Genetic Counseling
A Welcome Addition to Comprehensive Clinics

We have included the Michigan State University Genetics Division, Dept. of Peds & Human Development to offer genetic counseling as part of our comprehensive team! At your next clinic visit you will have the chance to meet with a genetics counselor and discuss the role genetics plays in your bleeding disorder.

The pieces of our DNA are simple: adenine, thymine, cytosine and guanine. These words may seem foreign, but geneticists have been studying these building-blocks of life for a century. They have discovered that a single alteration in the gene pattern can lead to disease. In the case of bleeding disorders like hemophilia or von Willebrand disease, this single alteration can have a lifelong impact on a person and their family. The goal of providing genetic counseling is to help you and your family understand how genetics contributes to your disease. During a session, our genetic counselor will review your family’s history of bleeding, provide education on how inheritance plays a part in a specific diagnosis, discuss the benefits and limitations of genetic testing, review genetic test results, identify at-risk relatives that may benefit from further evaluation, as well as answer any questions you may have about genetics. The diseases and disorders that our clinic specializes in are typically hereditary; consequently, the addition of a genetic counselor will benefit the vast majority of our patients and their families. Looking forward to your next comprehensive clinic visit, feel free to come with questions for the genetic counselor. It may also be helpful to talk to relatives and collect basic health information regarding bleeding history prior to your visit. You could ask your family members things like: Did you have frequent nose bleeds as a kid? Do you have long, heavy periods? Do you have relatives with bleeding/clotting issues? Have you/relatives had specific testing for a bleeding disorder? Call the office to schedule your annual comprehensive clinic appointment.
Narcotic Policy Changes

The FDA tightly controls prescription medications that have a potential for abuse, psychological and/or physical dependence. Due to recent changes to the laws governing the dispensation of these drugs, our office has had to adjust the way that we handle your prescriptions. We are no longer able to fax these prescriptions to your pharmacy of choice; rather, we will be mailing them to your home or they can be picked up in person from our academic office. [Note that this is different than the location you come to for clinic]. Some prescriptions that could previously be electronically signed will now require a handwritten signature, which will be obtained on a weekly basis only. Both of these changes mean a longer processing time for refilling these prescriptions. When calling to request a refill, please be sure to allow 7-10 days for the prescription(s) to be processed completely.

Also, for safety reasons and to better assess your pain management, narcotic prescriptions will not be refilled outside of yearly comprehensive clinic appointments. If you have not been into clinic in the previous 12 months you will be asked to schedule an appointment and pick up your signed prescription at that appointment.

Some common medications that fall under this policy are: Dilaudid, Oxycodeone, Fentanyl, Norco/Vicodin, Tramadol, Xanax, Valium, Ativan, and Ambien and their generic counterparts. Please call the office if you have questions about specific medications that you take.

Factor in your Fridge?

If you have mild or moderate hemophilia or VWD and treat with factor infrequently you may not have noticed that your factor is past its expiration.

CHECK THE EXPIRATION DATE ON YOUR FACTOR!

Call the office to reorder if yours is out of date!

Oh, My, Insurance!

Adequate, comprehensive insurance coverage is important for all patients, including coverage for your general health care and specialty medical care. General health insurance coverage includes Medicaid, Medicare and Commercial policies which provide non-bleeding related hospitalizations, immunizations, annual check-ups, prescriptions and specialty medical care for other conditions. Your policy may offer adequate coverage for your bleeding disorder. However, many policies do not provide sufficient benefits to pay for annual comprehensive clinics, bleeding disorder medications, specialty professional services, mileage to attend hematology appointments, and hematology-related referrals. You are eligible for Michigan Children’s Special Health Care Services from birth to death due to your VWD or Hemophilia. You are responsible to: Attend an Annual Comp Clinic; Meet with County CSHCS Worker Annually; Provide the Provider NPI Numbers of Physicians & CBCD Clinic to CSHCS; and Pay the Annual Financial Fee. If you have a Michigan Medicaid Plan, CSHCS is free and you must enroll in both programs. Contact the Social Worker, Marcia Bird, if you have questions about your insurance, CSHCS, Delta Dental or Patient Assistance programs.

Extended Half-Life Factor Products

There is exciting news in the Hemophilia Community: The FDA has approved two new extended half-life factor products from Biogen Idec. If you would like more information about the products or if switching may be appropriate for you, please call our office and speak with one of our nurses. Hemophilia treatment is changing, and this is just the first wave of many similar products from a variety of different pharmaceutical companies coming in the future.

<table>
<thead>
<tr>
<th>Product Name:</th>
<th>Hemophilia A</th>
<th>Hemophilia B</th>
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<tbody>
<tr>
<td>Days &gt; 1% (Adults)</td>
<td>5.1 days</td>
<td>11.48 days</td>
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<tr>
<td>(MASAC recommendation for prophylaxis)</td>
<td></td>
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<tr>
<td>Recommended dosing</td>
<td>50 IU/kg twice weekly</td>
<td>50 IU/kg weekly or 100 IU/kg every 10 days</td>
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Research

Our office has a long history of contributions to clinical research. We currently have a number of open studies ranging from questionnaires to drug trials dealing with both hemophilia and thrombosis. Call our office if you are interested in taking part in a study, or would like more information. You can always find studies that we participate in by searching the Website www.clinicaltrials.gov.
MSU Center for Bleeding & Clotting Disorders Welcomes two new physicians to the team!

Aghiad Chamdin, MD
Pediatric Hematologist

Dr. Aghiad Chamdin received his medical degree from Damascus University and earned Mph in Syria. After moving to the U.S., he completed his pediatric residency at St. John Hospital and Medical Center followed by one year of clinical fellowship in pediatric hematology/oncology at Wayne State University. Thereafter, he practiced pediatric primary care in Kentucky for six years before returning to the academic field at the University of Michigan and completed his fellowship in pediatric hematology/oncology staying as a clinical assistant professor for six years.

Dr. Chamdin joins our comprehensive-care team as a board-certified pediatric hematologist/oncologist.

Diane MacDonald, MD, F.A.C.P
Adult Hematologist

Dr. Diane MacDonald attended the Michigan State University College of Human Medicine for her medical degree. She stayed here at MSU for both her residency in internal medicine and a fellowship in hematology and oncology. Dr. MacDonald has worked at MSU as an assistant professor, clinical faculty, and as director of the Clinical Trials Office in past years. She founded and directed the Sparrow Clinical Trials Office for six years. Most recently, she spent ten years as the medical director for the MidMichigan Cancer Center—Gratiot, before returning to MSU.

Dr. MacDonald joins our comprehensive-care team as a board-certified medical oncologist and hematologist.

Dr. MacDonald will be taking over care of all adult patients in light of Dr. Penner’s medical leave of absence following an unexpected surgery. All adult patients that receive narcotic prescriptions from our office will be required to attend a clinic appointment to be seen by Dr. MacDonald in order for her to assess your pain control needs before she takes over writing these prescriptions. Patients that require surgical/procedure recommendations will also be asked to attend clinic with Dr. MacDonald in the month prior to the procedure. Call the office to schedule an appointment.