

2009 Anthology

MyGirlsBlood

Table of Contents

Introduction – Cheryl D’Ambrosio

Two Wolves - Barbara Evans Forss, Bellingham, Washington

Encouragement - Connie Gibbs, New York, NY

What is Normal? - Heidi Forrester, Bellevue, Washington

The Big Day is....Done! - Michele Stone Fields, Kansas City, Missouri

Hemophilia Poem (Abecedarian) - Rose Bender, New York

Don't let your disease devastate your dream - Priyanka Rawat, India

VWD by Shelly Mattson – Milwaukee, Wisconsin

Accept as You Are - Priyanka Rawat, India

Learning from a Period - Andrea Clark – Fife, Washington

Facebook postings - samples



Introduction

Cheryl D'Ambrosio, Founder and Director, MyGirlsBlood

Welcome to MyGirlsBlood Anthology – our creative writings from 2009.

This collection of stories offers hope, fear, excitement and spirituality in just a few pages. These are writings by courageous and creative girls and women with bleeding disorders. I hope you will be as impressed as I am with how these girls and women choose to live their lives in between their bleeding episodes.



Two Wolves

By Barbara Evans Forss - Bellevue, Washington

Barbara is retelling her favorite story to us....

An old Cherokee chief is teaching his grandson about life:

A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves.

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

The other is good - he is joy, peace, love, hope,

serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

This same fight is going on inside you - and inside every other person, too.

The grandson thought about it for a minute and then asked his grandfather, Which wolf will win?

The old chief simply replied, "The one you feed."

This story has been a favorite of mine for years, not just because I have some Cherokee blood (there we are talking about blood again!) in me from about 3 generations back (not unusual in anyone from Virginia!), but because it applies to all of us.

Having a bleeding disorder can be an overwhelming part of our life if we choose to make it that way.

Yes, there are times when it does overwhelm us...but the choice is ours to either let the bad parts of it win by constantly feeding them, or to make it a something that we can turn into an asset by feeding the good wolf.

Becoming educated, networking with others, supporting the community and turning anger into advocacy are ways to help that good wolf win!

Many hugs,

Barb Foss, Executive Director & Founder

www.ladybugsupport.com



Encouragement from Connie Gibbs

I have talked to quite a number of girls and women with severe or moderate hemophilia in connection with our research project.

They are an extraordinary group of individuals whose courage, strength and humor have helped them deal with myriad difficulties.

It has been a privilege to hear their stories.

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What is Normal?

by Heidi Forrester - Bellevue, Washington

I ask this because there are many times in a mom's life when you wonder if your kid is normal. They do things or don't do things and you quiz other moms and pediatricians to find out "Is this normal?" William is our second son and he has Hemophilia. This is a severe bleeding disorder that doesn't allow the blood to clot. Our first son Jack, is unaffected but also quite unique. People who meet Jack rarely forget him. You can't help liking him. (Unless you're his mom and are tired.) He is challenging, spirited, precocious, and "active-alert." You get the picture. When I was pregnant with our second baby (cause we weren't busy enough with the first!) we really, in all honesty, wanted a girl but not for the usual reasons. Jack is such a big personality we thought being his little brother was just going to suck! Who could keep up with him? Always being "Jack's little brother." And we couldn't imagine having another one like him! So when the doctor told us it's another boy we were a little worried. Well, who knew we'd have two boys unique and normal in their own ways. It will be 1 year in May when we found out our little one, Will, (who was 5 months old at the time) had severe Hemophilia A, factor viii deficient. We found out when we discovered an abnormally large bruise on his chest. Blood tests and an overnight at Childrens hospital confirmed it. It also means he looks like an abuse victim lots of times because, as we tell our 3 year old, "Will has hemophilia and bruises easily." Everyday toddler wear and tear leaves him with purple, bumpy legs. Will is now 16 months old and is cute as a button. His little personality is sweet, silly, and snuggly. He's very curious and ALL boy. He loves to climb, explore, throw balls, run. You name it, he'll do it! So what is normal? In our house, normal means having an overactive, always thinking, non stop talking preschooler. It also means a physical, athletic, risk taking hemophiliac in the house. Normal is when you are out with your purply, bumpy legged hemophiliac in shorts and you wonder if people are looking at him funny because he's not wearing shoes or his face is extra dirty not because he has purply bumpy legs. Normal is what we make it. With Jack, normal means explaining why it's not okay to unscrew the hinges on the bedroom door. With Will normal is heading to childrens hospital to be infused with factor after getting a head bonk. This might not be normal for other families but it's just a usual everyday at our house!

by Heidi whose mantra is: You will not be given more than you can handle!

Most Realistic Presentation – Heidi Forrester – Bellevue, WA - Award \$50.

This entry puts the situation of having a healthy child and a child living with hemophilia into sharp focus. Ms. Forrester is to be applauded for her efforts of having her sons live typical childhoods with appreciation for their differences but without attempts to shelter them from reality.



The Big Day...is Done!!

by Michele Stone Fields - Kansas City, Missouri

The day Beth and I were both dreading has come and gone. It started at 7am, we drove to Children's Mercy, parked and went to the clinic where she was at on our last visit. "Oh, I am sorry, Beth needs to go to Tower 5 West, her treatment will be there, and here are directions to get there..." "Follow the white lightening elevator to the red castles elevator to floor 2 then go through the Oasis Vending Place and then follow the hallway till you get to the Giraffe elevator, go up to the 5th floor and you will walk right into the room that you will need to sign Beth in at.

We were 10 minutes late because it took us that long to walk and follow the directions. However, we sat for 30 minutes before we were called into a room for Beth to have her blood pressure done (which she hates!), temp taken, and then weight and height. She is still shorter than me!!! YEAH!!! Then we went to Exam Room #2 with a window view of Hallmark Cards and the Liberty Memorial. Beth had privileges of a recliner and a remote to a flat screen on the wall, not bad. We waited another 30 minutes.

A social worker came in to visit with Beth and realized that she would be staying with Beth through this whole experience...she heard some wild stories about Beth and needles and thought that by staying it would help Mom too!!! (YEP)! Nurse Judy showed up to finally meet us, we have emailed and talked on the phone since Beth's diagnosis, very nice lady, then two nurses showed up to check for veins...Beth has terribly small veins... they numbed the top of her hand and inside the arm, they weren't sure which vein was better...we waited 20 minutes for the numbing cream to take effect.

In the meantime next door were two girls, 13 and 14 from Hume Missouri that are both Hemophiliacs and they were getting their infusion treatment just as they have done for years, they talked with Beth and told them about Summer Camp in Lawson, MO for girls with this disorder and wants Beth to go. At the time it was too much for Beth to take in so she wasn't extremely talkative.

The nurses returned.....and the worst part of the whole day was about to begin. We have a social worker, the two nurses, OH YEAH and Nana!! I needed her since Bobby had to work. Then Mom took the window view while the other brave souls were next to Beth and then MOM had to plug her ears so that she couldn't hear her little baby girl cry with terror because, of course, the IV needle is totally BIGGER than the butterfly needle! Then the two nurses got quiet while they checked to see if the IV was in.....well it wasn't so they switched seats and the other nurse probed around to see if she could get the

vein...MOM plugged her ears again. But then I hear "Mom, I am going to be sick", turn around and Beth's face is a lovely mint green color. Nana grabs the trash can, Mom gets cold towels and then the nurse says...we are going to have to try it in the arm. Take a deep breath, here we go again.

This time we get the IV in, now clean up all the blood around Beth so she doesn't see it, get her to stop crying, fan her with a book and wipe her face down with a cold rag. Someone gets some ice water and then we hook up the tube of medicine to the IV and we tape her arm to a splint so she doesn't move her arm during the treatment. Is this real? How many times will we be doing this? Are we going to be able to get her to do this again? So many questions for Dr. Carpenter.

The doctor feels bad that Beth didn't do well earlier. She tried to joke with Beth to get her to smile, hard to do right at the moment. Dr. Carpenter does say that she has a mild case of Type 1 Von Willebrand Bleeding Disorder, once she has this treatment they will pull blood from the IV and then by Friday they will have the information that tells them how much of this medicine Beth will have to take every month when her menstrual cycles begin. This medicine will be in the form of a nasal spray and it will be delivered directly to our house, I will not be picking it up at my local pharmacy...why, is it that big of a deal? Well one small nasal bottle costs \$600 and it will be on dry ice or some form of refrigeration. WOW, do I have to carry this bottle everywhere we go...YES.. in case of a traumatic injury. It will need to be in a cooler if you leave the house on a trip but if Beth is going to school or in town then no, there would be time to retrieve the medicine if needed. ???? What, I don't think I will take that chance, what if this happens, what if I am with her in an accident and can't get home to get the medicine...too many what ifs.

Now she will need to wear a medical bracelet and we should carry a booklet they gave us that has all of the Hemophiliac Clinics in the United States and Canada if we are out of town and need medical assistance... I thought you said this was a **mild** Type 1? That's like a borderline diabetic, right? So why all these instructions? JUST IN CASE!

BEEP BEEP BEEP...the machine is beeping, what happened, Beth's medicine is done!!!! The nurses come back in and draw some blood out and now it is time to take the IV out and put a second TAZMANIA band aid on. Beth thinks these are cool!! Beth is hungry now. The social worker was kind enough to get a bag of chips and a Sprite for her.

We waited about an hour before we could leave just to make sure Beth was somewhat back to her normal self, then it was time to go have some lunch, Nana says it's on her and Beth gets to pick!!! With the widest grin I have seen all day, she says Chili's, her favorite because she loves the Chocolate Molten Cake!

After going down the giraffe elevator back down the hallway to the red castle elevators and then to the white lightning elevators and back thru security and out to the parking garage and then into the car, an excited Beth says, "MOM... it's over!!! I did it!!!"

What she doesn't see behind the dark sun glasses is MOMMY crying because we both made it through the "Big Day". I hope that we don't have to do this ever again.

Grand Prize Winner – Michele Stone Fields – Pleasant Hill, MO - Award \$250.

To be able to be a competent and supportive mother in the face of such a fearful situation is amazing. The entry by Ms. Fields is a striking depiction of the struggle she endured to be brave and strong while dreading her daughter's first and subsequent bleeding disorder treatments.



Hemophilia Poem (Abecedarian)

By Rose Bender - New York City

A life with a
Bleeding disorder
Can be
Difficult. One must
Endure
Frequent infusions and less than
Gladdening treatments.
However, life with hemophilia is truly
Inspiring.
Joyous friendships are
Kindled and one can
Learn
Many
New things.
Opportunities become
Possible that are not even
Quasi available to
"Regular" people,
Such as wonderful tales
Told at
Unbeatable camps hidden in
Vast
Woods. So, take time to think
X-tra hard about hemophilia, and realize that
You are truly one in a
Zillion.

Best in Free Verse - Rose Bender –Dix Hills, New York – Award \$50.

Ms. Bender's entry is amazing in that it presents her medical condition as an opportunity to meet and interact with people in an entirely different context than is typical for most. The attitude that being a person living with hemophilia makes one unique is admirable.



Don't let your disease devastate your dream

By Priyanka Rawat - Delhi, India

There is life in me
Which you all can see
I have always been in pain
But every effort made has gone in vain
There is no way out
And there is nothing on which I can feel proud
There is a little thing needed from your side
What all you can do is just pray for my life
Merely praying will not make me fine
My sincerest request to you is to think about the
People whose pain and agony is like mine
All is needed are the constant sincere efforts from
Your side
I am an unfortunate which you are not
So love me because my life is too short

It is extremely paining to suffer from a chronic and a lifelong disease that can't be cured forever. But this is the life and hold on tight, as those who will face the biggest and the cruelest reality of their life would be able to achieve what they dream of achieving. Always remember that you are not alone on the most fascinating planet who is facing adversities in life. Just imagine if you were a Blind or a person who can't speak to express his or her views and let his or her voice heard. You are suffering from a disease which can't be cured but could be treated and managed in an effective way. You should be thankful to God Almighty that nothing worse he had done with you. Everyone has a very special dream, which an individual want to turn into a reality. You must possibly be having such a beautiful and a precious dream in your life which when would turn into a reality would make you forget the pain and agony of your life. Dreams are the expectations, aspirations or goals of one's life which makes life more meaningful and more worthwhile. And the individuals who come forward in one's life by overcoming all the odds would make a nice shot. Life is too short live every moment in the best possible way. It is extremely difficult for the individuals who are suffering from a bleeding disease to live life to the fullest but by managing the condition in an appropriate manner would definitely let them enjoy every second of their life. God

almighty has made you in a different way and you are one of the most lovable children of the father who is the king of the universe. You are the one who keeps all the pain inside you and then also smiles for your loved ones so as to bring happiness and joy in their life. You are the one who understand the adversities of those who are in great pain and make your sincere and true efforts to light the dark corner of their precious life. You are the one who is the messenger who has come from the great kingdom of our lord to exhibit compassion, love, brotherhood and kindness to all the living creatures of the world. You cannot and should not consider yourself incapable of making your dreams turn into a beautiful reality. It's you, who can make your life a beautiful song forever or a tavern. The choice is yours. It's a reality that you are having a disease which you need to except as denial of the reality of your life would create a conflict between your mind and heart. When a person is perplexed he or she is not able to see the light at the end of the tunnel. An individual who is able to face all the adversities of life is the well deserved creature to be called as a True Fighter. And if we take into account the individuals ever born who fulfilled and turned their dreams into a reality, a human being who after becoming a victim of "cerebral palsy" made highest in the field of "Astrophysics" is sir "Stephen hawking". Sir Hawking is the one of those individuals who fought like a brave warrior and changed the direction of the wind according to his wish. Just imagine if you were on his place, do you think you would have made it "a big one", the way sir Stephen Hawking did? The moral instance of sir hawking is that no matter how many odds come in your way to achieve success, the biggest obstacle is when you say "I can't". "I can't" makes an individual doubt his or her abilities, strength, courage and competency. It's the individual who is the mentor of his or her own future and life. Success is indefinable. Sometimes winning is a success and sometimes loosing is not a failure. Success is achieved by those who are always ready to move against the tide, the one who knows his or her limitations and channeling one's energy in a direction which would lead him or her to the specified goals or dreams which a person has nurtured in his or her heart for many decades. It is extremely difficult to cope up with the pain that one undergo when the blood gushes out of the body in an unusual manner which may be familiar to the person who is suffering from the disease but would be new and most of the time unknown to those who never happened to experience it in their lives.

At times it becomes very difficult for the sufferers of a genetic bleeding disease to let others understand their condition because the non sufferers might not have even heard about the disease. This in turn dampens the spirit of a sufferer to achieve their respective goals and turn their dream into a reality. Letting the non sufferers understand your disease and making the other individuals aware of the pain and agony will bring a ray of hope for the sufferers that there are noble and sincere creatures in the kingdom of our lord who are making every true and sincere efforts to take away half the pain of the sufferers.

You should not consider yourself an unfortunate individual who happened to suffer from such a disease which might have made you think at times that you are that child of the lord whom he cares and love the least. But this is not the "Truth" rather God Almighty has presented you with some of the unique qualities which you need to discover and exhibit them to others and get praises by the other living beings.

Your dream is your loved one's hope, aspiration and a mission which they want you to turn into a reality so that they feel satisfied and can be proud associates of yours. Your dream is extremely important to you and you are important to those who care and understand your pain and agony. Don't let your disease devastate the expectations which you have from yourself and which the individuals who are concerned for you have from your side.

Take your disease as an opportunity and a challenge of your life and make a mission in your life to live your life to the fullest and chase the most nurtured dreams of your heart into a reality. You will feel rewarded and satisfied the day your dream would turn into a reality.

“Dreams are like your wings
That gives you an opportunity to fly and feel like a king
You are a special creation of God Almighty
So go ahead and chase your dreams
Which are present in your life in variety”

Most Inspirational – Priyanka Rawat – Delhi, India – Award \$50.

Ms. Rawat’s uplifting attitude toward her medical condition is motivating. She has chosen to focus on the positive aspects of the hand she has been dealt and her entry exudes confidence in her ability to have a high quality of life in spite of living with hemophilia.

Founders Award – Priyanka Rawat -- Delhi, India– Award \$200.

Ms. Rawat has demonstrated the true spirit of a pioneer; one who prepares the way for others to follow. Beginning in January of 2009, she has provided countless ideas to the Founder to help develop this new non-profit organization.



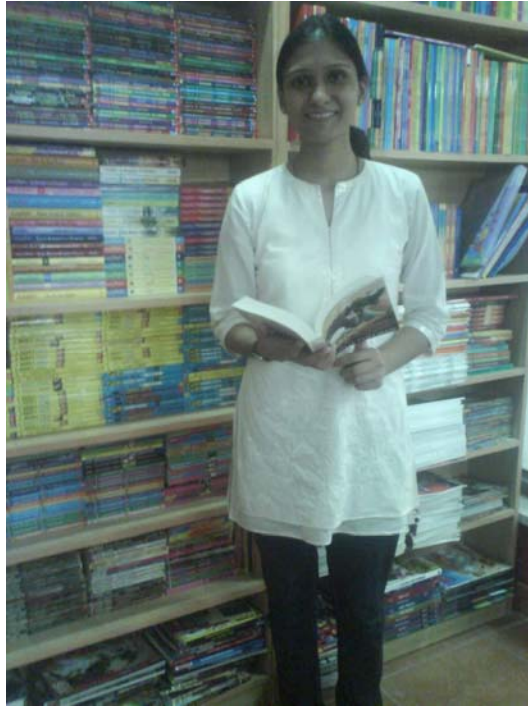
VWD

by Shelly Mattson - Milwaukee, Wisconsin

In the game of life you're not always dealt a winning hand,
You can either accept defeat or do the best you can.
I chose the road less tread upon, to walk the higher ground,
And through the times of difficulty, my true self is what I've found.
Your time on earth is fleeting, and not of eternal length,
It's never too late to make your biggest weakness your best strength.
Things could always be better, but they could also be so much worse,
Will you choose to see your luck as a blessing or a curse?
One question you must ask yourself, in order to be true,
Will you get the best of your disease, or will it get the best of you?
I will rise above the brokenness, with my best poker face,
For the goal is not the win or loss, it's finishing the race.

Best in Poetry - Shelly Mattson – Milwaukee, Wisconsin – Award \$50.

This entry is so inspirational and uplifting. Ms. Mattson's poem captures the reality of living a life with a bleeding disorder. She appears to not have made it the focus of her identity, but yet just one aspect of who she is as a person.



Accept As You Are

By Priyanka Rawat - Delhi, India

When I was diagnosed Von Willebrand's Disease Type 2 in 2005, I was actually waiting for the event to take place. When I attained menarche I used to bleed heavily and was unable to go to the school and attend my classes. My mother and granny used to have purpuras but they never paid any attention to it. I am the first one in my family who has been diagnosed with von willebrand's. When the reality was unveiled I rather accepted the ultimate destination of my life quite easily. I thought that it would be foolish on my part if I deny the cruelest reality of my life.

But it was my dear mom who was not able to accept my disease; she was actually worrying for my future. I made my mother understand what shall be will be and we should accept the reality which we came to know about four years ago. I pledged to myself that whatever profession I will pursue, my ultimate goal would be to work for the betterment of those individuals who are sharing the same pain, suffering and agony with me. It is extremely important for the individuals who are diagnosed with a bleeding disease to accept it and take necessary and appropriate steps in making their life more meaningful and beautiful.

I agree that accepting the disease may not be possible for some individuals and if such a situation arises then there would be a conflict between the mind and the soul. The individual who rather deny that she is not having the disease is likely to lose the battle plot of her life. These individuals remain isolated, blame themselves and their dear ones for passing on the disease and are not able to live their life to the fullest. Their life tends to be directionless, without any joy and happiness.

What will you get if you don't accept your disease? The answer is pain, pain and unbearable pain. When you accept the adversities of your life God Almighty bless you for your courage and perseverance for fighting with the never ending pain. Life becomes beautiful and wonderful when you start considering your pain and adversities as the most alluring opportunities of your life. Always remember one thing that you are one of the unique creation of Almighty and what all is expected from you is to accept the way God has made you. You are suffering from a disease which makes you feel the pain and agony of others and makes you put in your sincere efforts to work for bringing happiness, peace and harmony in their lives. Another aspect of accepting your disease is that it helps you to provide comfort to your soul and mind. Your disease is incurable and long lasting which will surely act as an obstacle in your way to achieve success but you can overcome this obstacle and become a winner by accepting your disease, your true existence. On the other hand acceptance of the disease will help you discover the strengths and powers of yours which will surely provide you with opportunities to write a new chapter of your valuable and precious life.

Best In Class – Priyanka Rawat – Delhi, India – Award \$50.

Your award for of Best in Class is a celebration of the writing of your unique life experience. You are also applauded for sharing it with others.



Learning from a Period

By Andrea Nicole Clark - Fife, Washington

It was a beautiful day out and my older sister was visiting me. She came over to teach me how to put a tampon in. I was new to the idea and wasn't very fond of it. I was a runner in school thought and had a hard time with pads. Running was the only sport that I thought I was still allowed to do because of my blood deficiency, when in actuality I could have done anything that I wanted. But regardless, I wasn't going to ruin my chances of running. My sister read me the directions on the box and simulated the way to put it in. It wasn't long after that I had figured it out, but it was really hurting.

My mom got home work a couple of hours later and I told her that I had been in pain since my sister showed me how to put it in. I had already bled through that tampon by the time she got home. Turns out, I had put it in wrong. She showed me the proper way to insert it and I followed her directions. An hour later my underwear and the tampon were covered in blood. My mom wasn't sure what to do. She told me to put another one in and this time put a pad with the tampon. A half hour later, the pad, the tampon, my underwear, and pants were covered in blood. I was new to having periods and wasn't sure what was normal.

My mom quickly called the emergency room at Children's Hospital in Seattle when she realized this amount of blood wasn't good for me to be losing. They knew me well there. She explained my blood flow and they told her to get me there as quickly as possible. I didn't even spend five minutes in the emergency room before they had me in the back and were shoving an IV in my hand. They had paged my hematologist and asked for directions for my blood deficiency. I ended up needing a blood transfusion and a factor replacement called Bebulin.

Ever since then I have needed to take a form of birth control to control my periods. I tried taking pills for awhile, got the Depo-Provera shot, and even had a Mirena put in for a year. Today, I take progesterone pills to control my bleeding. The birth control pills that I was on previously were making my headaches worse. I have never known a lot about my blood deficiency, but I have been learning that it is important too. I have a blood deficiency called Factor 10 Deficiency. It is very rare and causes me to bleed quite a bit. I now have to be very safe about how long I let myself bleed for a period and how much I am bleeding during that time. I also rely on my other to help me remember when I need to take my pills and ask her for advice when I begin to bleed a lot. I now have very few problems with my period, but it still requires a lot of watching.

Best In Class – Andrea Clarke – Fife, Washington – Award \$50.

Your award for of Best in Class is a celebration of the writing of your unique life experience. You are also applauded for sharing it with others.

Samples from our Facebook postings:

Visit us for conversation in the group called MyGirlsBlood on [Facebook](#).

Here are a few interesting ladies and their comments...

Tania from New Zealand...

I am from New Zealand, I am a carrier of Haemophilia, my daughter aged 10 was diagnosed Haemophilia A mild, factor VIII deficiency.. she had a severe bleed aged 8 in her wrist which went undetected for 6 months which corroded her bone! However with 3 to 4 months of cogenate 2000 daily the bone reconstructed itself..so yippee for factor!! She now has begun her menstrual cycle and is suffering with heavy heavy bleeds...so not nice for a 10 year old...for the week she has her periods she receives factor..her veins are so hard to find that we had a portacath inserted..which hasn't been easy to access due to swelling after the operation....2 weeks ago the nurse at CHOC in Christchurch hosp accessed it wonderfully only to find the catheter had disconnected from the port...so this Thurs my daughter is having it removed and i am fighting the system to have another put in...as she has a terrible phobia with needles and her veins are hard to find....the hosp seem to think she would be better off with a lure in her arm for a week while receiving factor...i am just so upset with the hosp and have felt not listened too as i am my daughters VOICE and i need to be strong to support her thru this....its certainly been a rollercoaster ride for us as in NZ there is only 3 girls with Haemophilia and my daughter is the 3rd and the youngest...its one thing being Haemophiliac but being a girl too makes it more isolated...i would so welcome your thoughts and how you have journeyed this ride so far....i am really wanting to make life as peaceful as possible for my daughter....

Heidi from Bellevue, Washington USA...

I am a mom with 2 boys whose youngest has severe factor 8. I found out that I am symptomatic as well. (34%) My mother just found out she is as well (32%) we suspect my grandmother is too. This came as quite a surprise! It's been hidden for several generations and until now we didn't know. My mother had a heart attack 3 years ago and ended up having multiple transfusions. If we had known about the hemophilia she could have been given factor instead. Knowing about our hemophilia sure does answer a lot of questions!

Andrea from Fife, Washington ...

My name is Andrea. I found out when I was younger that I had Factor 10 Deficiency. My doctors were confused because only my father has the deficiency. My half sister Jaymee also has the deficiency. Neither of our mothers have problems with their blood. Mine isn't severe but it has been enough to keep me from doing a lot of things I did before I found out about it. My hematologist never suggested treating. I played soccer for many years but quit when I was diagnosed. I just wanted to talk to people that have similar problems with their blood. I hate having to go to the hospital and having everybody take a shot at getting an IV in me. I don't like having my mom be afraid for me to do fun things because I don't have a way to treat. Anyway, that's me :)

Andrea – Philippines

"There's so much pain to share for someone from a country with practically no help for people with bleeding disorders. There is nothing more painful than losing a mother or friends because of medical inadequacy and poverty. But we must not let pain bring us down or obstacles stop us from pursuing the greater good of bleeders. Despite the many challenges bleeders like us face here in our country (Philippines), I still thank God because when I look around, there are many others much in need than us. I will never stop dreaming that one day in our lifetime, we will see Filipino bleeders lead normal lives, no longer affected by their disorders."

Teresa - Mercer Island, Washington

"I have severe factor V deficiency. Sometimes I know what caused a bleed, like going to the dentist, or bumping myself at work. Other times, I don't know why I am bleeding. I get fresh frozen plasma transfusions for it. A little bleed will stop with two units of FFP. A big bleed might take 50 or more units of FFP to make it stop. Lots of doctors say they've never seen a girl with hemophilia before, so we always call our hematology treatment center for help if we don't get the FFP right away."