



Teri T.

Common Factors® Advocate

My life at a glance

I was diagnosed with von Willebrand disease (VWD) as an infant after experiencing a near-fatal bleeding episode. The diagnosis came as quite a shock: No one else in my family had ever exhibited symptoms of a bleeding disorder.

Growing up with VWD has had its challenges, from the many hospital visits, needle sticks, and bruising I experienced as a child to learning how to self-infuse, navigating insurance, and taking charge of my care as an adult. It is a constant learning experience for me, but from an early age, I was determined not to let VWD define me or hold me back.

A recent graduate of the University of South Florida, I live and work in Tampa. I enjoy exercising, cooking, being with family and friends, and, of course, sunny days on the beach. Today, as a VWD advocate, I'm committed to getting this message across to other young people with VWD.

As a speaker, preferred topics include

My passion is connecting with members of the bleeding disorders community, sharing experiences, and encouraging others to build relationships.

My topics center on empowering young adults and teens to take control of their condition and care.

These topics cover (1) the psychosocial aspects of growing up with a bleeding disorder, including problems with bullying, self-esteem, and how to effectively communicate with peers, and (2) staying active with a bleeding disorder.

My mission is to tell others that with proper planning, treatment, and a positive outlook, they can take better control of their condition...and their lives.

My message to you

"Life with VWD is not linear. It presents challenges and learning experiences every day. You must be prepared for the challenges and open to new learning experiences."

-Teri

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