

# Do you have **heavy** periods?

If so, you might have a **bleeding disorder**.

A **bleeding disorder** is a condition that keeps your blood from clotting properly after a cut or injury. Women are more likely to notice the symptoms of a bleeding disorder because of heavy or abnormal bleeding during their menstrual periods and after childbirth.

## Signs and symptoms of a bleeding disorder:

- ✔ I have heavy menstrual periods, such as:
  - Bleeding for more than 7 days from the time bleeding begins before it completely stops.
  - Flooding or gushing of blood that limits daily activities such as housework, exercise, or social activities.
  - Passing clots that are bigger than a quarter.
  - Changing a tampon or pad, possibly even both, every hour or more often on heaviest day(s).
- ✔ I have been told I am “low in iron” or I have received treatment for anemia.
- ✔ I have experienced heavy bleeding after dental surgery, other surgery, or childbirth.
- ✔ I have experienced prolonged bleeding episodes such as might occur as a result of:
  - Dental surgery, other surgery, or childbirth;
  - Frequent nose bleeds (longer than 10 minutes);
  - Bleeding from cuts or injury (longer than 5 minutes); or
  - Easy bruising (weekly, raised, and larger than a quarter in size).
- ✔ I have one or more of the bleeding symptoms above and someone in my family has a bleeding disorder such as von Willebrand disease or a clotting factor deficiency such as hemophilia.



If you have **one or more** of these signs and symptoms, please talk with your doctor or other health care professional.

Bleeding disorders can be dangerous if they are not treated. Women with untreated bleeding disorders face serious risks after childbirth, dental surgery, other surgery, or injury.

Bleeding disorders can be treated, but first you need to know if you have one!



**VICTORY FOR WOMEN**  
WITH BLOOD  DISORDERS

## For more information

**For more information about bleeding disorders, contact:**

**National Hemophilia Foundation**

E-mail: [info@hemophilia.org](mailto:info@hemophilia.org)

Telephone: 800.42.HANDI (800.424.2634)

[www.hemophilia.org](http://www.hemophilia.org)



**NATIONAL HEMOPHILIA FOUNDATION**

*for all bleeding and clotting disorders*

The National Hemophilia Foundation supports the National Heart Lung and Blood Institute's guidelines for diagnosing and treating von Willebrand disease, the most common bleeding disorder. These guidelines are published at [www.nhlbi.nih.gov/guidelines/vwd](http://www.nhlbi.nih.gov/guidelines/vwd).