

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 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.**

[www.betteryouknow.org](http://www.betteryouknow.org)



**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  
BLEEDING DISORDERS  
FOUNDATION**



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