



Our Impact This Year

2019 Annual Report



*Fighting blood clots
through education*

A Message From The President of NATF

Dear Friends:

Educating patients, families, and healthcare providers about thrombotic illnesses has been a primary focus for NATF since its inception in 2006. We believe that comprehensive education is the key to preventing and managing pulmonary embolism (PE), deep vein thrombosis (DVT), stroke, heart attack, peripheral artery disease, and diabetes. Our educational programs, online content, patient stories, and cutting-edge updates provide a unique and critical service. Physicians, nurses, and pharmacists continually rely on NATF to supplement their knowledge, and patients know that they can depend on us for accurate information and emotional support.

Your generous contributions to our Annual Fund cover most of our operating expenses and make our work possible.

2019 was a landmark year. We maintained a robust national and international presence, holding symposia in Los Angeles, New York, Washington DC, Nashville, Detroit, San Francisco, and Paris.

We had the pleasure of hosting our colleagues from Israel for an intensive 5-day vascular medicine course at Brigham and Women's Hospital. We held an engaging patient program on polyvascular disease and documented sharply increased participation in our in-person and online support groups. Our inaugural focus groups further provided patients and healthcare providers a venue to voice feedback on our current initiatives and their educational needs.

Regarding human resources, we now have four full-time staff members. Kathryn Mikkelsen, Executive Director of NATF, recently obtained her MBA from the Boston University Questrom School of Business. Courtney Anderson, our Associate Director, is taking courses in hopes of furthering her medical education. We also hired two new staff members, Aviva Schwartz and Claire Galvin. Aviva has her master's degree in Health Communication and Claire is currently taking evening courses to obtain her Master of Public Health degree.

This past year, NATF focused on raising awareness about the overlapping risk factors and pathophysiology of PE, heart attack, and stroke. Our annual Thrombosis Summit in September utilized an interactive case study to illustrate this important concept. Experts in preventive cardiology, vascular medicine, heart failure, and heart transplant came together to discuss optimal treatment and management strategies in a 59-year-old patient who presented to the emergency department with a heart attack.

In 2020, we are undertaking a concentrated effort to provide thrombosis education in two critically important populations: patients with cancer and patients who are hospitalized with

acute medical illnesses such as pneumonia, heart failure, stroke, and inflammatory diseases. Both patient groups have an unacceptably high risk for blood clots, despite proven preventive strategies. This spring, we will be bringing together several international experts for a two-day symposium on thrombosis

and cancer. We will also be publishing the Anticoagulation Action Initiative (AAI) in the *American Journal of Medicine*. The AAI will address thrombosis prevention in hospitalized medically ill patients.

As President of NATF, I take this opportunity to thank our staff, Board of Directors, consulting experts and opinion leaders, and most importantly, the patients, families, and public who provide us with the inspiration and resources to educate and innovate.

Warm wishes and best regards,



Samuel Z. Goldhaber, MD
President, NATF
Associate Chief and Clinical Director,
Division of Cardiovascular Medicine
Section Head, Vascular Medicine
Director, Thrombosis Research Group
Professor of Medicine, Harvard Medical School



A Message From The Executive Director

Dear Friends and Supporters:

One of my favorite things about working at NATF is having the opportunity to serve two important communities: healthcare providers and patients. A central part of our mission is to enhance communication between these two groups to ultimately improve patient outcomes. In that spirit, NATF hosted its first-ever patient and provider focus groups in 2019 to gain a better understanding of how our audiences seek out and use the information we create.

We were thrilled to learn that the most common words associated with NATF are “informative, reputable, trustworthy, authoritative, relevant, and leader.” Of course, articulating these findings in a letter is far less meaningful than hearing directly from the individuals that we’ve touched over the past year. Throughout this report, you will hear from patients, nurses, physicians, and pharmacists that attended an NATF program in 2019. These vignettes, along with the data we’re sharing in this report, demonstrate our progress towards improving the lives of those affected by blood clots and related diseases.



In 2019, NATF also started working on a long-term strategic plan and vision for the organization. One of the first steps we took was to rewrite our mission statement to: “The North American Thrombosis Forum (NATF) is a nonprofit organization dedicated to improving the lives of those affected by blood clots and related diseases. Through our comprehensive resources and innovative programming, we strive to educate patients and healthcare providers

about thrombosis and its complications.” We also held our first-ever staff retreat and have started to put other organizational best practices in place. This work will continue through 2020 and will give NATF the strong platform it needs to continue expanding.

It’s my hope that this report reflects NATF’s deep appreciation for your

support and shows you that by working together, we can continue to fight blood clots through education.

With gratitude for your generosity,

A handwritten signature in dark ink that reads "Kathryn Mikkelsen".

Kathryn Mikkelsen
Executive Director, NATF

2019 Expense Report

In 2019, you helped NATF raise \$157,003 for the Annual Fund to support life-changing programs. With your help, NATF was able to:



**EDUCATE MORE
THAN:**

818

healthcare providers at our
programs across the US



EDUCATE MORE THAN:

387,515

users on our website



WEBSITE USERS:

258%

increase from 2018



**PROVIDE
EDUCATION
TO:**

110

patients at the Spring
Patient Program

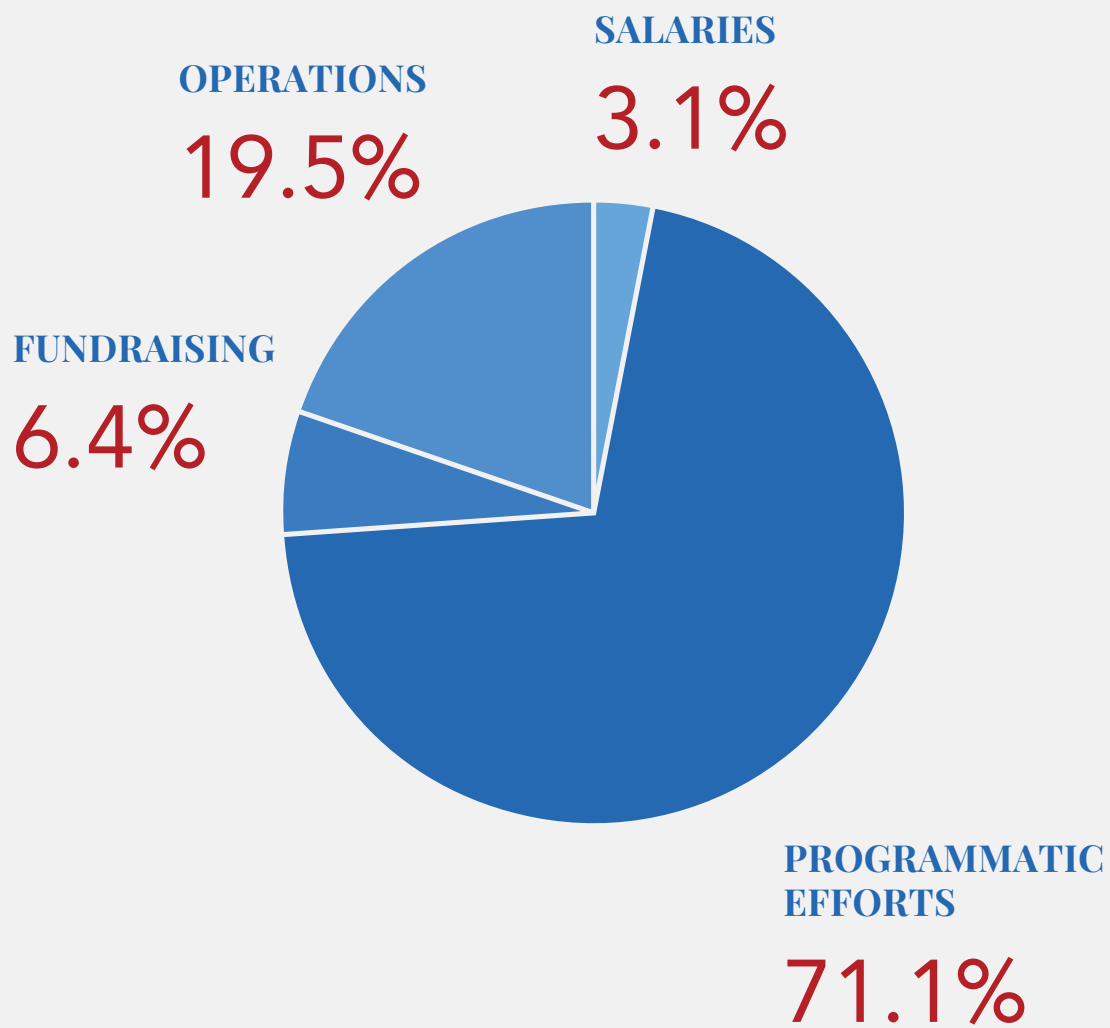


**LEND SUPPORT TO
MORE THAN:**

858

patients through our
monthly support groups

How your money was spent:



NATF's 2019 Timeline

JANUARY

"New Strategies for Preventing Pulmonary Embolism, DVT, and Stroke in Hospitalized Medically Ill Patients"

Cedars-Sinai Medical Center
Los Angeles, CA

NYU Langone Medical Center
New York, NY

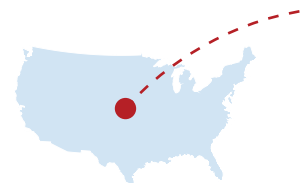
MAY

"New Strategies for the Treatment and Management of Anticoagulant-Associated Bleeding"

Regional Program
Boston, MA

"Beyond the Tip of the Iceberg: Optimal Ways of Identifying and Treating Polyvascular Disease"

Spring Patient Program
Waltham, MA



FEBRUARY

NATF/Israel Course in
Thrombosis, PAD, and CAD
Boston, MA

"The educational program that NATF ran in the spring included an engaging and very knowledgeable group of speakers. The program struck a great balance between reviewing the most relevant data available on anticoagulant-associated bleeding with practical information that can be incorporated into practice immediately. Despite working in this field regularly, the speakers highlighted many areas in a new way and challenged my current thoughts or built on my existing practice. Leaving this program, I was excited to further my learning and do additional research on the topics presented and the evidence reviewed."

Katelyn Sylvester, PharmD., CACP, BCPS
Pharmacy Manager – Anticoagulation Services,
Brigham and Women's Hospital



SEPTEMBER

2019 NATF Summit
"Hand-in-Hand Against
Cardiovascular Disease
– A Patient and Provider
Journey"

Boston, MA

NOVEMBER

Celebration of
Gratitude

Boston, MA



AUGUST

NATF Vascular
Protection Symposium

**European Society
of Cardiology
Paris, France**

OCTOBER

"New Strategies
for the Treatment
and Management of
Anticoagulant-Associated
Bleeding"

**Regional Program
Washington DC**

**Regional Program
Nashville, TN**

DECEMBER

"New Strategies
for the Treatment
and Management of
Anticoagulant-Associated
Bleeding"

**Regional Program
San Francisco, CA**

"An Update on
Anticoagulant-Associated
Bleeding: Risk, Treatment,
and Prevention Strategies"

**Regional Program
Dearborn, MI**

Meet Our Staff

Kathryn Mikkelsen

Kathryn is the Executive Director of the North American Thrombosis Forum (NATF) in Boston, MA.

Prior to joining NATF, Kathryn was the Project Manager of the Thrombosis Research Group at Brigham and Women's Hospital (BWH). At BWH, Kathryn was responsible for planning the monthly PE support group that Dr. Goldhaber and his nurse, Ruth Morrison, run. It was at these meetings that she realized how little awareness there still is about VTE, and how scary the diagnosis is for patients. She also recognized that there was an opportunity to provide thrombosis education to healthcare providers as well.

In her role as the Executive Director, Kathryn has helped start several VTE support groups throughout the US. She also facilitated the publication of the NATF Atrial Fibrillation Action Initiative Consensus Document in the *American Journal of Medicine*. Currently, Kathryn oversees the development of national and international medical education programs for patients and clinicians. The goal of these programs is to provide patients, caregivers, family members, and frontline healthcare providers with accurate, unbiased, and up-to-date education about blood clots and thrombosis-related complications.

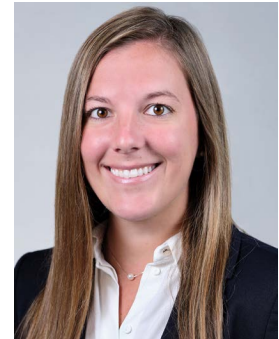


Courtney Anderson

Courtney is the Associate Director for NATF. She is responsible for the day-to-day operations of the office along with overseeing finances for the events and the NATF annual fund. One

of Courtney's goals is to create a stronger brand that helps deepen and refine different aspects of the organization, from web presence to external relations. Courtney graduated from Boston University's Sargent School of Health Science and Rehabilitation in 2012 with a bachelor's degree in Health Sciences.

Prior to joining NATF, Courtney managed the office operations at a physical therapy company, where she helped patients recover from injuries and worked to promote healthy lifestyles. She wants to use her knowledge in the healthcare field to further raise awareness about thrombosis and help educate those who may not have heard about the disease before. Outside of work, Courtney loves to play soccer and spend time with her family and friends.



Aviva Schwartz

Aviva is the Director of Content Development at NATF and oversees the writing, editing, and production of NATF's patient and provider resources. She frequently collaborates with the Board, Scientific Advisory Committee, and other experts to develop content for articles, videos, and educational materials. She is the Managing Editor of NATF's patient newsletter, *The Beat*, and the Editorial Manager for NATF's Anticoagulation Action Initiative.

Prior to joining NATF, Aviva was a Senior Editor at Aptus Health, Inc. where she managed the cardiology, pulmonology, and hospital medicine content portfolios for a physician education website. She has previously been in writing and editing roles at Harvard Health Publications and Inflexxion, a behavioral health company.

Aviva graduated from Simmons College with a dual degree in Sociology and Spanish. In 2011, she received her master's degree in Health Communication from a joint program at Emerson College and Tufts University School of Medicine. Outside of work, Aviva enjoys reading, spin class, traveling with her husband, and spending time with family and friends.



Claire Galvin

Claire is the Associate Director of Events and Outreach at NATF. She is responsible for the planning, marketing, and logistics of all NATF educational events, outreach projects, and fundraising events. Prior to joining NATF, Claire was a Research Coordinator for the Thrombosis Research Group at Brigham and Women's Hospital.

Claire graduated from the University of New Hampshire with a degree in Biomedical Sciences and is currently working towards her Master of Public Health degree at Boston University. Outside of work, Claire enjoys road biking, spending time with her black lab, Marge, and playing a variety of sports through recreational park leagues.



"I greatly enjoyed the NATF program on anticoagulant-related bleeding. Outstanding, balanced, and highly relevant educational content with excellent delivery by the speakers. I appreciated that NATF partnered with our local/regional experts to deliver the program – I think this made the content all the more meaningful for our community. I also thought the regional meeting ended up being a great networking opportunity for vascular medicine/surgery, cardiology, hematology, and medicine experts (physicians, APPs, nurses, pharmacists) in our area."

Heather Gornik, MD
Co-Director, Vascular Center, University Hospitals
Harrington Heart and Vascular Institute
Professor of Medicine CWRU

Donor Honor Role of 2019

The Annual Report reflects all gifts and pledges received in 2019

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Goldhaber, MD***
Bob and Marni Wise

“The NATF program I attended had great faculty with a lot of clinical and research expertise. This was a program that gave the audience a lot of practical information about anticoagulation/DOACs in general, with a focus on the most common complication associated with anticoagulation: bleeding. Rates of bleeding were presented based on clinical trials and real-world registries, along with management strategies aimed at reducing bleeding. The question and answer session was very helpful – answers were focused on real-world solutions to contemporary anticoagulation issues.”

Eva Kline-Rogers, NP
Cardiovascular Nurse Practitioner
Co-Director, MCORRP

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NORTH AMERICAN THROMBOSIS FORUM

368 Boylston Street, Brookline, MA 02445

www.natfonline.org

617 730 4120