

INALEX EXCHANGE

A MONTHLY NEWSLETTER DEDICATED TO FAMILIES LIVING WITH A BLEEDING DISORDER

Volume 1, Issue 2

April 2007

HEMO HINTS

ALWAYS...

Keep accurate records of all bleeds. Infusion Logs are important for tracking specific bleeds and bleeding patterns.

INSIDE THIS ISSUE

Eye On Men's Health	2
2007 Workshop Schedule	2
Question of the Month	2
Spotlight on Men	3
Spotlight on Men (Con't)	4
A Bright Future DVD Series	4

Caronna's Corner

Joe Caronna—President, Inalex Communications



A close friend was recently telling me about "Take Back Your Time Day", which was the occasion which

Americans were supposed to scale back, put down their tools, leave work on time and maybe even eat dinner with their families.

These radical acts were intended to challenge the "epidemic of overwork, and over-scheduling" that professionals say threatens our health, our families, our relationships, our communities and our environments.

Sadly, I missed it. I was too busy that day acting as a worker, volunteer, chauffeur, dinner shopper, assistant cook and advisor. Instead of eating dinner with my family and "taking back my time," I was working - which is undoubtedly the point.

It's not exactly news that we're all too busy, I think we all realize that, but how far will we run ourselves and our children into the ground before we decide to reclaim the lost minutes and hours of our lives?

Are we as families at the breaking point? Are we attempting too much in too little time and disregard meaningful relationships? This is a

question that is always on my mind. It may be on the back of my mind, but never the less, it's always on my mind.

It has been estimated that because of our "over-scheduling", household conversations have become far less frequent, and the number of times families that eat dinner together in a week has declined 33 per cent during the past 30 years.



I've read all sorts of articles on how to achieve a more relaxed, less scheduled life, and here are a few practical steps that we can all take to lessen the grip that our day has on us, and win back some of the balance in our lives:

- ◆ Set manageable goals each day.
- ◆ Don't over commit.
- ◆ Get help if you need it.
- ◆ Take five during the day.
- ◆ Make sure your kids truly enjoy an activity, not because it meets your version of success.
- ◆ Un-plug your household gadgets.

We now have, at least, a handful of suggestions to take back some of the precious time we have.

As author Annie Dillard once wrote, "How we spend our days is, of course, how we spend our lives. What we do with his hour, and that one, is what we are doing. A schedule defends from chaos and whim. It is a net for catching days....It is a lifeboat on which you find yourself, decades later, still living."

I'd hate to paint my life as all schedule, and no fun. Even on Take Back Your Time Day, I still made time to wrestle with my son. I played a silly game with my daughter called, "Going on a Picnic", put dessert on the table, and gave them a big hug and kiss before dashing to my meeting.

Yet, I can't help asking if the schedule I've created for my life, which they say defines each one of my family's days, will add up to the life I want us to live. Something we all may want to think about.

Joe Caronna is the president and founder of Inalex Communications, a non profit organization. He is past president of the Hemophilia Association of New Jersey and has been an advocate in the hemophilia community since 1994 when his son was diagnosed with severe hemophilia. His one passion is to empower men and their families with bleeding disorders through education and support.

2007 Inalex Workshops

Feb	24	Tampa FL
Mar	17	Rochester NY
Mar	31	New York NY
Apr	4	Philadelphia PA
Apr	14	Pittsburgh PA
Apr	14	Washington DC
Apr	28	Edison NJ
Apr	29	Monterey CA
May	12	Spokane WA
June	2	Toronto Canada
June	23	Dayton OH
Aug	11	Cedar Rapids IA
Aug	12	Cedar Rapids IA
Oct	13	Scottsdale AZ
Nov	14	New York NY
TBD		San Francisco CA

To reserve a workshop in your region or request information please visit www.inalex.com or call the Inalex office at 201 493-1399



What are some of the strategies you use to get your child to infuse?

Reply to:
Admin@inalex.com

An Eye on Men's Health - Secrets of A Healthy Heart



If you are trying to maintain a healthy heart here are some choices that you may want to implement into your lifestyle. I know that some of these may be very difficult for some people to do, but you have to ask yourself, Do I want to be healthy?

The following are all things you can do that are beneficial to the overall health of your heart.

First, you should drink at least eight cups of water per day and exercise as much as possible.

I know this one might sound weird, but try to take deeper breaths when you breathe. This allows your body to get the maximum amount of oxygen in each breath, this is simply healthier for you and your heart.

You also should consider getting a HEPA certified air purifier for your home and work place.

The most important thing you can do to maintain a healthy heart is to eat as many fresh organic, fruits and vegetables as possible. It is also best to eat them uncooked, cooking can reduce the nutrient content within the vegetable.

You will want to go buy some mouthwash for your breath because you need to eat a lot of onions and garlic, and if you don't like them you should take a natural garlic supplement. Garlic

and onions help reduce cholesterol and blood pressure, as well as help support your immune system.

You need to increase your fiber intake. Fiber helps maintain the proper functioning of the large intestine, and it binds to harmful materials and makes sure they are eliminated from the body. Fiber also aids in weight loss and in the absorption of critical nutrients your body needs daily.

You can increase your fiber intake by eating more raw organic fruits and vegetables or taking a natural fiber supplement.

You also should try to eat wild, not farm raised, fish twice a week, and if you do not like to eat fish that much you should get your omega-3's from a fish oil supplement the following are what you should avoid or watch our for if you want to maintain a healthy heart.

You want to keep your stress level to a minimum. We all live pretty hectic lives, but the only way you will effectively get anything done is if you are healthy.

Is all that running around worth a heart attack later in life? I don't think so. Take time for yourself everyday to exercise, you will notice that your stress levels will dramatically decrease just with regular exercise.

Don't have time? Make time. Your heart will thank you, and remember, always consult your doctor before you

begin an exercise program.

Try to avoid any toxic exposures of any kind, this means avoid processed food as much as possible and also avoid poor air quality.

If you want a healthy heart you need to stay away from any trans fats and hydrogenated oils, deep fried foods, margarine etc.

To have a healthy heart you should also avoid tobacco, too much alcohol, too much caffeine, soda, and most juice drinks, they are just like soda. If you don't believe me read the ingredients. Usually the only difference between most juice, sports drinks and soda is the carbonated water and the flavor.

If you are on medication for a heart condition always follow your medical provider's advice and you should also try to educate yourself on the medication you are taking and any possible side effects you may need to look out for.

If you are experiencing a lot of side effects, ask your doctor if they know of any natural remedies for your condition.

You should also get to know your family history of any heart conditions and address any possible concerns that may exist. If you are concerned see your local certified medical provider.

Good luck on your journey towards health and wellness!

Spotlight on Men in our Community - Paul Golier

This month, the Spotlight is on Paul Golier, of Montville, New Jersey.

I was born in 1929, in Pittsburgh Pennsylvania. Because of the medical situation at the time, I wasn't diagnosed with severe hemophilia until I was 29 years old. That was in October 1958. Prior to that diagnoses, I had never heard of the word "hemophilia". I had a normal teenage life, even played contact sports.

During my young life, I had numerous bleeds, with frequent trips to my doctors. The diagnosis was always the same. They would tell me that I, for example, fractured my elbow, when I had an elbow bleed, or a fractured "something or other" in my leg, when I had a muscle bleed.

The end result was always the physician sending me home telling me "oh, you'll be alright. Go home you're fine". I heard that I was fine so many times as a child; I actually began to believe that I was fine. So that's the way I lived until the next trauma developed and I had another bleed.

In September of 1948, at age 19, I enlisted in the Air Force. I was sent down to Texas, San Antonio to boot camp, and had the typical physical exams. The dentist there identified two molars that he said had to come out. In those days, you never questioned authority, especially in the armed forces. So I didn't, and I bled. I bled saluting, I bled marching, I

bled in mess hall, and I basically bled through my complete basic training.

To resolve the bleeding, I decided to go to the CX and bought as much cotton as I could, and stuffed it in my mouth hoping with time and pressure, the bleeding would stop – but it didn't. I finally went to infirmary, and again the medical staff was baffled, so they decided to send me to the local hospital.

Now at the hospital, I was treated with "something". I don't know what that something was, but again, I knew not to ask. Again the blood flowed, so they decided to insert some kind of plate into my mouth. The idea was for the plate to allow me to "comfortably" stuff a larger amount of cotton in my mouth while pressure was applied...and eureka, after a few days, the bleeding finally stopped!

Well, I finished boot camp and was sent to weather observer school in Illinois in May of 1949. After that, I went to Europe, and spent time in Germany and France as a weather observer. Over all, I spent a total of 46 months in the military. When I got out, and because of our then President Harry Truman, I took advantage of the GI Bill. This allowed me to enroll in the University of Pittsburgh, my home town.

In June 1956, I earned my B.S. degree in Petroleum Engineering and I was hired by Mobil oil. I spent the first year in the oil fields in Illinois working as a roustabout and

handling the heavy tools out on the fields.

During the second year, I worked off shore Louisiana, in the Gulf of Mexico, doing all the heavy work that's associated with drilling wells. It was wonderfully exciting work.

One day, I noticed that I had a sharp pain in my left leg, and noticed a large hematoma, about the size of a golf ball. I knew I needed medical attention, but I was out hours on an oil rig. In those days they didn't have helicopters, so I had to wait for a passing boat, and after traveling all night, I made it to the hospital the next morning.

During the examination, I was told that it was most probably caused by a spider bite. I was off my feet for a week, and the bleeding stopped. Life was still good, exciting and adventurous! I never gave hemophilia a thought.

In 1957, I accepted a job in the oil fields of Venezuela, which was still under dictatorship. I then went to Western Columbia to do the same.

During that time, I experienced a right knee bleed. I never in my life experienced anything so painful.

Over a short period, my knee blew up to the size of a small basketball. I quickly decided that I be sent to a hospital in Cartagena, and again, there was not much that I was told could be done.

(Continued Page 4)



"I heard that I was fine so many times as a child; I actually began to believe that I was fine.

This newsletter has been made possible by a generous grant from

Baxter

For a

Complimentary

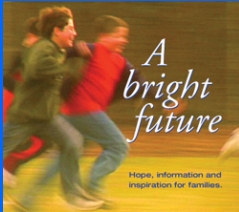
Copy of Volume I

In the

“A Bright Future”

DVD Series:

“The Hemophilia Diagnosis
for Parents”



Email the Inalex Office
admin@inalex.com or call
(201) 493-1399

Spotlight on Men in our Community - Paul Golier (con't)

I returned home in 1958 and was in constant pain from the right knee injury.

A good friend suggested that I go to Cornell Medical Center in New York City, which I immediately did.

Within the week, I was told that I had Hemophilia. Hemophilia...What is HEMOPHILIA? There surely must be a mistake. How can a man of almost 30 years old be diagnosed with hemophilia?

Soon, the diagnosis started to make sense to me as I thought about all the injuries that I encountered in my life. At that time, no one would tell you what you could or could not do, but I knew that I should “tone-down” my life

Style. I no longer would put my body through the grueling physical abuse that I had in the past.

In 1959, I was back in Venezuela on the oil rig, and during the next four years, I managed to have only a few minor bleeds.

Life was good, and was about to get better. It was there and then, I met the love of my life. Marylou and I where married that year.

We spent the next three years in New York City, until we decided to move to Tokyo Japan for a job opportunity.

In 1968, Marylou and I moved to our current home, in Montville, NJ, and we've

been here since. Together, we raised a wonderful family, and life has been good for me for the most part.

As the factor got better in one aspect, it caused havoc in another respect. In 1985, my life again would be changed – but as always, I had to go with it.

I have always lived life to the maximum. I never hid from life, from the obstacles and curve balls that were tossed at me, and I will continue to live life that way.

There is no ending to this story today because even though I'm in my 78th year of life, my life is not over. *There is more to come...life is good!*

Inalex Communications

38 East Ridgewood Avenue, #244

Ridgewood, NJ 07450