

# COULD YOU HAVE AN UNDIAGNOSED BLEEDING DISORDER?

The Medical Society of the State of New York, together with the Hemophilia Services Consortium and New York Blood Center Enterprises (NYBCE), believe it is critical to raise awareness for undiagnosed or misdiagnosed bleeding disorders which are much more prevalent than previously believed. For example, according to the CDC, 1% of the general population (male and female) are affected by von Willebrand Disease (VWD) a hereditary bleeding disorder that prevents blood from clotting properly leading to prolonged spontaneous / trauma / surgery related bleeding.

Do you have a family history of bleeding disorders and / or have you experienced any of the following symptoms:



Frequent or hard-to-stop nosebleeds that may be spontaneous that occur several times a year and last more than 10 minutes or lasting less than 10 mins but recur on the same day or during that week.



Easy bruising that may occur several times a month with little or no injury wherein a bruise is larger than the size of a quarter, it is not flat and has a raised lump.



Heavy menstrual bleeding - Soaking through a pad or tampon every 1-2 hrs. / gushing of blood / passing quarter sized clots/ lasts longer than 7 days from beginning to end which can result in anemia and / or low iron levels.



Longer than expected bleeding after injury, surgery, childbirth, or dental work - Bleeding may last more than 5 minutes or may stop and start up again hours or days later.

**If you have a family history of bleeding disorders or have experienced any of these symptoms, please report them to your provider.**

## How a Diagnosis is Made:

Your provider will ask questions about personal and family histories of bleeding. The doctor will check for unusual bruising or other signs of recent bleeding and order blood tests to measure how the blood clots and rule out VWD. A patient will be asked what type of medications they are taking since some medications could cause bleeding or make bleeding symptoms worse.

## Treatment:

The type of treatment prescribed for VWD depends on the type and severity of the disease. If you experience any of these symptoms, talk to your provider or a physician that specializes in hematology (the study of blood and bleeding disorders).

**There are also Hemophilia Treatment Centers (HTCs) recognized by the CDC linked below that specialize in treating all types of bleeding disorders including VWD. These centers offer comprehensive care by bringing together a team of physicians, nurses and other health care professionals experienced in diagnosing, treating and managing bleeding disorders.**

**Don't be afraid...bleeding disorders are treatable and manageable.**

But first, you must get diagnosed and treated to live your best life!



Scan the QR code to view a list of hemophilia treatment centers (HTCs) in New York that treat all types of bleeding disorders.



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