



Our Impact This Year

2023 Annual Report



*Fighting blood clots
through education*



Letter from the NATF President

Dear Friends,

I am grateful for the opportunity to reflect on the exciting accomplishments and growth that we have achieved together during my first year as NATF President. I would first like to thank Samuel Z. Goldhaber, MD, NATF's founder and President Emeritus, for his vision and stewardship in establishing NATF as a premier organization dedicated to thrombosis that brings together patients and clinicians. As you will see in this report, we have continued to build on that legacy.

We have broadened our educational initiatives across a spectrum of diseases and platforms. For clinicians, we conducted an in-person Right Heart Symposium tailored to those who care for patients with pulmonary vascular disease, as well live webinars and podcasts that provided cutting-edge science on various cholesterol-lowering therapies and recommendations on how to incorporate them into clinical practice. NATF also launched a successful limited-series podcast for patients on understanding peripheral artery disease and developed a patient-centered toolkit on transgender health and blood clots. In addition, we created a "Procedure Playbook" for patients to provide practical guidance on managing blood thinners and antiplatelet medications around the time of a procedure or operation. The exceptional quality of these programs was evident in the results of our inaugural "premier survey," where we received exceptional ratings from both clinicians and patients and the affirmation that NATF is a trusted educational resource.

While we are proud of our accomplishments, we continue in our mission to reach a broader audience. To that end, we welcomed Nathan T. Connell, MD, MPH as our new *Chair of Clinician Engagement and Education*, established an Education Committee, and hired a Digital Strategy Consultant to ensure that our website, digital content, and social media presence are meeting the needs of our community.

I am grateful to the NATF staff for their incredible work in 2023: Kathryn Mikkelsen, Executive Director, Courtney Anderson, Director of Operations, Aviva Schwartz, Director of Education and Co-Chair of Medical Advisory Board, Maggie Newburg, Director of Marketing, and Jody Boothe, Administrative Assistant.

Lastly, I would like to extend my gratitude to all of you, as what we accomplish at NATF is only possible through valued relationships and collaboration with our patients and their families, healthcare professionals, and our industry sponsors.

With deepest appreciation for your continued support of NATF,

Letter from the NATF Staff

Dear Friends of NATF,

As we reflect on the North American Thrombosis Forum's (NATF's) impactful journey in 2023 and set our sights on a transformative 2024, we are excited to share an update on how your integral support is shaping the future of thrombosis education.

Highlights from 2023

Innovative, High-Impact Education

[We published the second season of NATF's limited-series podcast, Clotcast](#), which encourages open and ongoing dialogue between clinicians and patients and empowers patients to be active participants in their care. Season 2 was moderated by Dr. Lee Kirksey, the Vice Chairman of the Department of Vascular Surgery at Cleveland Clinic, and focused on improving outcomes in patients who have peripheral artery disease (PAD).

[The launch of our blood clot toolkit for the transgender community](#) underscored our unwavering commitment to inclusive education by providing transgender individuals with knowledge and tools to discuss blood clot risk with their clinicians.

Our Right Heart Symposium provided clinicians with crucial insights into advanced imaging approaches, pharmacologic therapies, and interventional strategies pivotal to managing pulmonary vascular diseases.

[To learn more about this year's key educational programs, please see pages 6-8 in this report.](#)

Looking Ahead to 2024

In the coming year, NATF is poised for even more growth through several strategic initiatives:

- We are spearheading a groundbreaking initiative to revolutionize patient-clinician communication around a blood clot diagnosis. This pioneering effort underscores our commitment to improving health communication and the patient experience, particularly in sensitive diagnostic settings. We are fortunate to work with a diverse committee of patient and clinician leaders on this project, which has also been endorsed by the International Society on Thrombosis and Haemostasis Scientific Standardization Committee (SSC).
- NATF is dedicated to broadening our impact through expanded patient support groups that are tailored to underserved communities at higher risk of thrombosis, including women, persons of color, transgender individuals, and people battling cancer. These groups will offer invaluable resources and education that enhance the well-being of these communities.

Your support is instrumental in propelling NATF's mission to new heights.

Thank you.

Warm regards,

Kathryn Mikkelsen, MBA
NATF Executive Director

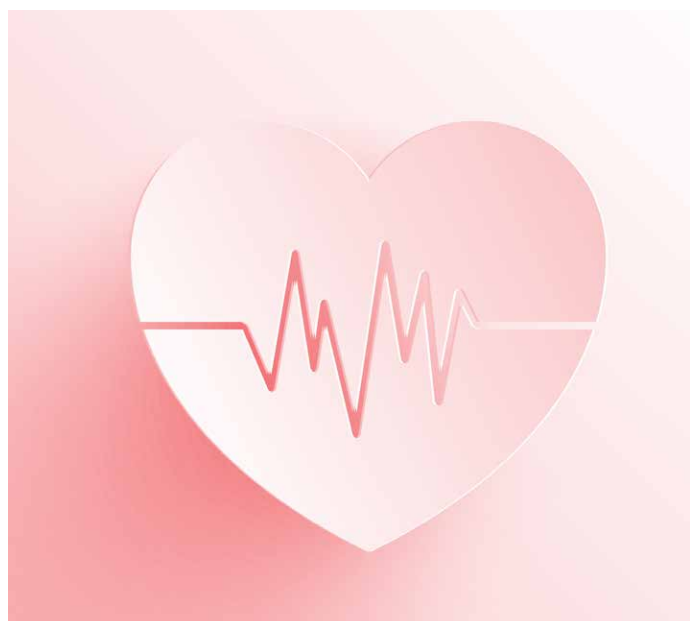
Courtney Anderson
Director of Operations

Aviva Schwartz, MA
Director of Education

Maggie Newberg
Director of Marketing

John Fanikos, RPh, MBA
Director of Strategic Initiatives

Jody Boothe
Administrative Assistant



Organizational News: What You Might Have Missed in 2023



We welcomed a new Board President: Christian Ruff, MD, MPH

After nearly two decades of leadership and service to NATF, Dr. Samuel Goldhaber, our beloved Founder and President, and Dr. Gregory Piazza, our Chair of Clinician Engagement & Education, stepped down from their positions on the Board of Directors. NATF would not exist without their vision, guidance, loyalty, and dedication over the last 15+ years. While their departures are bittersweet, Drs. Goldhaber and Piazza have ensured that NATF is well positioned for the next decade and beyond.

We were delighted to welcome Dr. Christian Ruff as our new President in 2023. Dr. Ruff has served on the NATF Board of Directors since 2013 and co-chaired NATF's Medical Advisory Board from 2020-2022. He is the Director of General Cardiology at Brigham and Women's Hospital (BWH) and an Associate Professor of Medicine at Harvard Medical School. In addition to patient care, Dr. Ruff also oversees clinical trials at the TIMI Study Group, a research organization based at BWH. He has a special interest in studying anticoagulant therapies (drugs that prevent clotting; "blood thinners") across the spectrum of cardiovascular disease.



We appointed a new Chair of Clinician Engagement & Education: Nathan Connell, MD, MPH

Dr. Connell is a hematologist at Brigham and Women's Hospital, where he focuses on clinical disorders of thrombosis (blood clots) and hemostasis (stopping and preventing bleeding). He is currently the Chief of Medicine at Brigham and Women's Faulkner Hospital, the Associate Director of the Boston Hemophilia Center, and an Associate Professor of Medicine at Harvard Medical School. He has been affiliated with NATF for several years as both a faculty member and participant in clinician education programs.



We hired a Digital Strategy Consultant: Lisa Gualtieri, PhD, ScM

Dr. Gualtieri is a digital health innovator, educator, and consultant. She is currently an Instructor in Digital Health at the Harvard T.H. Chan School of Public Health. As an Associate Professor at Tufts University School of Medicine, her research focuses on designing digital health technology to improve patient outcomes, specifically for medication adherence and home medication management. In addition to teaching and research, she founded a nonprofit, RecycleHealth, that collects health and fitness trackers for underserved populations.



We hosted a successful second Annual Board Retreat

The NATF Board of Directors, Medical Advisory Board, and staff came together for a productive two days in April 2023 where we had the opportunity to...

- Honor Dr. Goldhaber and Dr. Piazza for their years of service to NATF (with Emeritus Board Member Dr. Arthur Sasahara also joining us!)
- Welcome new members to our Medical Advisory Board: Dr. Jerrold Levy (Critical Care Advisor), Dr. Margo Minnissian (Cardiovascular Nursing Advisor), and Dr. Behnood Bikdeli (Vascular Medicine Advisor)
- Discuss NATF's strategic plans, educational priorities, and ideas for digital innovation



We hired a Research Intern: Samarth Mishra, MD Candidate

Samarth Mishra is a second-year medical student at the Medical College of Georgia in Augusta, GA. Since high school, Samarth has been a part of the Georgia Thrombosis Forum, now called the Global Thrombosis Forum (GTF). During his time with GTF, he helped create educational resources to raise awareness about blood clotting conditions and disorders. Over the last year, Samarth has been working on our initiative to help improve clinician-patient communication around a blood clot diagnosis. His research interests are broad but primarily include patient-centered communication and the prevention of blood clots and cardiovascular disease.



Boston-based Board Members and NATF staff supported World Thrombosis Day!

The NATF staff and our Executive and Medical Advisory Board members who live in Boston came together to support World Thrombosis Day (WTD), a global initiative held annually on October 13th to raise awareness about thrombosis. We were lucky enough to see the Leonard Zakim Bridge lit up in the WTD colors!

How NATF Made an Impact This Year

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



We hosted a global meeting and delivered a presentation at an international thrombosis conference

The NATF staff attended the 2023 International Society on Thrombosis and Haemostasis (ISTH) Congress and hosted a global taskforce meeting to kick off our initiative on improving clinician-patient communication at the time of a blood clot diagnosis. Our Research Intern presented the project goals and objectives to an ISTH Scientific Standardization Committee as well.



We launched a toolkit for the transgender community

Clinicians, researchers, and transgender advocates from across the country came together to develop guidance on managing blood clot risk in transgender people. Their recommendations [were published in the medical journal Endocrine Practice](#) earlier this year, and the ensuing toolkit was created to educate transgender people about the potential risk for blood clots in the setting of gender-affirming care.

The toolkit includes information on...

- What a blood clot is
- Risk factors for a blood clot
- Common signs and symptoms of a blood clot
- How hormone therapies and surgery can raise blood clot risk
- How to talk to your care provider about blood clot risk

The key message emphasized in our toolkit is that the risk for blood clots **is not and should not** be a barrier to gender-affirming care.



We developed the Procedure Playbook

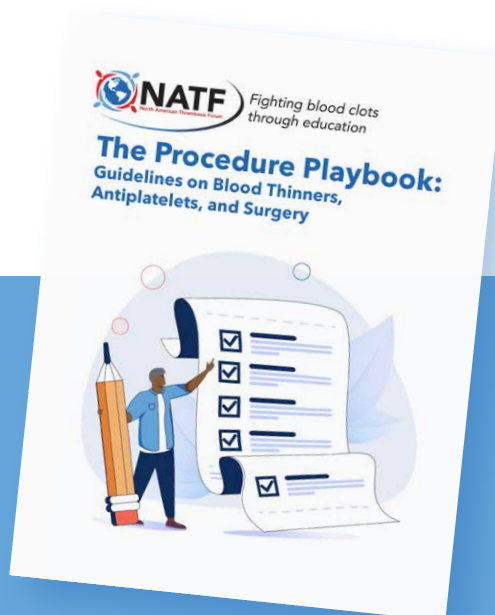
The Playbook is a resource for people who take medicines to prevent blood clots and need a procedure or operation. The American College of Chest Physicians published [updated recommendations](#) on how to make medicine adjustments before, during, and after surgery. We worked with leading experts to turn this complex information into an easy-to-use handbook for patients.



We launched Season 2 of Clotcast

Moderated by Dr. Lee Kirksey, the Vice Chairman of the Department of Vascular Surgery at Cleveland Clinic, our latest podcast series is a comprehensive resource for those affected by peripheral artery disease (PAD), including:

- Patients at risk for PAD
- Patients who have been diagnosed with PAD
- Caregivers and family members who have a loved one with PAD



Section 2: Learn the Lingo: Key Concepts and Definitions

What is antithrombotic therapy?
 An antithrombotic drug helps the blood clot less. On any medicine that helps the blood clot less, you need to be aware of how blood clots. These medicines include anticoagulants and antiplatelets.

Anticoagulants are sometimes called "blood thinners".
 Because they help blood flow better, you need to be aware of how blood clots. These medicines include anticoagulants and antiplatelets.

At this point, we'll be focusing on the anticoagulants that you take as pills, which include:

Generic Name	Brand Name
Warfarin	Jantrol®

Direct oral anticoagulants (DOACs)

Generic Name	Brand Name
Dabigatran	Pravastatin
Rivaroxaban	Xarelto®
Edoxaban	Santacel®
Apixiban	Pravastatin

Antiplatelet drugs help stop blood cells (called platelets) from sticking together and making clots. They help focus on the types of antiplatelet drugs to prevent an event blood clot, stroke, and PVD.

Generic Name	Brand Name
Aspirin	Aspirin
Clopidogrel	Plavix®
Ticagrelor	Bridgel®
Prasugrel	Effient®

Medication Overviews

Medication Overview

High Bleeding Risk

Medication	Aspirin	Clopidogrel	Ticagrelor	Prasugrel	Warfarin	DOACs
Aspirin	Yes	No	No	No	No	No
Clopidogrel	No	Yes	No	No	No	No
Ticagrelor	No	Yes	Yes	No	No	No
Prasugrel	No	Yes	Yes	Yes	No	No
Warfarin	No	No	No	No	Yes	No
DOACs	No	No	No	No	No	Yes

Low Bleeding Risk

Medication	Aspirin	Clopidogrel	Ticagrelor	Prasugrel	Warfarin	DOACs
Aspirin	Yes	No	No	No	No	No
Clopidogrel	No	Yes	No	No	No	No
Ticagrelor	No	Yes	Yes	No	No	No
Prasugrel	No	Yes	Yes	Yes	No	No
Warfarin	No	No	No	No	Yes	No
DOACs	No	No	No	No	No	Yes

Legend:
 Yes: Use with caution
 No: Do not take
 X: Do not take based on your doctor's advice
 Based on the blood thinners you take. The degree of risk of bleeding may be different than the degree in this table.

Visual Guides

A Personalized Antithrombotic Medication Management Worksheet

USE THIS SHEET IF YOU TAKE WARFARIN

Background Information

Name: _____

Date of birth: _____

Preferred pharmacy (include name, address, and phone number): _____

Emergency contact name and phone number: _____

Medication Information

Check all of the medicines you take in the boxes below. Next to your medication, fill in your dose, the reason why you take it, and also prescribe it.

Medication	Dose	Why do you take it?	Who Prescribes it?
Warfarin (Coumadin®)			
Aspirin			
Clopidogrel (Plavix®)			
Ticagrelor (Brilinta®)			
Prasugrel (Effient®)			

Worksheets

How NATF Made an Impact This Year (continued)



We hosted the 6th Right Heart Symposium

This immersive two-day conference brought together clinicians and scientists from multiple medical disciplines and health systems to cover a broad range of topics, including right heart failure, pulmonary vascular disease, and pulmonary hypertension.



We launched Cholesterol Conversations, a limited-series podcast for clinicians

This podcast discusses the latest guidance on heart disease management and available treatment options for optimal cholesterol lowering. New data on the efficacy of novel agents and combination therapy is also highlighted.

We launched our first-ever "Premier Survey"

This inaugural survey reaffirmed NATF as a trusted resource, receiving exceptional ratings and feedback from both clinicians and patients:

- Overall opinion: NATF received an average score of 4.45 out of 5.



- Premier resource: Respondents rated NATF at 4.56 out of 5 for being considered a premier resource for medical education.



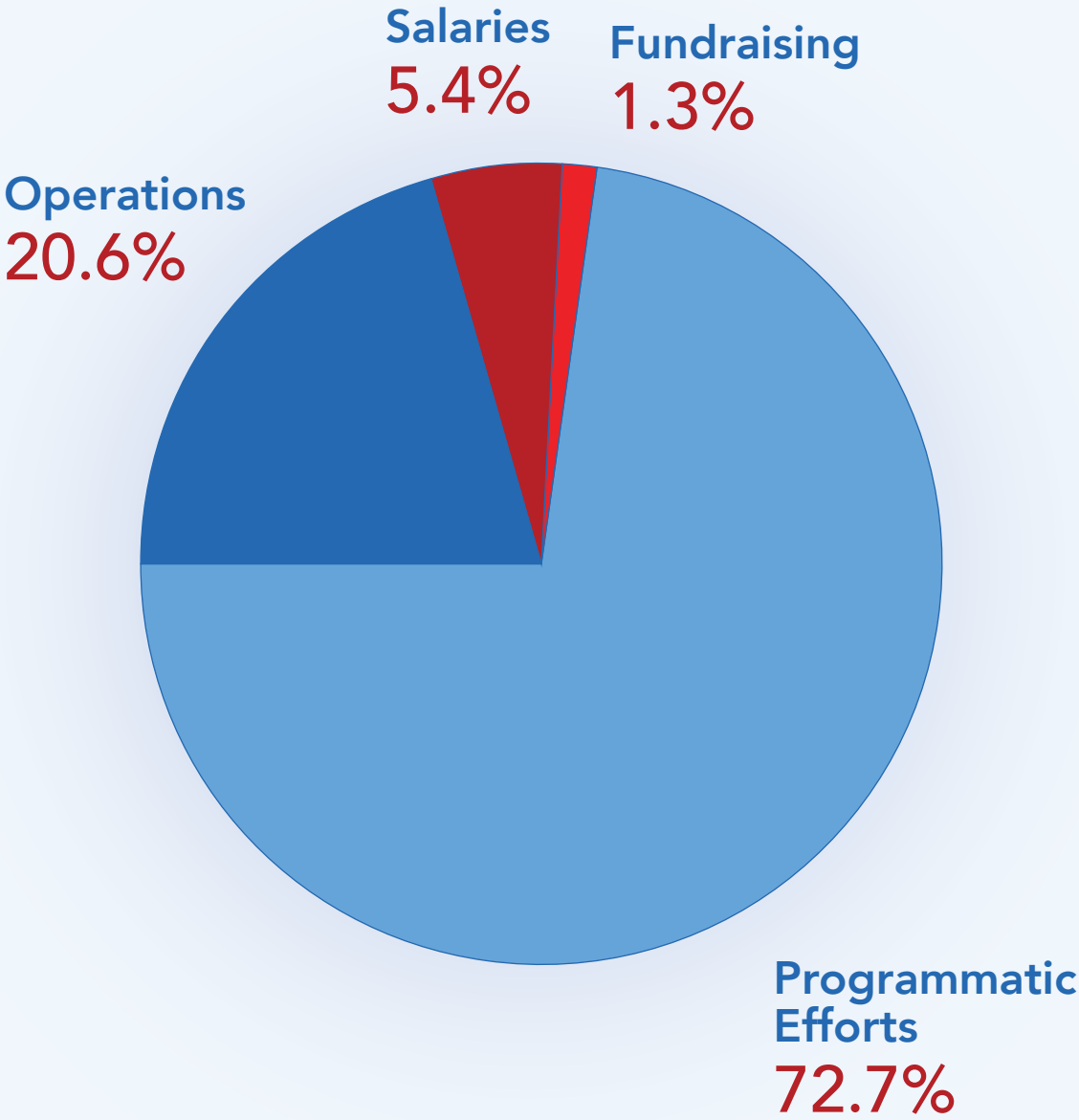
- Referral likelihood: Respondents rated their likelihood to refer a friend or colleague to NATF at 4.45 out of 5.



2023 Expense Report

In 2023, you helped NATF raise \$38,041 for the Annual Fund to support life-changing programs.

How your money was spent:



Donor Honor Roll of 2023

The Annual Report reflects all gifts and pledges received in 2023.

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Leslee and Randy Greene
*To advance thrombosis research and education.
On behalf of Randy, Joseph Kennedy, and other
people affected by pulmonary embolism*

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Denise Cardo
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Bartley Coyne and Diane Mazzaferro
Thank you for all the help and support
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Feeling grateful for NATF
Molly Parrish Charitable Fund
In memory of Donald R. Parrish
Daniel Peacock
Arthur Sasahara, MD
Alan Weiss

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In honor of Samuel Goldhaber, MD

Dennis Kelley and Anne Marie Hines

Mona Lamkin and Maria Dolbeare

Christina Martin

Thank you to NATF for making a difference

Linda Maslin

Thank you for all the support you have given me

Nina Mayer

In honor of Samuel Goldhaber, MD

Ana Alicia Mercurio-Pinto

Pauline and Frederick Metters

Alexandra Mikkelsen

Peggy Peterson

In honor of Samuel Goldhaber, MD

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NORTH AMERICAN THROMBOSIS FORUM

368 Boylston Street, Brookline, MA 024