



NATIONAL HEMOPHILIA FOUNDATION



Facts You Should Know About Bleeding Disorders

Symptoms of a bleeding disorder include:

- Unusually heavy menstrual periods.
- Excessive nosebleeds.
- Easy bruising.
- Bleeding gums.
- Heavy bleeding after dental work, surgery, or childbirth.



Project Red Flag

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Fact Sheet #1– Front
Single sheet, 6" x 9", 4-color

Facts You Should Know About Bleeding Disorders

- It's a myth that women cannot have a bleeding disorder! Women can have von Willebrand disease (VWD) as well as platelet disorders, factor deficiencies, and hemophilia.
- The most common bleeding disorder is von Willebrand disease (VWD), a genetic disorder which affects up to 1% to 2% of men and women.
- Although it is estimated that 1 to 2 in 100 people has VWD, very few are ever properly diagnosed. Most people who have VWD are unaware that they have it.
- VWD is usually diagnosed by doctors who specialize in blood diseases, called hematologists. The hematologist will do special blood tests and ask questions about bleeding and the bleeding problems of other family members.
- A good place to find a hematologist who specializes in bleeding disorders is at a hemophilia treatment center (HTC), a federally supported health center that focuses on the treatment of bleeding disorders. You can locate your nearest HTC at www.hemophilia.org or by calling (800) 42-HANDI.
- Although there is no cure for VWD, it can be treated successfully. Depending on the patient's symptoms, your doctor or hematologist may prescribe birth-control pills, a synthetic hormone called desmopressin, or special bleeding disorder medicine called clotting factor.
- If you suspect you may have a bleeding disorder, discuss your symptoms with your doctor or healthcare professional. If you need more information or further help, please call the National Hemophilia Foundation at (800) 42-HANDI or write to info@projectredflag.org.
- Feel free to contact NHF at (800) 42-HANDI for further information about bleeding disorders and to locate your local NHF chapter.

National Hemophilia Foundation

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www.hemophilia.org
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