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:

**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.

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- **Low iron or anemia.**

**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

**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**

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

**TIP:**

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