



BOARD OF DIRECTORS

Samuel Z. Goldhaber, MD  
*President and Director*  
Jawed Fareed, PhD  
*Director*  
Arthur A. Sasahara, MD  
*Director*  
John Fanikos, RPh, MBA  
*Treasurer and Director*

SCIENTIFIC ADVISORY  
COMMITTEE, NORTH AMERICA

Geno Merli, MD  
*Committee Chair*  
Jeanine M. Walenga, PhD  
*Committee Vice Chair*  
Joseph S. Alpert, MD  
Shannon Bates, MD, MSc  
Kenneth A. Bauer, MD  
Henry I. Bussey, PharmD  
Stephen Fredd, MD  
Russell Hull, MD, MSc  
Carlos Jerjes-Sanchez, MD  
Kenneth V. Leeper, Jr., MD  
Gundu Rao, PhD  
Farzaneh Sorond, MD, PhD  
Paul D. Stein, MD  
Jeffrey I. Weitz, MD

SCIENTIFIC ADVISORY  
COMMITTEE, INTERNATIONAL

Henri M. Bounameaux, MD  
Benjamin Brenner, MD  
Sylvia Haas, MD  
Stavros Konstantinides, MD  
Ajay K. Kakkar, MD, PhD  
Vijay V. Kakkar, MD

ADVOCACY COMMITTEE

Elizabeth Aluck  
Jose Alvarez-Stelling  
Brenda Blackburn  
Heidi Blongastainer  
Kelly Clark  
Jennifer Combs, MSN, ARNP  
Kendra Grant  
Henry Hagopian, III  
Michael J. Hefron  
Walter Jenkins  
Mark Lindsay  
Stacy Macaniello  
Ruth B. Morrison, RN, BSN, CVN  
James J. Noble  
Le Keisha Ruffin  
Amy Weintraub

eTHROMBOSIS REVIEW  
BOARD

Debra Hoppensteadt, PhD  
*Editor-in-Chief*  
Shannon Bates, MD, MSc  
Stephen Fredd, MD  
Arthur A. Sasahara, MD  
Paul D. Stein, MD

STAFF

Ilene Sussman, PhD  
*Executive Director*  
Jonathan Sonis  
*Office Manager*  
Ky Inthavong  
*Webmaster*

January 15, 2009

**Subject: Patients Strive to Raise Awareness for Blood Clot Prevention**

What do orthopedic surgery, pregnancy, birth control pills, major trauma and travel have in common?

They are all factors that increase the risk of deep vein thrombosis (DVT), a blood clot in the leg that can kill when it travels to the lungs, creating a pulmonary embolism (PE). According to the Surgeon General, between 350,000 and 600,000 Americans each year suffer from DVT and PE, and at least 100,000 deaths are related to these diseases. What's more, a lack of awareness often prevents people from recognizing symptoms and reporting them promptly.

That's why the Surgeon General has joined with non-profits such as North American Thrombosis Forum (NATF) to bring attention to these conditions and their life-altering consequences. Through patient stories and facts by blood clotting experts, NATF strives to provide women with information and resources they need to take control of their health.

Below please find story briefs from select patients; as you will read, the impact of DVT and PE is wide-ranging. I am happy to set up interviews with any or all of the patients and a physician expert on blood clots at your convenience. Please contact me at 617-525-8326 or [isussman@NATFonline.org](mailto:isussman@NATFonline.org).

Kind regards,

Ilene Sussman, PhD  
Executive Director  
North American Thrombosis Forum  
1620 Tremont Street, Suite 3022  
Roxbury Crossing, MA 02120  
(p) 617-525-8326  
(f) 617-738-7652

[isussman@NATFonline.org](mailto:isussman@NATFonline.org)

[www.NATFonline.org](http://www.NATFonline.org)



- ***“DVT and pulmonary embolism (PE) are like a ticking time bomb. Had I known the warning signs—had my doctor thought to order an ultrasound of my legs—my children and family would never have had to hold my hand and say goodbye to me.”***

Kelly Clark’s deep vein thrombosis and pulmonary embolism almost went undetected, but a fainting spell fate brought her into the emergency room. Faced with the possibility of not surviving, Kelly and her family made a risky decision that ultimately saved her life.

- ***“I trusted my body to heal, not get sicker and that's one of the scariest parts.”***

At 36 weeks pregnant Heidi Blongastainer experienced a near-fatal car accident. Shortly after being discharged Heidi experienced excruciating pain in her legs and was diagnosed with pulmonary embolism. Through this experience, Heidi learned to listen to her body to manage her condition.

- ***“My Father’s death inspired me to promote public awareness, elevate medical action and help prevent another devastating fatality like his.”***

Kendra Grant lost her father unexpectedly to a pulmonary embolism three years ago. Within two days of a leisurely road trip to visit Kendra, her dad had passed away, leaving her family in a state of shock.