

# Heavy Periods – or a Bleeding Disorder?

## Do you have:

- Heavy menstrual periods?
- Excessive nosebleeds?
- Easy bruising?
- Bleeding gums?
- Heavy bleeding following dental work, surgery, injury, or childbirth?

These may be the signs of a bleeding disorder – a flaw in the body's clotting system.



NATIONAL HEMOPHILIA FOUNDATION

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Symptom Card – Front  
Single sheet, 4"x9" 2 color

## Heavy Periods – or a Bleeding Disorder?

- Women with untreated bleeding disorders face serious and unnecessary risks following childbirth, surgery, and injury.
- Most bleeding disorders are easily treated – improving both a person's health and quality of life.
- If you think you may have a bleeding disorder, contact the National Hemophilia Foundation at [www.projectredflag.org](http://www.projectredflag.org) or call (800) 42-HANDI and ask an information specialist to send you important information that you can share with your doctor or health-care provider.
- **Project Red Flag: Real Talk About Women's Bleeding Disorders** is a campaign of the National Hemophilia Foundation, the nation's largest advocacy group for people with bleeding disorders, and is supported by Aventis Behring and the Centers for Disease Control and Prevention.



Project Red Flag

Real talk about women's bleeding disorders



NATIONAL HEMOPHILIA FOUNDATION

**National Hemophilia Foundation**

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(800) 42-HANDI  
[www.hemophilia.org](http://www.hemophilia.org)  
[www.projectredflag.org](http://www.projectredflag.org)

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