



## Our Impact This Year

### 2022 Annual Report



*Fighting blood clots  
through education*



A Message From  
The President of NATF

Dear Friends:

Educating patients, families, and healthcare professionals about thrombotic illnesses has been a primary focus for NATF since its inception in 2006. Today, NATF continues to expand its reach beyond blood clots to include related conditions, such as cancer, diabetes, and heart disease, and I am very proud of what we have accomplished together over the last year.

As you will see in this report, NATF continued to educate more healthcare professionals and patients beyond the scope of deep vein thrombosis and pulmonary embolism. We developed several educational programs for healthcare professionals on topics ranging from anticoagulation and obesity to new guidance on lowering cholesterol, and for the first time ever, hosted the prestigious course, *Thrombosis & Thromboembolism*, in Boston. We closed out the year with a publication in the journal *Endocrine Practice* titled, “Assessing and Addressing the Risk of Venous Thromboembolism Across the Spectrum of Gender-Affirming Care.”

For our patients, we started a monthly virtual support group specifically for individuals who have been diagnosed with a blood clot in the last 12 months. We hosted a well-attended virtual program in the fall on optimizing heart health after a thrombotic event, and launched *Clotcast*, a limited-series podcast about patient-clinician communication. In addition, we created

an online toolkit for patients and caregivers that focuses on blood clots and cancer. These landmark achievements were made possible by unprecedented teamwork and collaboration with patients, families and friends, healthcare professionals, academicians, and industry partners.

I owe a special debt of gratitude to Kathryn Mikkelsen, NATF Executive Director, Courtney Anderson, Director of Operations, Aviva Schwartz, Director of Content & Education and Co-Chair of NATF’s Medical Advisory Board, and Maggie Newburg, Director of Marketing.

With appreciation and gratitude for your continued support of NATF,

Samuel Z. Goldhaber, MD  
President, NATF  
Associate Chief and Clinical Director  
Division of Cardiovascular Medicine  
Professor of Medicine  
Harvard Medical School



A Message From  
The NATF Staff

Dear Friends and Supporters:

For the last 16 years, you have graciously helped us drive forward our mission of improving the lives of those affected by blood clots and related diseases. Beyond this mission, however, lies our organizational vision: “To be the premier resource for blood clot education.” This past year, NATF worked hard to identify what we need to do to make meaningful progress towards this goal. With the help of our Executive and Medical Advisory Boards, we developed two big initiatives: *Measuring What Matters* and *Growth Mindset*. Through these initiatives, we are seeking to understand what brings the most value to our clinician, patient, and caregiver audiences and how to best measure our impact. We have also started to focus on enhancing our digital strategy to increase our international presence.

In 2022, we made huge strides towards achieving our vision. With great pride and pleasure, we can share several key educational and organizational accomplishments with you:

- For the first time ever, our patient support groups achieved global reach with participants joining us from Canada, Europe, Africa, and South America.
- We completed an in-depth user experience study with the Bentley University User Experience Center. This study provided insights and recommendations into how NATF can improve our website to better educate our audience.

- We made the decision to add a new position to our Executive Board, Chair of Digital Strategy. This new leader will help us expand our digital presence and become a front-runner in medical education and outreach.
- We nominated and confirmed two new members to our Medical Advisory Board:
  - Cardiovascular Nursing Advisor: Margo Minissian, PhD, ACNP from Cedars-Sinai Medical Center
  - Critical Care Medicine Advisor: Jerrold Levy, MD from Duke University Medical Center

We could not have done any of this work without the dedicated healthcare professionals, scientists, and experts who volunteer their time to help us shape and disseminate our educational initiatives; the patients who join our support groups to share their stories and lend encouragement to one another; and of course, you, our generous donors, who entrust us to put your donations to the best possible use.

We know our vision is attainable if we work together.

Thank you for your generous support of NATF.

Warm regards,

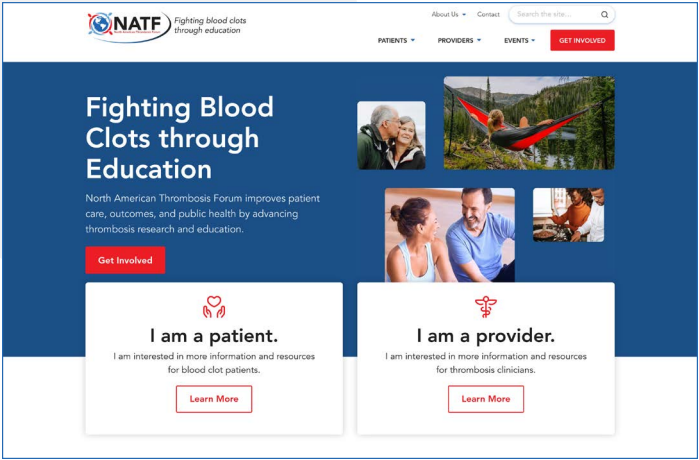
Kathryn, Courtney, Aviva, and Maggie

# How NATF Made an Impact This Year

NATF continues to push the boundaries in the thrombosis space. Through our innovative programs and innovative programs and events, we continue to educate patients and healthcare professionals about blood clots and related cardiovascular diseases.

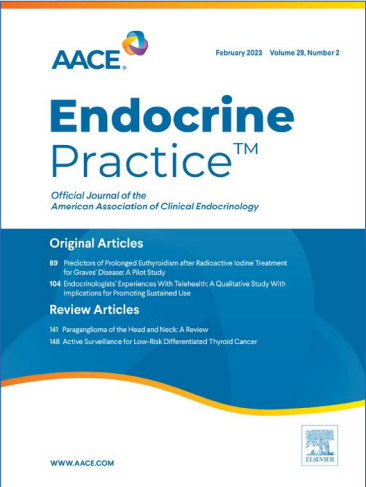


Launched our new website, [thrombosis.org](https://thrombosis.org)



Created a global online support group for patients who have been newly diagnosed with a blood clot

Published clinical guidance for healthcare professionals on addressing blood clot risk in the transgender community.





Launched a new campaign, *Thrombosis Tips*, a collection of tips on treating thrombosis, preventing future blood clots, and living a heart-healthy lifestyle after a clotting event.

#ThrombosisTipTuesday

Coming Off A Blood Thinner

Once you and your doctor have decided to stop a blood thinner, consider these tips:

- Focus on clot prevention, including staying hydrated and mobile.
- Recognize the signs and symptoms of a blood clot like a DVT or PE.
- Create a support system for yourself, such as family, friends, a psychologist, or even a support group or online forum.
- Don't hesitate to reach out to your doctor with any questions or concerns.

#ThrombosisTipTuesday

Managing Anxiety

Tips for managing anxiety after a clot

- Acknowledge the event you experienced was BIG event and that it's completely reasonable to feel scared or anxious.
- Develop a list of steps to calm yourself down - if these steps don't work, consider going in to the emergency room.
- Know your signs of DVT/PE so that you can recognize if another one is happening.
- Don't be afraid to go to the emergency room if you suspect you have another clot - you know your body best!
- Speak with your doctor about techniques for controlling anxiety and anticoagulation plans.
- Join a support group, such as the one at [www.thrombosis.org/support](http://www.thrombosis.org/support).

#ThrombosisTipTuesday

Feeling "Okay" Again

It's okay to not be okay after having a blood clot.

In fact, many patients feel unwell for months after a clot. This tip offers ideas for helping patients accept what has happened to them, and begin to feel more "okay".

Join a Forum  
Joining an online community (such as on facebook or reddit) allows patients to read about people who have had similar experiences, ask questions, and share stories.

Join a Support Group  
Talking to other survivors in real-time helps patients see they are not alone, validate feelings, and unpack worries.

Speak with Your Doctor  
Speaking with a doctor can educate patients on why a clot happens and how to manage clots medically.

Celebrate Progress  
Tracking & celebrating wins empowers patients to measure progress. Can you walk more this week than last? Cough less than a month ago? These are wins! Celebrate them!

#ThrombosisTipTuesday

Blood Thinner Interactions

Some foods, supplements, & medications can make blood thinners more or less effective, causing an interaction. Consider asking your doctor about using these ingredients if you are on a blood thinner.

Common interactions that may change your bleeding risk include:

- Aspirin
- Cannabis or CBD
- Fish oil
- Ginkgo biloba
- Turmeric
- Vitamin K, grapefruit, and St. John's Wort (specific to patients on warfarin)

CLOTCAST

THE NATF PODCAST

Debuted our first-ever podcast, *Clotcast: The NATF Podcast!*

Clotcast, NATF's limited-series podcast, encourages open and ongoing dialogue between healthcare professionals and patients by teaching proven communication techniques and empowering patients to be active participants in their care.

Hosted NATF's first *Thrombosis and Thromboembolism Course*:

This prestigious two-day course provided a comprehensive review of the most significant changes and advances impacting the care of patients who have—or are at risk for—thrombotic disorders. We had world-renowned experts and leading clinical faculty provide key updates on the prevention, diagnosis, and treatment of thrombosis and related conditions.



Samuel Z. Goldhaber, MD

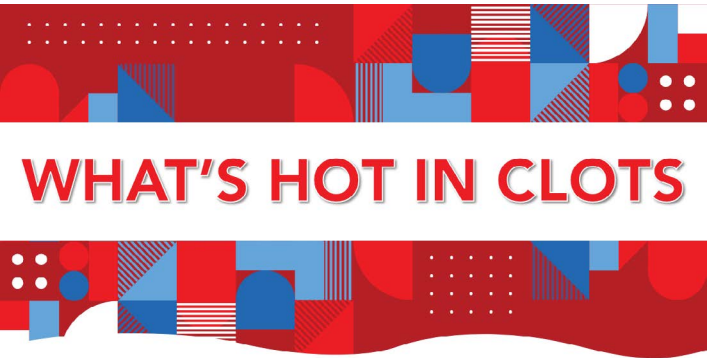


Gregory Piazza, MD, MS



Paul M. Ridker, MD, MPH





**Developed the *What's Hot in Clots* series for healthcare professionals:**

In this monthly blog, Dr. Behnood Bikdeli provides healthcare professionals with key updates in thrombosis.



Behnood Bikdeli, MD

**Hosted two online educational programs:**

**Managing Anticoagulated Patients with Obesity: A Focus on Direct Oral Anticoagulants**

This program addressed the complexity of managing patients with obesity who require anticoagulation and included a multidisciplinary speaking panel comprising experts in bariatric surgery, internal medicine, weight management, cardiology, vascular medicine, and hematology. NATF had its most engaged Q&A session to date that incorporated interdisciplinary discussion and insights on best management strategies.



Aaron Aday, MD, MS



Malcolm Robinson, MD



Jorge Plutzky, MD



Lynne Braun,  
PhD, CNP



Joyce Ross, NP



Judy Shiao, MD



Allen Taylor, MD



Tzu-Fei Wang, MD, MPH



Seth Martin, MD, MHS



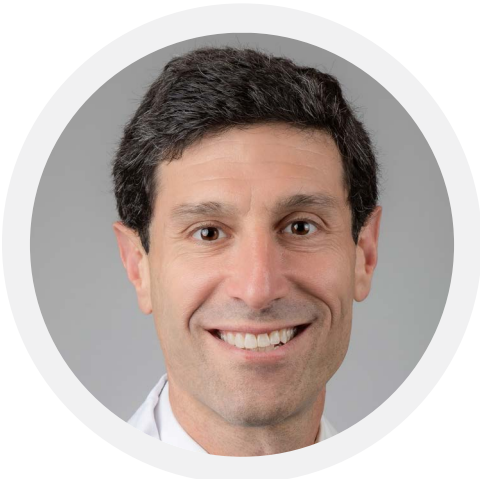
Heather Johnson, MD

**The Cholesterol Wars: Navigating a Shifting Battlefield**

Global experts joined us for this webinar series to address key issues in cholesterol management. Our unique format included a didactic lecture and case presentation, followed by an interactive Q&A.



Allen Taylor, MD



Ty Gluckman, MD

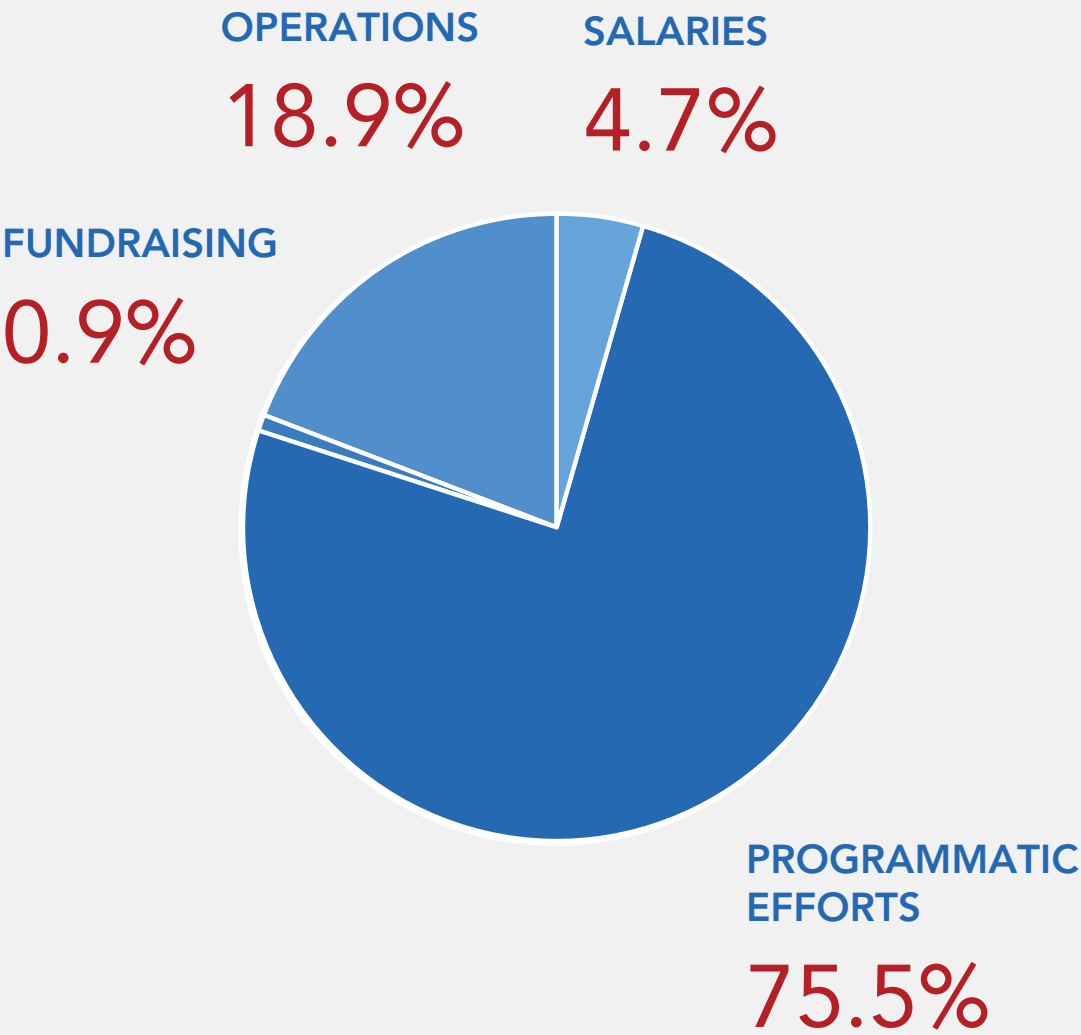


Margo B. Minissian,  
PhD, ACNP

2022 Expense Report

In 2022, you helped NATF raise \$91,561 for the Annual Fund to support life-changing programs.

How your money was spent:



Donor Honor Roll of 2022

The Annual Report reflects all gifts and pledges received in 2022

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*In honor of Samuel Goldhaber, MD*  
Alan Weiss

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Charles Sow  
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NORTH AMERICAN THROMBOSIS FORUM

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[thrombosis.org](http://thrombosis.org)

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