

A bleeding disorder is a condition that keeps your blood from clotting properly. **Up to 1% of women may have a bleeding disorder and many don't know it.**

If you have symptoms of a bleeding disorder, your life can be **BETTER IF YOU KNOW. BETTER IF YOU SEEK CARE. BETTER IF YOU GET TREATMENT.**



Find out if you are at risk, and take the first step in feeling better.



If you have any of the following symptoms, it's time to talk to your healthcare provider about a possible bleeding disorder diagnosis:



- Heavy periods (changing your pad or tampon every hour) or periods that last longer than 7 days
- Bruise easily, with bruises that are raised and larger than a quarter
- "Low in iron" or treated for anemia
- Heavy bleeding after any surgery, including dental surgery
- Heavy bleeding after childbirth or miscarriage
- Frequent nosebleeds that last longer than 10 minutes
- Bleeding from cuts or injuries that lasts longer than 10 minutes
- Someone in your family who has one or more of these symptoms
- Someone in your family who has been diagnosed with a bleeding disorder, such as von Willebrand disease or hemophilia

FOR MORE INFORMATION or to take an online risk assessment for bleeding disorders, go to [www.betteryouknow.org](http://www.betteryouknow.org).



**NATIONAL HEMOPHILIA FOUNDATION**  
*for all bleeding disorders*



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