



Women can have bleeding disorders too





What are bleeding disorders?

Bleeding disorders are diseases that cause you to bleed more easily and for a longer time than a healthy person. Women with bleeding disorders often have long, heavy periods. Many women suffer in silence because they think their experience is normal or they feel uncomfortable talking about it. But getting a diagnosis is important. Even mild bleeding disorders can sometimes lead to severe bleeding—for example, if you have to have surgery or if you are giving birth.

Are you bleeding too much?

If you have one or more of these symptoms, it might mean you are bleeding too much:

- Your period lasts more than 7 days.
- You see clumps of blood when you have your period.
- You bleed through your tampon, pad, or other protection.
- You need to double up on period protection.
- You feel tired and droopy.

You can visit 1177.se to read more in Swedish about heavy periods. Type “riklig mens” into the search box at the top of the page.

Did you know?

About 50,000 girls and women in Sweden may have a bleeding disorder, but only 1,000 have been diagnosed.



Keep a period diary

One simple way to find out if you're bleeding too much is to write down how many pads and tampons you go through when you have your period. This will help you know whether your period counts as "heavy." You can also look on the internet for period diaries or trackers to fill in.

Avoid ibuprofen

If you have period pain, don't treat it with medicines containing ibuprofen (such as Ipren), acetylsalicylic acid (such as Treo) or other so-called NSAIDS. These medicines will make you bleed more.

Learn more
about women
and bleeding
disorders at
blodarsjuk.nu.





Are periods embarrassing?

Many women are embarrassed to talk about their period. One out of five women in Sweden don't even like to say the word. But periods have been around for as long as people have, and on any given day around the world, 800 million women are having their period.

Bleeding disorders in women

The most common bleeding disorders in women are von Willebrand disease and blood platelet disorders. Common symptoms include bruising, bleeding easily after minor injuries, and having long, heavy periods. Severe bleeding after giving birth or undergoing surgery is also a danger.

Another cause of bleeds is immune thrombocytopenia, or ITP. In this disease, the body's immune system attacks healthy platelet cells, resulting in platelet levels that are far too low. Women can also be genetic carriers of hemophilia A and B. Being a carrier makes you bleed more easily.

You can ask for help

Many people with mild bleeding disorders have never been diagnosed. They struggle with bleeding issues when they don't need to. If you bleed a lot, it's important that you tell someone: a school nurse, a gynecologist or a doctor at your primary care center. You can ask for a referral to one of the coagulation clinics in Stockholm, Malmö or Göteborg, where you can be examined by specialists. If your doctor or nurse suspects you have ITP, they will give you a referral to your nearest hematology clinic.

Learn more:

fbis.se
1177.se
umo.se
rfsu.se



We're stronger together!

Getting a diagnosis raises lots of questions. Sharing answers and experiences with other people in the same situation can help. The Swedish Bleeding Disorder Society (FBIS) works to raise awareness and shape public opinion about bleeding disorders and offers information and a community. All to make life easier for people with bleeding disorders and their loved ones.

Become a member now at fbis.se.

Learn more about
bleeding disorders
at fbis.se.

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**Swedish Bleeding
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