

# Did you know?

- A female who inherits one affected X chromosome becomes a “carrier” of hemophilia. She can pass the affected gene on to her children. In addition, a female who is a carrier can have symptoms of hemophilia. Carriers may qualify for a diagnosis of mild hemophilia if a factor level is  $\leq 40\%$ . We also know carriers can bleed even with normal factor levels.
- The median age for diagnosis of a woman with a BD is around 13 years. (For men, the average is between 1 and 36 months.)
- Almost half of all women with a BD have at least four symptoms.
- Obtaining an accurate BD diagnosis for women has far-reaching implications for management, including significantly better health outcomes related to invasive procedures, pregnancy and delivery, including family planning and testing.



# Additional Resources

**Bleeding Disorders Association of South Carolina**  
<http://www.bda-sc.org>

**Hemophilia Federation of America**  
<http://www.hemophiliafed.org>

**The Foundation of Women & Girls With Bleeding Disorders**  
<http://www.fwgbd.org>

**The National Hemophilia Foundation's MASAC Guidelines 264**  
<http://www.hemophilia.org>

## 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 has been endorsed by the South Carolina Hemophilia Treatment Centers



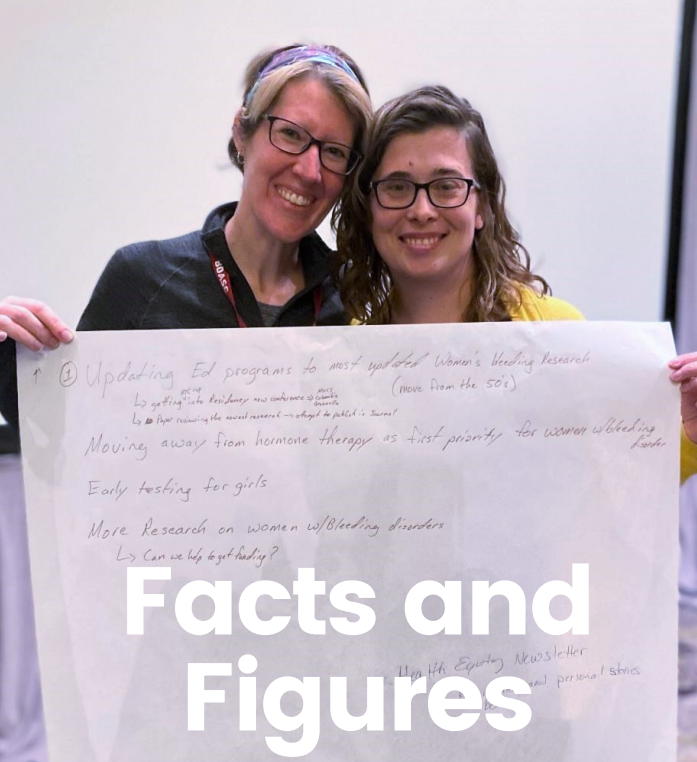
Bleeding Disorders Association  
of South Carolina  
25 Woods Lake Road, Suite 300  
Greenville, South Carolina 29607  
Fax - 864.236.8663  
Mobile - 864.350.9941  
[www.bda-sc.org](http://www.bda-sc.org)  
[info@bda-sc.org](mailto:info@bda-sc.org)



**WOMEN WHO**  
*Bleed*

Bleeding Disorders in Women

**BDASC**



# 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 (note that rarely are all of these symptoms present and the severity of them can vary):

- 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

Did you know that 1 out of 5 women has heavy menstrual bleeding, and in 20 percent of these cases it is due to an underlying bleeding disorder?

While bleeding disorders are more common in men, they do occur in women and pose unique challenges to their reproductive health and quality of life. The Centers for Disease Control and Prevention estimate that as many as 1 percent of women in the United States may have a bleeding disorder and many are unaware of their condition.

# A Women's Voice Matters

"I wish the doctors would believe me when I tell them I am bleeding and need treatment"

"If I were a male, I would be receiving treatment for my bleeds"

"Why won't they treat me the same"

"I am a carrier of hemophilia and my factor levels are below 25% but I still can't get a treatment plan"

"We need our doctors to listen and engage in our need to be heard"

"As a mom to a daughter who is a carrier, it is so important to know her factor 8 level especially if she happens to be in an accident or in need of dental surgery"

"Bleeding in women is more than just menorrhagia "

"Women's lives can be greatly improved by prophylactic treatment"

"Consistent care/treatment at a HTC is especially important for women's health"

"Women and girls need to stand up and advocate for quality care, even if that means seeking a second or third opinion"