

*Leri K.*

Common Factors Advocate

*My life at a glance*

My husband and I live in Rochester, Minnesota. I am a Mayo Clinic-trained phlebotomist and used that education to make home infusion easier for my boys when they were young. I enjoy sharing my experiences to help others in the bleeding disorders community.

We are fortunate to have our 3 grown sons living nearby. In my spare time, I enjoy making cupcakes for those who need a little celebration in their lives. And while I enjoy cake decorating, gardening, traveling, camping, volunteering, and reading, my favorite pastime is playing with my grandkids!

*My preferred topics*

- The importance of effective communication:
  - These skills are critical—whether the interaction involves doctors, nurses, insurance companies, teachers, school staff, or family and friends
- The impact of a bleeding disorder on typical life transitions
- How to laugh through stress
- The ABCs (A=Advocate, B=Believe C=Create)

Sharing information with others in the bleeding disorders community is crucial. But it's not enough for patients and families to learn about the bleeding disorder itself. To make truly informed decisions, they also need to discover all of the available services and products.

*My message to you*

*"Educate yourself so you can effectively control and manage your bleeding disorder so it doesn't control or manage you!"*

*—Leri*

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