

# Did you know?

- The most common bleeding disorder is Von Willebrand Disease (VWD), and it is statistically the same for women as it is for men: 1 percent of the population.
- It is estimated that 3.2 million people in the U.S. and approximately 54,000 South Carolinians are affected by VWD.
- In 2021, NHF released an updated set of guidelines for the diagnosis and treatment of VWD.
- VWD has three types, type 1, 2, and 3, with type 2 divided into 4 sub types.



## Additional Resources

### VWD Connection

<https://bda-sc.org/von-willebrand-disease-support/>

### National Hemophilia Foundation

<https://www.hemophilia.org>

### Hemophilia Federation of America

<https://www.hemophiliafed.org>

### 2021 VWD Diagnosis & Treatment Guidelines

<https://www.hemophilia.org/healthcare-professionals/guidelines-on-care/snapshots-of-vwd-guidelines>

### VWD Connect

<http://www.vwdconnect.org>

### VWD Test

<https://www.vwdtest.com>

## Hemophilia Treatment Centers

### Prisma Health HTC Midlands

7 Richland Medical Park Rd. Suite 7215  
Columbia, SC 29203  
Phone: 803-434-1028

### Prisma Health HTC Upstate

900 W. Faris Road  
Greenville, SC 29605  
Phone: 864-455-8898

### HTC Clinic - MUSC Lowcountry

125 Doughty St., Suite 520, MSC 917  
Charleston, SC 29425  
Phone: 843-985-1667

This brochure was created by the Health Equity, Diversity & Inclusion Working Group and is endorsed by the South Carolina Hemophilia Treatment Centers



### Bleeding Disorders Association of South Carolina

25 Woods Lake Road, Suite 300  
Greenville, South Carolina 29607  
Fax - 864.236.8663  
Mobile - 864.350.9941  
[www.bda-sc.org](http://www.bda-sc.org)  
[info@bda-sc.org](mailto:info@bda-sc.org)



I never knew what it felt like to feel normal until I started doing infusions. It was like every ache went away.

Taylor Upton, VWD Type 1C

# VWD Connection

**A Guide to Support for VWD**

Created by the Bleeding Disorders  
Association of South Carolina

# BDASC



# Raising Awareness

BDASC is committed to providing support and raising awareness for those with Von Willebrand Disease! BDASC has created a support group for those with VWD called the VWD Connection. Through this connection we are educating the public about VWD and providing education and support to our VWD community. Visit our website or social media for a list of upcoming events and to stay connected!

You too can help raise awareness for VWD. By participating in community events and sharing your story, you can directly impact those around you.

## Types of VWD

Type 1:

People diagnosed with VWD type 1 have low levels of Von Willebrand Factor (VWF). This is the most common type of VWD.

Type 2:

People diagnosed with VWD type 2 have a qualitative defect – meaning their VWF does not work properly.

Type 3:

People diagnosed with VWD type 3 have little to no VWF. This is the most rare type of VWD.

Treatment options for VWD vary based on type and severity.

Treatment options include but are not limited to:

- Hormonal Contraception
- Factor Replacement Therapies
- Desmopressin (DDAVP)
- Antifibrinolytic Medications (Tranexamic Acid, Amicar)

## Common Symptoms

The most important thing you can do if you suspect you have a bleeding disorder is to be seen by a physician for testing, diagnosis, and treatment. This can lead to much better health outcomes and an improved quality of life. Here are some things you and your physician should be looking for\*:

- Heavy periods, (changing pad or tampon every hour or more, or experience of sensation of "flooding")
- Prolonged periods, especially those lasting more than 7 days
- Easy bruising
- Frequent or prolonged (more than 10 minutes) nosebleeds that are difficult to stop
- Low iron or treated for anemia
- Mouth and gum bleeding
- Joint pain
- Prolonged bleeding following injury, childbirth or dental work
- Family history of bleeding disorders

\*note that rarely are all of these symptoms present and the severity of them can vary