

*Learn, Integrate,  
Collaborate*  
SUMMER 2018

Educating Providers, Changing Lives

## Register Now

Upcoming Webinar:

Iron Deficiency Anemia and Heavy Menstrual Bleeding: Prevalence, Impact, Management

**Date:** Thursday, July 26, 2018

**Time:** 12 PM - 1 PM EDT

Learn current best practices in the treatment and management of iron deficiency anemia (IDA) and heavy menstrual bleeding. This Webinar will have a special focus on the epidemiology, impact, and management of IDA on women, especially those women with a blood disorder.

### Our Faculty:



Lakshmi Srivaths, MD



Jacquelyn Powers, MD, MSc

[REGISTER HERE](#)

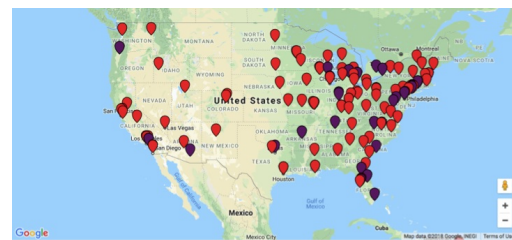
## New Service Directory for Women & Girls with Sickle Cell Disease

[fwgbd.org/clinics](http://fwgbd.org/clinics)

We're pleased to announce a new service map directory that shares information about services specifically devoted to the care of women and girls with sickle cell disease (SCD) across the country, and helps unite providers in their efforts to treat pregnant women with SCD effectively. The Women & Girls Sickle Cell Disease Service Map Directory was made possible through an educational grant from Bioverativ and can be found online at [fwgbd.org/clinics](http://fwgbd.org/clinics).

Read the full article [HERE](#).

To be listed in the directory, please contact [Melanie Croce-Galis, RN, MPH](#).



Refine Your Search - (reset filters)

Clinic/Center Name	City	State	Clinic/Center Type
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Clinic/Center Serves	Designated Clinic for Women/Girls		
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Clinic/Center Serves	Designated Clinic for Women/Girls		
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# 2018 Research Award Winners Announced

We're pleased to announce the two winners of the 2018 *Promoting XXcellence in Women's Health: Optimal Management of Women and Girls with Blood Disorders and Bleeding Disorders* research fellowship awards. These awards are inspired by the Foundation's commitment to fostering and sustaining the interest and knowledge of the next generation of healthcare providers specializing in blood and bleeding disorders affecting women and girls.

## Meet the Winners

## New Patient Resource *Could I Have a Bleeding Disorder?*

**What is a Bleeding Disorder?**

Bleeding disorders are a group of disorders in which the blood does not clot properly. They are characterized by spontaneous bleeding or prolonged bleeding after injury, surgery, trauma or during menstruation in women. Von Willebrand Disease (VWD) is the most common bleeding disorder in women, affecting more than 15 million American women. Hemophilia is another type of bleeding disorder that primarily affects men, but more than 1/3 of women carrying the hemophilia gene experience bleeding symptoms as well. Other rare bleeding disorders and common platelet function disorders may also cause bleeding in women. Bleeding disorders among women and girls may cause special challenges because of bleeding associated with menstruation and childbirth. Women and girls with untreated bleeding disorders are at risk for:

- Unnecessary medical procedures including hysterectomies and ablations
- Postpartum hemorrhage
- Recurring anemia
- Having to limit or change activities because of heavy or prolonged menstrual bleeding

**Know the Signs & Symptoms**

Signs of abnormally heavy or prolonged menstrual bleeding include:

- ✓ Periods with large amounts of blood loss, that last more than 7 days
- ✓ Soaking through an extra absorbency pad or tampon in 1 hour
- ✓ Needing to wear two or more pads or tampons at a time to control bleeding
- ✓ Passing blood clots the size of a quarter or larger
- ✓ Having a menstrual flow so heavy it keeps you from your usual activities
- ✓ Low iron levels

Other symptoms common to women with bleeding disorders include:

- ✓ Frequent nosebleeds – lasting longer than 10 minutes and having more than 5 per year
- ✓ Prolonged bleeding from minor cuts
- ✓ Easy/unexplained bruising
- ✓ Excessive bleeding after giving birth or after dental extractions/dental work or other surgery

**Resources for Women About Bleeding Disorders**

Knowing your bleeding disorder status is the first step to improving your quality of life. There are steps you can take and treatments are available to relieve symptoms and help you feel better. There are organizations that are here to support you. Remember, knowledge is the first step to improving your quality of life!

Bleeding disorder resources and education opportunities are available from:

- **The Foundation for Women and Girls with Blood Disorders (FWGBD)**. The Foundation for Women & Girls with Blood Disorders educates healthcare providers across disciplines in order to ensure that all women and adolescent girls with blood disorders are correctly diagnosed and optimally treated and managed at every life stage. Visit their website at [www.fwgbd.org](http://www.fwgbd.org)
- **Hemophilia Federation of America (HFA)**. Hemophilia Federation of America is a national non-profit organization that assists, educates and advocates for the bleeding disorders community. It specifically serves women through its Blood Sisterhood program which provides education and support that women need to reach a diagnosis and continue that support through the stages of their life with a bleeding disorder. Visit their website at [www.hemophilafed.org](http://www.hemophilafed.org)

**Could I Have a Bleeding Disorder?**

**WHAT YOU NEED TO KNOW ABOUT**

- Signs & Symptoms
- Where to Get Tested
- Preparing for Your Appointment

**"I went 26 years without knowing I had a bleeding disorder."**

- Vera, a woman with von Willebrand Disease

A brochure that provides information about what women/young women need to know about signs and symptoms, where to get tested, and preparing for their appointment.

This new resource was created by FWGBD and the Hemophilia Federation of America (HFA). View this downloadable brochure [HERE](#).

## Let's Get Digital!

Connect with us on [LinkedIn](#) and [Facebook](#) today!

And, share with us:

- Your reviews of FWGBD on Facebook (candid yet constructive)
- Testimonials that include vital takeaways, boasts, anecdotes and any other useful or friendly information to be shared with your peers



Contact

Our Mission:

[info@fwgbd.org](mailto:info@fwgbd.org)

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## Stay Connected



*FWGBD seeks to ensure that all women and girls with blood disorders are correctly diagnosed and optimally treated and managed at every life stage.*

[FWGBD.ORG](http://FWGBD.ORG)