to attend all chapter meetings of members;
- Entitlement to vote on any matter voted on by members;
- A free subscription to the *Hemophilia Saskatchewan's Newsletter*;
- Notification of and opportunity to attend HSK events;

Benefits of membership in the Canadian Hemophilia Society include:

- Notification and right to attend all national meetings of members;
- Entitlement to vote on any vote taken of members;
- A free subscription to *Hemophilia Today*, the CHS national newsmagazine serving the bleeding disorders community.

Name: _____

Address: _____

Town/City: _____ Province: _____ Postal code: _____

Telephone number: _____ E-mail: _____

Signature: _____

Family Members (*please list immediate family members including yourself*)

Name	Spouse/ partner/ or child	DOB dd/mm/yy	M/F	Type of Bleeding Disorder



HEMOPHILIA SASKATCHEWAN

Canadian Hemophilia Society

Help Stop the Bleeding

Membership Form

_____ Please check here if you would prefer to receive an electronic copy of our newsletter.

_____ Please check here if you do not want HSK to send you its chapter newsletter.

_____ Please check here if we can contact you regarding volunteer opportunities with our chapter.

Hemophilia Saskatchewan (HSK) works closely with the national organization, Canadian Hemophilia Society (CHS). Members of HSK are members of CHS.

Canadian Hemophilia Society will use the information above to:

- build a membership list, as required by the Canada Corporations Act
- send you *Hemophilia Today*

With the exception of CHS, HSK does not sell or give our membership list to others.

2366 Avenue C North, Saskatoon, SK S7L 5X5

Tel: 1-866-953-HEMO (4366) or 306-653-4366

Email: hemosask@gmail.com

improving the quality of life for all people in Saskatchewan living with inherited bleeding disorders Charitable

Reg. # 119139954 RR0001

The next newsletter deadline is August 15, 2017. Your contributions are always welcome.

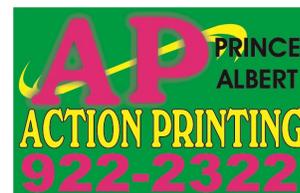
Email:
hemosask@gmail.com

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

Hemophilia Saskatchewan acknowledges Action Printing, Bayer, Biogen, Pfizer, SaskTel Telcare, and SaskTel, for the support given to our programs and printing of the newsletter. Thanks to Bayer Inc. for the generous grant supporting this newsletter.



SaskTel



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 2017

Play and Stay	May 6
CHS Rendez-Vous 2017	May 25-28
Guys Get Away	July 21-23
Hemophilia Saskatchewan Newsletter Submission Deadline	August 15
Commemorating those lost and injured	November 18



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 a 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@gmail.com with your name and email information.