QUARTER 1

The BLOODLINE NEWSLETTER

READ IN THIS 2026 ISSUE

BLEEDINGDISORDERS
OF THE HEARTLAND

PROUD MEMBERS OF THE HEMOPHILIA FEDERATION OF AMERICA AND THE NATIONAL BLEEDING DISORDERS FOUNDATION

Quarter 1

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Thomas Savage
Nicholas Reuter
Jamie Cook
Skylar Johnson

INSIDE THIS ISSUE

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BLEEDINGDISORDERS
OF THE HEARTLAND

The Bloodline is a publication of the Bleeding Disorders of the Heartland. The Bleeding Disorders of the Heartland is a voluntary education and advocacy organization which neither recommends nor endorses the products and services noted within this publication and does not make recommendations concerning treatment regimes for individuals. BDH suggests that you consult your physician or local treatment center before pursuing any course of treatment. The Bloodline is published four (4) times a year.

Quarter 1

BLEEDINGDISORDERS
OF THE HEARTLAND

Brooke Loving
EXECUTIVE DIRECTOR

A MESSAGE FROM THE EXECUTIVE DIRECTOR:

Our Board of Directors recently gathered for a retreat focused on setting goals and casting vision for the year ahead and beyond. It was a meaningful time of reflection, planning, and dreaming boldly about what is possible for Bleeding Disorders of the Heartland.

This year, the board chose the word: ***Expand***

We want to ***expand*** the number of families and individuals affected by bleeding disorders that we connect with and support.
We want to ***expand*** our programming to offer tangible, meaningful educational sessions that provide real tools, real knowledge, and real impact.
We want to ***expand*** advocacy efforts, community partnerships, and opportunities for engagement so that no one in our community feels alone.

Expansion is about growth but it's also about access.
It's about ensuring that every person impacted by a bleeding disorder knows where to turn, feels supported, and has opportunities to learn, lead, and thrive.
We cannot do this alone.

We invite you to help us ***Expand*** in 2026 by:

- Supporting funding opportunities
- Attending and inviting others to our events
- Sharing our social media posts to broaden awareness
- Encouraging new families to connect with our chapter

Together, we can ***expand*** our impact and strengthen our community in ways that truly matter.

Thank you in advance for your continued partnership, belief, and support. We are excited for what 2026 will bring and even more excited to grow alongside you.

Blessings,
Brooke Loving

CONTACT BDH

✉ bdh_director@bdheartland.org
☎ (319) 721-1664

Quarter 1

BLEEDINGDISORDERS
OF THE HEARTLAND

WELCOME TO THE BOARD
SKYLAR JOHNSON

Skylar Johnson

MEMBER AT LARGE

Learn a little bit about Skylar

Skylar is an active member of the bleeding disorders community. He is currently working as a bartender and with the DOT as a snowplow driver.

In his spare time, he enjoys playing Cornhole and taking spontaneous trips around the country. He also loves spending time with his two dogs - Karma and Blitz!

He was diagnosed with Severe Hemophilia A at just 18 months old and has spent a majority of his life connecting with others in the bleeding disorders community in many ways.

Bleeding Disorders Summer Camp is one of his favorite traditions! He has served as a volunteer for many regional camps for many years. He is excited to be able to help connect people to the resources they need and establish some peer-to-peer connections for our members as well.

A note from Skylar

I am looking forward to my role on the board in order to give back to the community that helped me so much while I was growing up. I can't wait to see you at the upcoming events!

Skylar Johnson

Quarter 1

BLEEDINGDISORDERS
OF THE HEARTLAND

FOR DETAILED INFORMATION VISIT THE WEBSITE
www.bdheartland.org

CONTACT BDH

✉ **bdh_director@bdheartland.org**
☎ **(319) 721-1664**

UPCOMING EVENTS FOR 2026

Advocacy Day

Feb 9 State Capital, Des Moines, Iowa

Cornhole Fundraiser Tournament

TBD TBD

Sanofi Dinner and National Viewing Educate to Elevate Premier

Mar 28 TBD

Annual Meeting

April 10-12 Dubuque, Iowa

Men’s Retreat

May 31 Ankeny, Iowa

BDH Golf Tournament

June 1 Toad Valley Golf Course, Iowa

Youth Camp

June 21-26 Camp tanager, Mt Vernon, Iowa

Family Education Day

July 25 Burlington, Iowa

Adult Retreat

August 29 Iowa City, Iowa

BDH Unite Walk

Sept 19 Clark Park, Hiawatha, Iowa

SCAN ME

Scan here for more details on our events and to register!

2026
Annual Meeting

APRIL
10-12, 2026

DUBUQUE,
IOWA

REGISTER
TODAY!

Join us for an event full of fun, education, networking, and unforgettable moments!

We're celebrating 40 years of BDH with a glamorous red carpet theme, special presentations, and an unforgettable evening of connection and community.

✨ Don't miss your chance to be part of this milestone event register today on the events tab!

www.bdheartland.org

REGISTER HERE

NATIONAL **BLEEDING DISORDERS** FOUNDATION

FEBRUARY 28th, 2026

Together, RARE becomes VISIBLE

On February 28th, we stand in solidarity with individuals and families living with rare diseases, including those living with rare factor deficiencies and platelet disorders, to uplift their stories, experiences, and strength.

rarediseaseday.org

RAREDISEASEDAY.ORG

#RareDiseaseDay

2026
Advocacy Day

February 9 & 10th

About the event

We had a great day raising awareness for the community. We are thankful for all of the advocates who showed up and shared their story and voice. Together we can make a difference.

Contact BDH

📞 319-721-1664 ✉ www.bdheartland.org

📍 103 5th Ave, Durant, Iowa 52747

Advocates

BLEEDING DISORDERS
OF THE HEARTLAND

Advocacy

Matt Delaney
with NBDF

2026

Mary Lou Warner
with NBDF

Rep Brett Barker

BLEEDING DISORDERS
OF THE HEARTLAND

ALTUVIIIO®
Antihemophilic Factor (Recombinant),
Fc-VWF-XTEN Fusion Protein-ehtl

Connect with an ALTUVIIIO® Peer Mentor

ALTUVIIIO Peer Mentors are real patients or caregivers who have had similar experiences to yours.

You'll have the opportunity to:

- Ask questions
- Hear firsthand experiences
- Learn helpful tips
- Get to know others in the community

> Maybe it's because I've always had such great support, but engaging with others is the best way for me to stay happy.
>
> —AJ

AJ | ALTUVIIIO patient

AJ is a promotional speaker compensated by Sanofi.

Sign up today to meet a Peer!

sanofi

28% OF SALES IS DONATED BACK TO BDH

ONGOING FUNDRAISER

Place your order for either pickup or delivery! Enter the fundraising code at checkout. This offer is available at all Panda Express locations across the country. Please share this information with friends and family! Watch Facebook for the monthly code and dates!

Keep an eye on Social Media and Email for Upcoming Panda Fundraiser Dates!

H-Fit

with Dolvett Quince

Regular exercise is important. But moods vary. No two days are exactly the same. So we asked celebrity trainer Dolvett Quince to create a series of exercise videos called H-Fit. Each video features a different **hemophilia-friendly workout**. And each workout is built around a different mood. How are you feeling today? H-Fit has got you covered.

Always talk to your health care provider before starting any new exercise routine.

Scan for H-Fit.com

Sign up with Novo Nordisk and register at H-Fit.com to get free access to the H-Fit video library.

Novo Nordisk Inc., 800 Scudders Mill Road, Plainsboro, New Jersey 08536 U.S.A.

BLEEDINGDISORDERS
OF THE HEARTLAND

HEART HEALTH MONTH

Take care of your heart and...

Happy Valentine's Day!

COFFEE

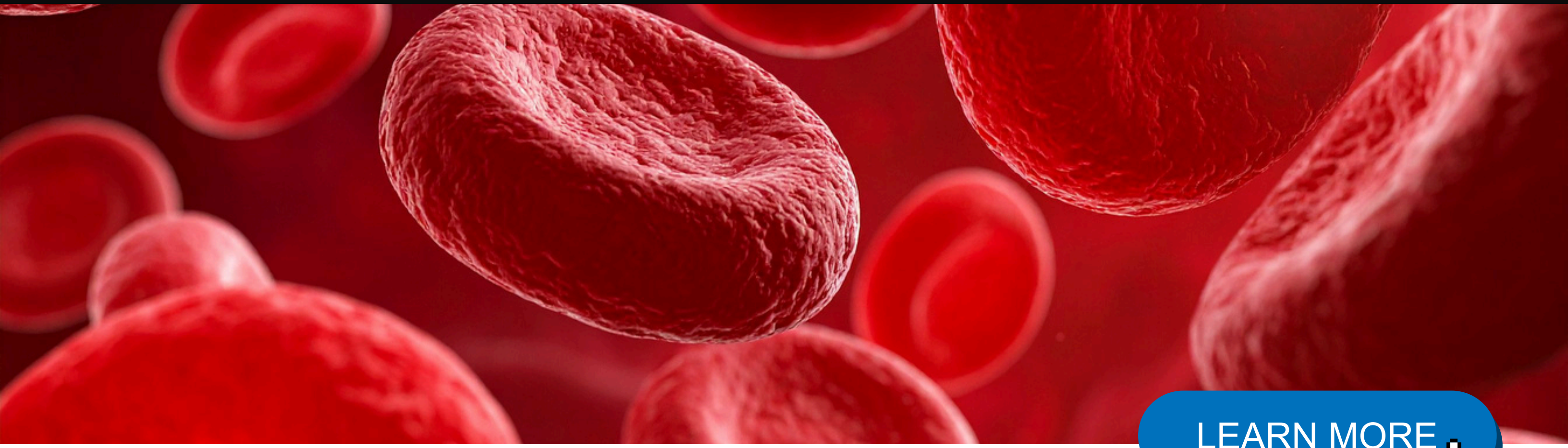
The Bleeding Disorders of the Heartland has its exclusive coffee blend crafted by Blue Strawberry, a local business in Cedar Rapids. Purchasing this coffee helps fund our organization.

Get your coffee today!

GROUND AND WHOLE BEAN

GO TO THE WEBSITE

CLICK HERE TO ORDER.



LEARN MORE

NBDF’s Commitment to Shared Decision-Making and Evidence-Based Access in Gene Therapy

We believe treatment decisions should be individualized, clinically appropriate, and informed by both the available evidence and patient preferences.

Source: National Bleeding Disorders Website/Released January 21, 2026

After decades of research during which gene therapy was considered a distant goal, FDA-approved gene therapy options for hemophilia are now available in the United States. As these therapies enter real-world clinical practice, patients and care teams are navigating new access and coverage considerations that differ from more traditional treatment models.

The current coverage environment for gene therapy is shaped by a combination of innovative payment structures, existing insurance and Medicaid frameworks, and evolving medical policies. In some cases, this has resulted in restrictive coverage criteria, and administrative requirements that extend beyond FDA-labeled indications.

WHAT'S NEXT? YOU DECIDE.

At Genentech, we're committed to supporting the hemophilia A community in ways that go beyond treatment and focus on you as a person. From sharing real stories and experiences from our Patient Ambassadors, to an educational rap anthem for a hemophilia A treatment, to one-on-one support from a team of experts, we're here to help you take on what comes next.

SCAN THE QR CODE TO SEE HOW GENENTECH AND THE HEMOPHILIA A COMMUNITY ARE EMBRACING WHAT'S NEXT, TOGETHER.

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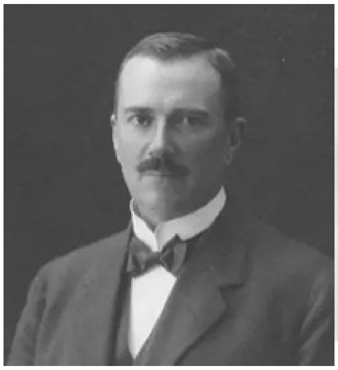
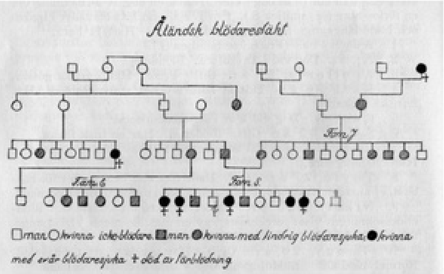
M-US-00008064(v2.0) 06/24

GENENTECH IN HEMOPHILIA | Genentech A Member of the Roche Group

Erik Adolf von Willebrand (1 February 1870 – 12 September 1949)





Erik was a Finnish physician who made major contributions to hematology. Von Willebrand disease and von Willebrand factor are named after him. He also researched metabolism, obesity and gout, and was one of the first Finnish physicians to use insulin to treat a diabetic coma.

Click HERE to review articles commemorating the 100-year anniversary of Erik von Willebrand's original description of von Willebrand disease.

BCDI BLEEDING & CLOTTING DISORDERS INSTITUTE

THE BLOOD EXPERTS
SERVING THE QUAD CITIES & ILLINOIS

WE TREAT THE WHOLE PERSON, NOT JUST THEIR SYMPTOMS.

DISORDERS WE TREAT:

- Hemophilia A & B
- ITP
- Von Willebrand Disease
- Clotting Factors
- Factor Deficiencies
- Platelet Function Disorder

BCDI serves over 8,000 patients with ten outreach clinics across the state.

Arthur
HSHS St. Mary's Hospital Building
525 N. Vine St. Arthur, IL 61911

Carbondale
SIU Center for Family Medicine
300 W Oak St. Carbondale, IL 62901

Champaign
OSF Medical Group – Primary Care
1405 W Park St., Suite 306 Urbana, IL 61820

Decatur
Crossing Healthcare
320 E. Central Ave. Decatur, IL 62521

Macomb
Medical Arts Building
527 E. Grant St. Macomb, IL 61455

Moline
Pediatric Specialty Clinic
515 Valley View Drive Moline, IL 61265

Ottawa
Fox River Cancer Center
1200 Starfire Dr. Ottawa, IL 61350

Peoria
Bleeding & Clotting Disorders Institute
427 W Northmoor Dr.Peoria, IL 61614
Women's Service Clinics, Thrombophilia Clinics, and Immune Thrombocytopenic Purpura (ITP) Clinics are located at the Peoria location.

Rockford
OSF Saint Anthony Medical Center
5666 E. State St.
Rockford, IL 61108

Springfield
Springfield Clinic at St. John's Pavilion
Dr. Brandt's Office 301 N 8th St –
4th Floor, Springfield, IL 62701

www.ilbcdi.org Phone: 309.692.5337 Fax: 309.693.3913 427 W Northmoor Rd. Peoria, IL 61614

Are you looking for a small way to make a difference?

Our Raise Right Campaign is the perfect way to do so!

You can purchase digital gift cards and within moments put them on your digital wallets to use instantly!

It only takes a few clicks. Then their company will donate a percentage to us... **with no increased cost to you!**

STARBUCKS COFFEE

SUBWAY®

CHIPOTLE MEXICAN GRILL

AND MORE!

Click this button to learn more and start making a difference today!

BLEEDINGDISORDERS
OF THE HEARTLAND

CLICK HERE

BLEEDINGDISORDERS
OF THE HEARTLAND

BLEEDINGDISORDERS
OF THE HEARTLAND

Looking for a Way to Support Bleeding Disorders of the Heartland?

We're currently collecting gift baskets for upcoming events, and we'd welcome your help!

Are you a small business or know someone who owns a small business looking to get your/their name out there?

Do you want to support our mission in a fun and meaningful way?

Looking for a simple way to give back to the bleeding disorders community?

This is the perfect opportunity! Donating a basket is a great way to showcase your products or services while making a difference for families affected by bleeding disorders.
Interested or want more info? We'd love to hear from you!

CONTACT

Contact Amber at bdh_staffbdheartland.org
or (319)721-3477 to start this process!



Bleeding Disorders of the Heartland is now accepting Scholarship Applications

Deadline to apply is March 1, 2026

Please see the website for all of the information about scholarship requirements and directions to apply. If selected applicant MUST be able to attend the 2026 Annual Meeting -April 11th in Dubuque, Iowa.

Click Here to Apply

☎ **Amber Smith**
(319) -721-3477

🌐 **Our Website**
www.bdheartland.org

GET INVOLVED!

JOIN THE TEENS OF

BDH

If you are 13-20 years old, we have programming designed for you!

Reach out to Katelynn to get involved.

contact here

Katelynn Loving
bdh_teen@bdheartland.org

VOICE OF THE COMMUNITY

"That was an amazing experience, and I truly appreciated the opportunity to participate."

DJ Fowler - Community Member

SPECIAL BLACK FRIDAY GIFT:
$25 GIFT CARD IF YOU REGISTER BY FRIDAY, DECEMBER 5TH, 2025, AND COMPLETE A SESSION!

Help shape the future of the bleeding disorders community by joining an HFA Voice of the Community session! Share what life with a bleeding disorder looks like — what helps you thrive, what challenges you face, and what you want to see change.

Each 60-minute session is facilitated by HFA staff, guiding discussion as we:

- Explore the future together.
- Share ideas and lived experiences.
- Co-create possibilities debuting at Symposium 2026.

Session times appear under each dated sign-up option.

Bleeding Disorders of the Heartland receives grant from Variety - the Children's Charity of Iowa

Bleeding Disorders of the Heartland has received a grant from Variety - the Children's Charity of Iowa to fund our 2026 Camp.

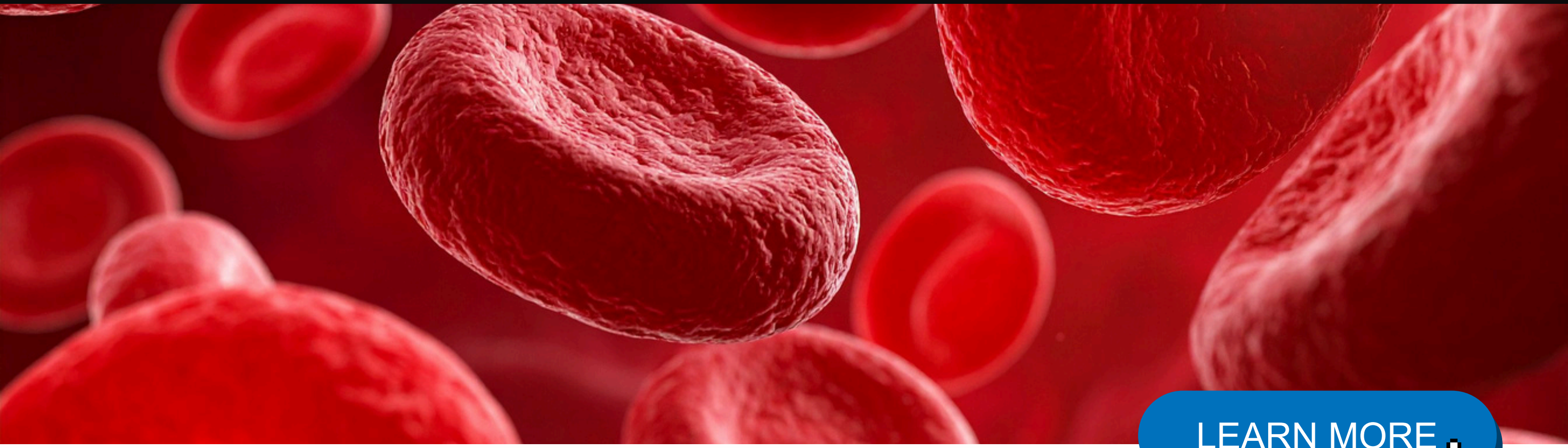
Bleeding Disorders of the Heartland is a nonprofit organization serving families throughout the state of Iowa diagnosed with bleeding disorders. The Variety grant will be used to help cover the cost of 2026 Bleeding Disorders of the Heartland Bleeding Disorders Camp and vein locators/simulators.

"The grant received will be utilized to help us further our mission by providing children with the opportunity to attend camp. This is one of the most impactful ways to make a difference in the life of a child who has a bleeding disorder. The impact of this grant doesn't just impact a week at camp… it changes the lives of every child who attends, their families, and their communities for years to come."
- Brooke Loving, Executive Director

About Variety – the Children's Charity of Iowa
Variety - the Children's Charity is dedicated to improving the lives of children who are at-risk, underprivileged, critically ill, or living with special needs throughout Iowa. Funding is provided to programs and initiatives that directly impact the well-being of children throughout Iowa. For more information on how you can be a part of Variety's work, please visit varietyiowa.com.

Contact:
Brooke Loving
Bleeding Disorders of the Heartland
319-721-1664
bdh_director@bdheartland.org

We are honored to be able to partner with Variety The Children's Charity to help improve the lives of children with bleeding disorders here in Iowa. On Tuesday February 24th, 2026 they will be holding their 52nd Telethon to help raise funds for their organization. This will be aired on KCCI, a Des Moines news outlet, and will highlight the incredible impact they have made on Iowa's children and give thanks to the companies and organizations who helped make it all possible. Tune in to learn more about the major impact their organization has on children throughout the state of Iowa. You can help them continue their important work by donating during this telethon or visiting their website at www.varietyiowa.com and clicking the red donate button.



LEARN MORE

NBDF Launches Educate to Elevate Campaign with Celebrity Advocates to Raise Awareness of Bleeding Disorders

Melora Hardin, Amy Jo Johnson, Jonathan Frakes, Greg Grunberg among celebrities lending their voices to our community.

Source: National Bleeding Disorders Website/Released January 23, 2026

The National Bleeding Disorders Foundation (NBDF) is launching Educate to Elevate, a multi-year initiative to raise public awareness, educate communities, and improve healthcare access for individuals with bleeding disorders.

The campaign features celebrity advocates including Melora Hardin, Amy Jo Johnson, Jonathan Frakes, Jason Ritter, and Greg Grunberg, alongside medical experts and people living with bleeding disorders, amplifying the experiences and challenges faced by people who live with these disorders every day.

SAVE THE DATE!

CORNHOLE TOURNAMENT

Think you've got the toss to take home the title?

DATE TBD
&
LOCATION TBA

Get ready to toss some bags, show your skills, and support a great cause. We can't wait to see you there!

Whether you're a seasoned player or just tossing for fun, this is the tournament for you!

KEEP AN EYE OUT FOR DETAILS!

DATE TBD!

Choosing health insurance can feel overwhelming—but for someone living with a bleeding disorder, it’s more than just paperwork. It’s about access, stability, and care that can’t wait.

LEARN MORE

This open enrollment season, check out the Personal Health Insurance Toolkit from the National Bleeding Disorders Foundation to help you make informed choices.

INSURANCE TOOLKIT

Utilize resources to help you choose the best option for your health insurance today!

HEMLIBRA: TRUSTED
BY THE COMMUNITY FOR
7 YEARS AND COUNTING

First approved in 2017.*
Over 8,100 patients
in the US treated with HEMLIBRA.†

SCAN TO HEAR STORIES FROM THE COMMUNITY

* November 2017: FDA approval for adults and children with hemophilia A with factor VIII inhibitors.

† Number of patients with hemophilia A treated with HEMLIBRA in the US as of March 2024.

INDICATION & IMPORTANT SAFETY INFORMATION

What is HEMLIBRA?

HEMLIBRA is a prescription medicine used for routine prophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children, ages newborn and older, with hemophilia A with or without factor VIII inhibitors.

What is the most important information I should know about HEMLIBRA?

HEMLIBRA increases the potential for your blood to clot. People who use activated prothrombin complex concentrate (aPCC; Feiba®) to treat breakthrough bleeds while taking HEMLIBRA may be at risk of serious side effects related to blood clots.

These serious side effects include:

- **Thrombotic microangiopathy (TMA), a condition involving blood clots and injury to small blood vessels that may cause harm to your kidneys, brain, and other organs**
- **Blood clots (thrombotic events), which may form in blood vessels in your arm, leg, lung, or head**

Carefully follow your healthcare provider's instructions regarding when to use an on-demand bypassing agent or factor VIII, and the dose and schedule to use for breakthrough bleed treatment. If aPCC (Feiba®) is needed, talk to your healthcare provider in case you feel you need more than 100 U/kg of aPCC (Feiba®) total.

Your body may make antibodies against HEMLIBRA, which may stop HEMLIBRA from working properly. Contact your healthcare provider immediately if you notice that HEMLIBRA has stopped working for you (eg, increase in bleeds).

Please see Brief Summary of Medication Guide on following page for Important Safety Information, including Serious Side Effects.

HEMLIBRA®
emicizumab-kxwh
injection for subcutaneous use
150 mg/mL

Medication Guide
HEMLIBRA® (hem-lee-bruh)
(emicizumab-kxwh)
injection, for subcutaneous use

What is the most important information I should know about HEMLIBRA?

HEMLIBRA increases the potential for your blood to clot. Carefully follow your healthcare provider's instructions regarding when to use an on-demand bypassing agent or factor VIII (FVIII) and the recommended dose and schedule to use for breakthrough bleed treatment.

HEMLIBRA may cause the following serious side effects when used with activated prothrombin complex concentrate (aPCC; FEIBA®), including:

- **Thrombotic microangiopathy (TMA).** This is a condition involving blood clots and injury to small blood vesselsthat may cause harm to your kidneys, brain, and other organs. Get medical help right away if you have any of the following signs or symptoms during or after treatment with HEMLIBRA:
  - confusion
  - weakness
  - swelling of arms and legs
  - yellowing of skin and eyes
  - stomach (abdomen) or back pain
  - nausea or vomiting
  - feeling sick
  - decreased urination
- **Blood clots (thrombotic events).** Blood clots may form in blood vessels in your arm, leg, lung, or head. Get medical help right away if you have any of these signs or symptoms of blood clots during or after treatment with HEMLIBRA:
  - swelling in arms or legs
  - pain or redness in your arms or legs
  - shortness of breath
  - chest pain or tightness
  - fastheart rate
  - cough up blood
  - feel faint
  - headache
  - numbness in your face
  - eye pain or swelling
  - trouble seeing

If aPCC (FEIBA®) is needed, talk to your healthcare provider in case you feel you need more than 100 U/kg of aPCC (FEIBA®) total.

Your body may make antibodies against HEMLIBRA, which may stop HEMLIBRA from working properly. Contact your healthcare provider immediately if you notice that HEMLIBRA has stopped working for you (e.g. increase in bleeds).

See“ What are the possible side effects of HEMLIBRA? ” for moreinformation aboutsideeffects.

What is HEMLIBRA?

HEMLIBRA is a prescriptionmedicine used for routineprophylaxis to prevent or reduce the frequency of bleeding episodes in adults and children, ages newborn and older, with hemophilia A with or without factor VIII inhibitors.

Hemophilia A is a bleeding condition people can be born with where a missing or faulty blood clotting factor (factor VIII) prevents blood from clotting normally.

HEMLIBRA is a therapeutic antibody that bridges clotting factors tohelp your blood clot.

Before using HEMLIBRA, tell your healthcare provider about all of your medical conditions, including if you:

- are pregnantor plan to become pregnant. Itisnot known if HEMLIBRAmay harm your unborn baby. Females whoare able to become pregnant should use birth control (contraception) during treatment with HEMLIBRA.
- are breastfeeding or plan to breastfeed. It is not known if HEMLIBRA passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription medicines, over-the-counter medicines, vitamins, or herbal supplements. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I use HEMLIBRA?

See the detailed "Instructions for Use" that comes with your HEMLIBRA for information on how to prepare and inject a dose of HEMLIBRA, and how to properly throw away (dispose of) used needles and syringes.

- Use HEMLIBRA exactly as prescribed by your healthcare provider.
- Stop (discontinue) prophylactic use of bypassing agents the day before starting HEMLIBRA prophylaxis.
- You may continue prophylactic use of FVIII for the first week of HEMLIBRA prophylaxis.
- HEMLIBRAis givenasan injection underyour skin (subcutaneous injection) byyouor acaregiver.
- Your healthcare provider should show you or your caregiver how to prepare, measure, and inject your dose of HEMLIBRA before you inject yourself for the first time.
- Do not attempt to inject yourself or another person unless you have been taught how to do so by a healthcare provider.
- Your healthcare provider will prescribe your dose based on your weight. If your weight changes, tell your healthcare provider.
- You will receive HEMLIBRA 1 time a week for the first four weeks. Then you will receive a maintenance dose as prescribed by your healthcare provider.
- If you miss a dose of HEMLIBRA on your scheduled day, you should give the dose as soon as you remember. You must give the missed dose as soon as possible before the next scheduled dose, and then continue with your normal dosing schedule. Do not give two doses on the same day to make up for a missed dose.
- HEMLIBRA may interfere with laboratory tests that measure how well your blood is clotting and may cause a false reading. Talk to your healthcare provider about how this may affect your care.

What are the possible side effects of HEMLIBRA?

- See "What is the most important information I should know about HEMLIBRA?"

The most common side effects of HEMLIBRA include:

- redness, tenderness, warmth, or itching at the site of injection
- headache
- joint pain

These are not all of the possible side effects of HEMLIBRA.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store HEMLIBRA?

- Store HEMLIBRA in the refrigerator at 36°F to 46°F (2°C to 8°C). Do not freeze.
- Store HEMLIBRA in the original carton to protect the vials from light.
- Do not shake HEMLIBRA.
- If needed, unopened vials of HEMLIBRA can be stored out of the refrigerator and then returned to the refrigerator. HEMLIBRA should not be stored out of the refrigerator for more than a total of 7 days or at a temperature greater than 86°F (30°C).
- After HEMLIBRA is transferred from thevial to thesyringe, HEMLIBRA should be used right away.
- Throw away (dispose of) any unused HEMLIBRA leftinthe vial.

Keep HEMLIBRA and all medicines out of the reach of children.

General information about the safe and effective use of HEMLIBRA.

Medicines are sometimes prescribed for purposes other thanthose listed in a Medication Guide. Do not use HEMLIBRA for a condition for which it was not prescribed. Do not give HEMLIBRA to other people, even if they have the same symptoms that you have. It may harm them. You can ask your pharmacist or healthcare provider for information about HEMLIBRA that is written for health professionals.

What are the ingredients in HEMLIBRA?

Active ingredient: emicizumab-kxwh

Inactive ingredients: L-arginine, L-histidine, poloxamer 188, and L-aspartic acid.

Manufactured by: Genentech, Inc., A Member of the Roche Group,
1 DNA Way, South San Francisco, CA 94080-4990
U.S. License No. 1048
HEMLIBRA® is a registered trademark of Chugai Pharmaceutical Co., Ltd., Tokyo, Japan

For more information, go to www.HEMLIBRA.com or call 1-866-HEMLIBRA.
This Medication Guide has been approved by the U.S. Food and Drug Administration
Revised: 03/2023

HEMLIBRA®
emicizumab-kxwh
injection for subcutaneous use
150 mg/mL

Genentech
A Member of the Roche Group

BLEEDINGDISORDERS
OF THE HEARTLAND

WHY WE NEED YOU...

At Bleeding Disorders of the Heartland, every program, camp, retreat, and educational event we provide is made possible because of people like you. Your support directly impacts families across our region—helping them feel connected, educated, and supported as they navigate life with a bleeding disorder.

If you've ever been touched by the work we do, or believe in building strong, supported communities—now is the perfect time to give.

Watch our story and see the impact your gift makes:

Click Here!

Together, we're stronger.
Together, we're changing lives.

LEARN MORE

How life changes when the caregiver switch flips on

A columnist describes the shifting intensity of caregiving needs following an injury

Source: Hemophilia News Today | Written by Allyx Formalejo | February 2, 2026

I've written before about not seeing myself as a caregiver in the traditional sense. For us caregivers, hemophilia doesn't usually demand round-the-clock care. My husband, Jared, manages his condition independently. He infuses. He monitors his body. He makes decisions about risk and rest. My role on most days is simply to be his partner — not his keeper.

That changed abruptly when he suffered a second-degree burn on his hand just days before Christmas. What followed was a cascade of hospital stays, operating room procedures, consultations, and long hours of waiting. Suddenly, I was sleeping on benches, running to pharmacies, tracking medications, and advocating in spaces where caution sometimes tipped into paralysis because hemophilia complicated what otherwise would've been a straightforward injury.

Caregiver mode didn't ease in. It flipped on.

BEQVEZ™

fidanacogene elaparvovec-dzkt

Suspension for intravenous infusion 1 × 10^{13} vg/mL

Scan QR code to learn more or visit www.BEQVEZ.com

Connect with your PAL by signing up at **TogetherforRare.com.***

*Pfizer PALs are not measured or awarded based on sales performance nor will they ask you to switch products.

Pfizer

STEP RIGHT UP AND WALK FOR A CAUSE!

Our Annual Unite Walk will be here before we know it! Now is the time to Step Right Up and Make a Difference!

Saturday September 19, 2026
8am Registration, 9am Walk begins
Clark Park, Hiawatha, Iowa

This year there is a new fundraising website! We are so excited to be able to reveal it! We look forward to learning this new system together and creating a memorable walk!

Scan here to check out the new walk website and register your team today!

The #1 Fundraising Tip: Start Early!

Take this time to begin fundraising for your walk team! All fund raised go right back into BDH to help families affected with bleeding disorders! Watch our social media for exciting fundraising ideas you can work on all year long.

BLEEDINGDISORDERS
OF THE HEARTLAND

Unite
for Bleeding Disorders

WE ARE

FAB

2026 FEMALES AND BLEEDING DISORDERS CONFERENCE

Nebraska Chapter
NATIONAL BLEEDING DISORDERS FOUNDATION

BLEEDING DISORDERS
OF THE HEARTLAND

Midwest
Hemophilia
Association

GATEWAY HEMOPHILIA
ASSOCIATION

EDUCATION | PERSONAL GROWTH | NETWORKING

SAVE THE DATE!

OCTOBER 9-11, 2026

Kansas City, KS

Registration will open in 2026!

A message from:

Microhealth
Digital Hematology

NEWS UPDATE

"We're pleased to share a new digital health initiative, the PULSE (Period Understanding and Logging of Symptoms for Empowerment) Pilot from Microhealth.

This initiative focuses on better capturing menstrual bleeding experiences for individuals (ages 18+) with diagnosed or suspected bleeding disorders."

Click HERE to visit their website.

Click HERE for the Press Release and more information on the new program.

BLEEDINGDISORDERS
OF THE HEARTLAND

Bleeding Disorders of the Heartland
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Durant, Iowa 52747
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Fax: 615-900-1487
Email us at: bdh_director@bdheartland.org

The Bleeding Disorders of the Heartland (BDH) asks for your contributions to support the programs and activities of BDH that focus on advocacy, awareness, education and mentorship of families and new families. You can make a financial contribution by going online to our website at www.bdheartland.org or by mailing your check to our office. Does your workplace offer an employee matching gift program? We have numerous fundraising events throughout the year that you can attend and financially support as well. Help us share the word about the mission of BDH.

Thank you for making a difference!

This contribution is made in memory or honor of ____

Name:____

Address:____

City:____State:____________ Zip Code: ____________

BDH is a nonprofit 501 © 3 organization that exists to educate, connect, and support those affected with bleeding disorders.