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A Year Together, A Future Ahead: A Message from the Executive Director

By April Steger



As we close out another remarkable year, I am filled with gratitude for the strength, resilience, and unity of our Northern California bleeding disorders community. This has been a year of growth, renewed connections, and meaningful progress and none of it would have been possible without your participation, partnership, and trust.

Celebrating a Year of Accomplishments

In 2025, we offered an exceptionally wide array of educational programs designed to support individuals and families living with bleeding disorders. From sessions focused on hemophilia, von Willebrand Disease, and rare factor deficiencies to workshops exploring emerging therapies and treatment access, our commitment has remained steady: to ensure that everyone in our community has the information and resources they need to thrive.

We were proud to bring these programs to towns and cities throughout Northern California and to expand the number of events offered in Spanish, ensuring that these essential topics remain accessible to all members of our diverse community.

Strengthening the Emergency Assistance Fund

This year, we completed a comprehensive review of our Emergency Assistance Fund to ensure it continues to meet the evolving needs of those we serve. We increased support for community members facing unexpected financial hardship, reaffirming one of our core principles: no one should have to navigate difficult moments alone.

If you or someone you know is experiencing challenges, please reach out to your social worker at your local Hemophilia Treatment Center—they are ready to guide you through available resources.

Deep Gratitude for Our Volunteers

To the volunteers who dedicate their time, energy, and compassion all year long: thank you. Whether you offered a helping hand at an event, served on a committee, or simply showed up when needed, your commitment strengthens our foundation and makes our work possible. We are profoundly grateful for you.

Appreciation for Our Donors and Industry **Partners**

We are also deeply grateful to our donors and industry representatives whose support makes so much of our work possible. Your generosity ensures that our educational programs, family support services, and outreach efforts continue to grow each year. Thank you for investing in the well-being of our community and standing with us in our mission.

Recognizing Our Outstanding Team

I want to extend a heartfelt thank you to Ashley Gregory, Pedro Preciado, and Kelsey Cunningham. Their professionalism, care, and dedication ensure that our programs, services, and advocacy efforts continue to flourish. We are fortunate to have such a capable and compassionate team working behind the scenes every day.

Honoring Our Fearless Leader

We are also deeply grateful for the leadership of our Board President, Randy Curtis. Randy has spent his life advocating for access to appropriate treatment, quality care, and equitable insurance coverage. Whether in Washington, Sacramento, or any room where critical decisions are being made, Randy is a powerful voice for those living with bleeding disorders.

A Personal Reflection

As I conclude my first year as your Executive Director, I want to express my sincere appreciation for the warm welcome I received from so many of you. I devoted this year to learning as much as possible about bleeding disorders and the experiences of the families we serve. Your openness, guidance, and patience have meant the world. I still have much to learn, but I hope my background as an experienced nonprofit director brings value, stability, and fresh perspective to this incredible organization.

Looking Ahead

We have an exciting year ahead. In early 2026, we invite you to join us for two signature events:

- · Annual Family Camp March 6-8, 2026 in Livermore
- The Female Factor Retreat March 27–29, 2026 in Santa Cruz

Both gatherings are limited in size, and registrations will be confirmed on a first-come, first-served basis. These programs offer meaningful connection, education, and community—and we look forward to welcoming those who are able to attend.

Warm Holiday Wishes

As we celebrate this season of reflection and togetherness, I want to thank you for being part of the Northern California Bleeding Disorders Foundation. Whether you joined a program, volunteered your time, shared your story, or simply stayed connected, you make our mission possible.

From all of us at NorCalBDF, we wish you peace, health, and joy in the year ahead. May 2026 bring comfort, connection, and new opportunities for our community to continue growing together.



ABOUT THE SPEAKER

Chuka Didigu, MD, PhD
Medical Director, Clinical Science at Star Therapeutics



Dr. Didigu is a medical hematologist and researcher with a clinical focus in Hematology. He earned his medical degree and PhD at the University of Pennsylvania, and completed his medical training at UCSF, where he specialized in Medical Hematology. Through his research and clinical work, Dr. Didigu has spent his career working to advance our understanding of hematologic diseases with the ultimate goal of improving the lives of his patients.



For routine prophylaxis in patients 12 years and older with hemophilia A or B without inhibitors



Scan the QR code to sign up for updates at HYMPAVZI.com

NOW APPROVED



*Your first dose (loading dose) of HYMPAVZI is 300 mg (two 150 mg injections). Then you will inject a weekly (maintenance) dose consisting of 1 or 2 injections as prescribed by your healthcare provider. If more than one injection is required to deliver a complete dose, administer each injection at a different injection site.

What is HYMPAVZI?

HYMPAVZI is a prescription medicine used to prevent or reduce the frequency of bleeding episodes in adults and children 12 years of age and older with hemophilia A without factor VIII inhibitors or hemophilia B without factor IX inhibitors.

It is not known if HYMPAVZI is safe and effective in children younger than 12 years old.



Important: Before you start using HYMPAVZI, it is very important to talk to your healthcare provider about using factor VIII and factor IX products (products that help blood clot but work in a different way than HYMPAVZI). You may need to use factor VIII or factor IX medicines to treat episodes of breakthrough bleeding during treatment with HYMPAVZI. Carefully follow your healthcare provider's instructions regarding when to use factor VIII or factor IX medicines and the prescribed dose during your treatment with HYMPAVZI.

Before using HYMPAVZI, tell your healthcare provider about all of your medical conditions, including if you:

- have a planned surgery. Your healthcare provider may stop treatment with HYMPAVZI before your surgery. Talk to your healthcare provider about when to stop using HYMPAVZI and when to start it again if you have a planned surgery.
- · have a severe short-term (acute) illness such as an infection or injury.
- · are pregnant or plan to become pregnant. HYMPAVZI may harm your unborn baby.

Females who are able to become pregnant:

- Your healthcare provider will do a pregnancy test before you start your treatment with HYMPAVZI.
- You should use effective birth control (contraception) during treatment with HYMPAVZI and for at least 2 months after the last dose of HYMPAVZI.
- Tell your healthcare provider right away if you become pregnant or think that you may be pregnant during treatment with HYMPAVZI.
- are breastfeeding or plan to breastfeed. It is not known if HYMPAVZI passes into your breast milk.



including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of HYMPAVZI? HYMPAVZI may cause serious side effects, including:

- blood clots (thromboembolic events). HYMPAVZI may increase the risk for your blood to clot. Blood clots may form in blood vessels in your arm, leg, lung, or head and can be life-threatening. Get medical help right away if you develop any of these signs or symptoms of blood clots: swelling or pain in arms or legs; redness or discoloration in your arms or legs; shortness of breath; pain in chest or upper back; fast heart rate; cough up blood; feel faint; headache; numbness in your face; eye pain or swelling; trouble seeing
- allergic reactions. Allergic reactions, including rash and itching have happened in people treated with HYMPAVZI. Stop using HYMPAVZI and get medical help right away if you develop any of the following symptoms of a severe allergic reaction: swelling of your face, lips, mouth, or tongue; trouble breathing; wheezing; dizziness or fainting; fast heartbeat or pounding in your chest; sweating

The most common side effects of HYMPAVZI are injection site reactions, headache, and itching.

These are not all the possible side effects of HYMPAVZI. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Please see Important Facts about HYMPAVZI on the next page or at www.HYMPAVZI.com



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IMPORTANT FACTS

Important information: Before you start using HYMPAVZI, it is very important to talk to your healthcare provider about using factor VIII and factor IX products (products that help blood clot but work in a different way than HYMPAVZI). You may need to use factor VIII or factor IX medicines to treat episodes of breakthrough bleeding during treatment with HYMPAVZI. Carefully follow your healthcare provider's instructions regarding when to use factor VIII or factor IX medicines and the prescribed dose during your treatment with HYMPAVZI.

What is HYMPAVZI used for?

HYMPAVZI is a prescription medicine used to prevent or reduce the frequency of bleeding episodes in adults and children 12 years of age and older with hemophilia A without factor VIII inhibitors or hemophilia B without factor IX inhibitors.

It is not known if HYMPAVZI is safe and effective in children younger than 12 years old.

What should I tell my healthcare provider before using HYMPAVZI?

Tell your healthcare provider about all your medical conditions, including if you:

- have a planned surgery. Talk to your healthcare provider about when to stop using HYMPAVZI and when to start it again if you have a planned surgery.
- have a severe short-term (acute) illness such as an infection or injury.
- are pregnant or plan to become pregnant. HYMPAVZI may harm your unborn baby.

Females who are able to become pregnant:

- Your healthcare provider will do a pregnancy test before you start your treatment with HYMPAVZI.
- You should use effective birth control (contraception) during treatment with HYMPAVZI and for 2 months after the last dose of HYMPAVZI.
- o Tell your healthcare provider right away if you become pregnant or think that you may be pregnant during treatment with HYMPAVZI.
- are breastfeeding or plan to breastfeed. It is not known if HYMPAVZI passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription medicines, over-the-counter medicines, vitamins, and herbal supplements.

How should I use HYMPAVZI?

See the detailed "Instructions for Use" that comes with your HYMPAVZI for information on how to inject a dose of HYMPAVZI, and how to properly throw away (dispose of) used HYMPAVZI prefilled syringe or HYMPAVZI prefilled pen.

- Use HYMPAVZI exactly as prescribed by your healthcare provider.
- Your healthcare provider will provide information on the treatment of breakthrough bleeding during your treatment with HYMPAVZI. Do not use HYMPAVZI to treat breakthrough bleeding.



What warnings should I know about **HYMPAVZI?**

HYMPAVZI may cause serious side effects, including:

- blood clots (thromboembolic events). HYMPAVZI may increase the risk for your blood to clot in blood vessels in your arm, leg, lung, or head and can be life-threatening. Get medical help right away if you develop any of these signs or symptoms of blood clots:
 - o swelling or pain in arms or legs
 - o redness or discoloration in your arms or legs
- shortness of breath o pain in chest or upper back
- o fast heart rate
- o cough up blood
- o feel faint
- o headache
- o numbness in your face
- eve pain or swelling
- o trouble seeing
- allergic reactions. Allergic reactions, including rash and itching have happened in people treated with HYMPAVZI. Stop using HYMPAVZI and get medical help right away if you develop any of the following symptoms of a severe allergic
- o swelling of your face, lips, mouth, or tongue
- wheezing
- trouble breathing
- o dizziness or fainting
- o fast heartbeat or pounding in your chest
- sweating

The most common side effects of HYMPAVZI are injection site reactions, including:

- itching
- redness
- swelling
- bruising
- hardening
- pain

Headache and itching were also common side effects. A serious side effect of swelling in the legs happened in one patient in the clinical trial.

These are not all of the possible side effects of HYMPAVZI. Call your doctor for medical advice about side effects. For more information, ask your doctor.

This information is not comprehensive. How to get more information:

- Talk to your health care provider or pharmacist
- Visit www.HYMPAVZI.com to obtain the FDA-approved product labeling
- Call 1-888-HYMPAV-Z

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088



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Thank You!



Dear Walk Donors, Volunteers, Sponsors, and Participants,

From the bottom of our hearts — thank you. This year's Unite for Bleeding Disorders Walk was our most powerful yet. We topped all previous years in both participation and individual giving, and that kind of momentum only happens when a community shows up with love, purpose, and belief in one another.

Because of you, the Walk was more than a fundraiser. It was a declaration that no one in the bleeding disorders community stands alone. Every team formed, every mile walked, every booth staffed, every sponsor who partnered, and every dollar donated reflected something bigger than numbers: trust, connection, and shared strength.

Your generosity fuels the programs that change lives — Camp Hemotion, Family Camp, The Female Factor Retreat, emergency assistance, educational events, and year-round outreach across Northern California. But just as important, your presence reminds families that this community is here for them in real, tangible ways.

This year proved what we already know to be true: we are stronger in community. When we come together, we don't just meet goals — we lift each other up, inspire hope, and build a future where every person with a bleeding disorder is supported and empowered.

Thank you for making this year unforgettable. We're grateful for your hearts, your time, your faith in our mission, and your willingness to walk beside us.

With deepest appreciation,

April, Pedro and Ashley 🧥



Northern California Bleeding Disorders Foundation

Year end recap of the LOP program



Hola familia!

This year, I had the honor of connecting with Spanish-speaking families across our service area through our Latino Outreach Programs, and I truly had an amazing time with you all! We came together in Poplar, Redwood City, Concord, Santa Rosa, and Fresno, creating welcoming spaces where families living with bleeding disorders could feel seen, supported, and included. Across these events, I had the pleasure of connecting with more than 100 community members, and it was genuinely incredible to see so many families show up, participate, and build community together. Every gathering was filled with heartfelt conversations, laughter, learning, and real connection, and I'm grateful for the trust you shared with me as we continued building something strong and lasting!

A big highlight of these gatherings was our focus on strengthening families through peer connection, shared experiences, and culturally appropriate resources. Together, we worked to raise awareness and expand understanding of bleeding disorders, shared practical guidance for accessing healthcare services and support networks, and supported treatment literacy with multilingual education on current therapies, including benefits, risks, and innovations. Most of all, we focused on empowering families with real tools, skills, and confidence to advocate for themselves and their loved ones as they navigate the healthcare system and work toward better outcomes. Thank you for showing up, speaking up, and being part of this community. Your presence made every single event more meaningful!

I hope to see you all in 2026. Stay tuned! Gracias!

Sincerely, Pedro D. Preciado 🧥

¡Hola familia!

Este año, tuve el honor de conectar con familias hispanohablantes en toda nuestra área de servicio a través de nuestros Programas de Alcance Latino, jy de verdad la pasé increíble con ustedes! Nos reunimos en Poplar, Redwood City, Concord, Santa Rosa y Fresno, creando espacios cálidos y acogedores donde las familias que viven con trastornos de la coagulación pudieron sentirse vistas, apoyadas e incluidas. A lo largo de estos eventos, tuve el placer de conectar con más de 100 miembros de la comunidad, y fue realmente impresionante ver a tantas familias asistir, participar y fortalecer nuestra comunidad. Cada reunión estuvo llena de conversaciones sinceras, risas, aprendizaje y una conexión real, jy estoy muy agradecido por la confianza que me brindaron mientras seguimos construyendo algo fuerte y duradero juntos!

Uno de los aspectos más importantes de estos encuentros fue nuestro enfoque en fortalecer a las familias a través de conexiones entre pares, experiencias compartidas y recursos culturalmente apropiados. Juntos, trabajamos para crear conciencia y ampliar la comprensión sobre los trastornos de la coagulación, compartimos orientación práctica para acceder a servicios de salud y redes de apoyo, y apoyamos la educación sobre tratamientos con información multilingüe sobre terapias actuales, incluyendo beneficios, riesgos e innovaciones. Y, sobre todo, nos enfocamos en empoderar a las familias con herramientas reales, habilidades y confianza para abogar por ustedes mismos y por sus seres queridos mientras navegan el sistema de salud y avanzan hacia mejores resultados. Gracias por estar presentes, por alzar la voz y por ser parte de esta comunidad. ¡Su presencia hizo que cada evento fuera aún más significativo!

Espero verlos a todos en 2026. ¡Estén al pendiente! ¡Gracias! Atentamente, Pedro D. Preciado



Nic DeFalco attends Japanese BDC in Sapporo



Community member Nicholas DeFalco had a unique opportunity to attend Japan's National Bleeding Disorders Conference in Sapporo this past October. During the trip, Nicholas connected with doctors, nurses, fellow community members, and leading experts in the bleeding disorders field, gaining valuable insights and building meaningful international relationships. He also stayed with a generous host family who helped him experience the beauty and culture of Sapporo firsthand.

Nicholas has long studied Japanese language and culture and is currently pursuing a degree in Japanese language studies. His visit was both a personal and community milestone, highlighting the power of global connection and shared learning within the bleeding disorders community.



COMPASSIONATE CARE FOR THE BLEEDING DISORDER COMMUNITY

At HF Healthcare, we believe in more than just treating the condition—we focus on empowering and uplifting those affected by bleeding disorders. Liz, a dedicated healthcare provider at HF Healthcare, brings a unique blend of personal and professional experience to the forefront of patient care. As a co-founder of "Music for the Cause," a nonprofit she established with her father to raise awareness and support for the bleeding disorder community, Liz has been deeply connected to this cause for years.

Her motivation stems from a desire to ensure that every individual not only receives the best possible medical care but also the emotional and community support they deserve. With her experience and dedication, Liz and the HF Healthcare team specialize in offering tailored, comprehensive specialty pharmacy services, helping patients navigate their health journey with a holistic, whole-care model.

At HF Healthcare, we're committed to delivering personalized, compassionate care to improve the quality of life for those we serv



www.hfhealthcare.com



Liz Seaton-Schauermann



310-422-9621 lizs@hfhealthcare.com

Help shape the voice of our foundation.

Our Newsletter Committee is seeking volunteers to write articles, interview leaders in the bleedingdisorder space, and assist with advertising outreach. If you enjoy storytelling or community engagement, we'd love to have you.



Your NorCal Connection: **Events for Every Age, Stage & Story**









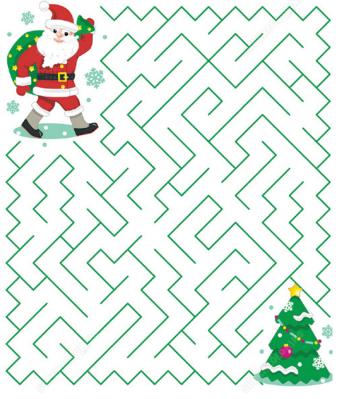
SPOT THE 10 DIFFERENCES



Christmas Crackers









CALENDAR

JANUARY 2026

1/1/26-1/4/26 NorCalBDF closed

1/5/26 NorCalBDF reopens

1/6/26 Dinner and Dialogue - Spanish Soledad 1/21/26 VWD Webinar Virtual 1/11/26 Dinner and Education for Berkeley

Hemophilia B

FEBRUARY 2026

2/7/26 Men's Meetup Men's Meetup 2/26/26 The Female Factor Meets Pacific Grove

2/28/26 Asian Infusion San Jose

MARCH 2026

3/1/26-3/31/26 Bleeding Disorders Awareness month

3/6/26-3/8/26 Livermore Family Camp 3/27/26-3/29/26 The Female Factor Retreat Santa Cruz

APRIL 2026

4/17/26 World Hemophilia Day

4/25/26 SpringFest Fresno

JUNE 2026

6/14/26-6/20/26 Camp Hemotion Coarsegold NorCalBDF Northern California Bleeding Disorders Foundation

https://www.NorCalBDF.org

AFFILIATED ORGANIZATIONS

BDCC Bleeding Disorders Council of California

https://www.hemophiliaca.org/

HFA Hemophilia Federation of America

http://www.hemophiliafed.org/

NBDF National Bleeding Disorders Foundation

https://www.bleeding.org/

NBDF Chapters (See full list at NBDF)

WFH World Federation of Hemophilia

https://www.wfh.org/

HEMOPHILIA TREATMENT CENTERS (HTC's)

Stanford University Medical Center

https://www.stanfordchildrens.org/en/service/hematology

UCSF Benioff Children's Hospital Oakland https://www.childrenshospitaloakland.org

University of California at Davis

https://www.ucdmc.ucdavis.edu/hemophilia/

University of California San Francisco

https://www.ucsfhealth.org/clinics/hemophiliatreatment_center/

Valley Children's Hospital https://www.valleychildrens.org/

Kaiser Oakland Pediatric Hematology/Oncology

https://Kaiser Oakland Pediatric Hematology/Oncology



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Since we do not engage in the practice of medicine, we always recommend that you consult a physician before pursuing any course of treatment.

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Northern California Bleeding Disorders Foundation

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You helped us get through the hardest year of our lives.

Your Support Lifts Up Tomorrow's Families

One family's words. A reminder of why your support still matters.

This year, families in our bleeding disorders community faced surgeries, hospital stays, job losses, and new diagnoses. Again and again, they told us the same thing: "We couldn't have done it without the Foundation."

From crisis grants to camp to policy advocacy, our work doesn't take a holiday. It doesn't pause when a child is bleeding again at 2 AM or when a parent is choosing between medicine and rent.

Your year-end gift ensures no family has to face these challenges alone.

Scan the QR code to keep hope—and help—going.

We are a 501c3 organization and your donation is 100% tax deductible.

You can also mail your donation to NorCalBDF, 305 Vineyard Town Center #132, Morgan Hill, CA 95037

Visit us at www.norcalbdf.org

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