

# Diagnosis Quiz

Women & Bleeding Disorders

✓ **2 or more** → see a doctor, get tested for a bleeding disorder

<input type="checkbox"/>  <b>Long-lasting bleeds</b> (after a cut, a surgery ...)	<input type="checkbox"/>  <b>Long-lasting and heavy nose bleeds</b> (+10 min)	<input type="checkbox"/>  <b>Long-lasting bleeds of the gums or after a tooth extraction</b>
<input type="checkbox"/>  <b>Family history of bleeding disorders</b>	<input type="checkbox"/>  <b>Heavy and/or long-lasting (+ 7 days) menstrual bleeds</b>	<input type="checkbox"/>  <b>Frequent and/or large bruises</b>
<input type="checkbox"/>  <b>Post-partum bleed</b>	<input type="checkbox"/>  <b>Lack of iron, anemia</b>	<input type="checkbox"/>  <b>Need of a transfusion</b>

These **9 main symptoms** could indicate the presence of a **bleeding disorder**.

If you have checked at least **two of the boxes** please do **seek counselling** and set up an appointment with a **physician** specialised in hematology or at your local hospital in order to determine if you are a person with a bleeding disorder.

# Action strategy

support for WBD

- 1 Get in touch with your **local NMO**. Full list of patient groups on [www.ehc.eu/membership](http://www.ehc.eu/membership). Join the network, become a member.
- 2 Get to know the **board** and other **volunteers**, their **activities** and see if there is anything specifically for women with bleeding disorders.
- 3 If the NMO is not doing anything specific then reach out to the **EHC Women's Committee**. See contact information below.
- 4 Get together with **other women** and find out what you **need**. Establish a clear **plan**. How will you achieve it? Present it to your board.
- 5 Keep in mind that the EHC offers many **training opportunities** as well as scientific conferences where you can get more **information** about women and bleeding disorders. The EHC also offers **activity grants** to their NMO for projects that need a little extra help to get started. Go to the next page to find out more!



**European Haemophilia Consortium**

[www.ehc.eu](http://www.ehc.eu)

[facebook.com/europeanhaemophilia-consortium](https://facebook.com/europeanhaemophilia-consortium)

[twitter.com/EHC\\_haemophilia](https://twitter.com/EHC_haemophilia)

**Women and Bleeding Disorders Committee**

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Do we need a **Women's committee** in our NMO?



Look inside to find out why a **Women's Committee** is important.



