



This March, I'm proud to join the National Bleeding Disorders Foundation (NBDF) in celebrating Bleeding Disorders Awareness Month (BDAM)!

[Consider adding why this cause matters to you personally here.]

The "Start the Conversation" campaign this year is all about breaking silence and building understanding about inheritable blood and bleeding disorders. I'm particularly passionate about advancing research in our community.

From exploring genetic factors to developing groundbreaking treatments, from addressing women's health challenges to ensuring health equity for all - research is the foundation of progress for everyone affected by bleeding disorders.

Your voice matters in this conversation! Will you help spread awareness this month? Simply share what aspects of bleeding disorders matter most to you on your favorite social platform and tag NBDF.

Don't forget to use #BleedingDisordersAwarenessMonth or #BDAM so others can find your post.

NBDF might even spotlight your story by resharing your post throughout March! Discover more about the "Start the Conversation" campaign at hemophilia.org/BDAM.

Stay connected with NBDF for inspiring BDAM content:

- Facebook, LinkedIn: @NationalBleedingDisordersFoundation
- Instagram, X/Twitter: @nbd_foundation
- X/Twitter (Español): @NBDFespanol
- TikTok: @natlbdfoundation
- YouTube: @NBDFvideo

Together, we can build understanding that leads to better care and support for everyone in our community!