

BLEEDING DISORDERS

in Girls and Women

Could you have a bleeding disorder?

A bleeding disorder is a condition that keeps your blood from clotting properly to stop bleeding.

SYMPTOMS

If you have any of the following symptoms, you may have a bleeding disorder:

- ♥ **Heavy menstrual periods.** This includes a period that lasts more than 7 days or a period where you soak through your pad or tampon in 1 to 2 hours
- ♥ **Bruise easily,** often for no reason, especially if bruises are raised and larger than a quarter
- ♥ **Frequent nosebleeds** that last longer than 10 minutes
- ♥ **Bleeding from cuts or scrapes** that lasts longer than 5 to 10 minutes
- ♥ **Heavy bleeding after any surgery,** including dental surgery, or after childbirth
- ♥ **Low iron or anemia**

DID YOU KNOW?

Up to 1% of girls and women in the U.S. have a bleeding disorder — and many don't know it.

TYPES OF BLEEDING DISORDERS

Blood clotting, which is what causes bleeding to stop, involves different proteins, called factors, that each play a role in the blood-clotting process.

A factor deficiency is when one of those proteins involved in clotting is low, missing or not working properly. Different factor deficiencies cause different types of bleeding disorders.

Von Willebrand Disease (VWD)

- The most common bleeding disorder in women
- Clotting protein called von Willebrand factor is low, missing or doesn't work as it's supposed to
- An inherited condition that affects men and women equally
- Diagnosed in 5% to 24% of women with heavy periods

Hemophilia

Women and girls can have

- Hemophilia A – factor VIII (8) deficiency
- Hemophilia B – factor IX (9) deficiency

Platelet disorders

Platelets play an important role in the blood clotting process.

- A person has a platelet disorder when they have too few or too many platelets, or the platelets don't work like they should
- Examples of platelet disorders include Glanzmann Thrombasthenia and Bernard Soulier Syndrome

Other rare factor deficiencies:

- I (1)
- II (2)
- V (5)
- VII (7)
- X (10)
- XI (11)
- XII (12)
- XIII (13)

GETTING A DIAGNOSIS

Many women have difficulty getting a diagnosis. If you have symptoms, speak to your healthcare provider (HCP) about a possible bleeding disorder. Your HCP can use a variety of methods to make a diagnosis, such as:



Physical exam



Health history

including details about your bleeding



Various lab tests

TIP:

Before your first appointment, **track your period** and symptoms so you're prepared to answer any questions from your HCP.

To see if your symptoms could be the result of a bleeding disorder, check out this quiz: **Better You Know**