

Women UnBound

An interactive program led by professionals and women with bleeding disorders to enable girls and women to become emotionally, behaviourally and physically empowered while dealing with the bleeding disorder. The program helps women with bleeding disorders and their relatives to obtain knowledge, skills and abilities in coping with chronic, life and limb threatening medical condition.



EMPOWERING MINDS
Society for Research & Development

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A program to improve
psychosocial wellbeing in women
with bleeding disorders

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What are Bleeding Disorders?

- In people with bleeding disorders, the clotting process doesn't work properly. As a result, people with bleeding disorders can bleed for longer than normal, and some may experience spontaneous bleeding into joints, muscles, or other parts of their bodies.
- Hemophilia is a bleeding disorder that affects approximately 1 in 10,000 people. People with hemophilia do not have enough clotting factor VIII or IX in their blood. As a result, they can bleed for longer than normal.
- The most common bleeding disorder is von Willebrand disease (VWD). It is generally less severe than other bleeding disorders. Many people with VWD may not know that they have the disorder because their bleeding symptoms are very mild.
- Rare clotting factor deficiencies are disorders in which one of several clotting factors is missing or not working properly. Less is known about these disorders because they are diagnosed so rarely. In fact, many have only been discovered in the last 40 years.
- Finally, inherited platelet disorders are conditions in which platelets don't work the way they should, resulting in a tendency to bleed or bruise.



Bleeding Disorders in Women

- Bleeding disorders in women are often misdiagnosed or undiagnosed due to lack of awareness.
- Bleeding disorders don't just affect men. Several bleeding disorders affect women, too. The most common inherited bleeding disorder in females is Von Willebrand disease (VWD). Although its exact incidence is unknown, estimates of VWD range from about 1 out of every 100 to 10,000 people. (VWD affects an equal number of men and women.)



- A bleeding disorder results from a flaw in the body's clotting system. Specialized proteins in the blood are called clotting factors. If they are missing or do not work properly, a bleeding disorder can result.
- Most bleeding disorders are inherited, caused by a genetic mutation, but some can occur spontaneously.
- Did you know that heavy, prolonged menstrual bleeding (bleeding during a woman's period) may be a sign of a bleeding disorder in women.
- Women and girls can also have the most common types of hemophilia—hemophilia A (factor VIII [8] deficiency) or hemophilia B (factor IX [9] deficiency)—both of which are hereditary.
- Some women who are symptomatic carriers of hemophilia also have symptoms of the bleeding disorder.
- Women can have a rare platelet disorder or any of the rare factor deficiency disorders, such as factor I (1), II (2), VI (6), VII (7), XI (11), and XIII (13) deficiency.

Signs and Symptoms

- Heavy menstrual periods
- Bleeding for more than 7 days, from the time it began until it stopped
- Flooding or gushing of blood, limiting daily activities such as housework, exercise or social activities
- Passing clots that are bigger than a quarter
- Changing tampon and/or pad every 2 hours or less on heaviest day. Have been told about "low in iron" or being treated for anemia
- Bleeding symptoms and someone in the family has a bleeding disorder, such as von Willebrand disease, or a clotting factor deficiency, such as haemophilia
- Experienced heavy bleeding from dental surgery, other surgery, or childbirth and/or have other additional bleeding symptoms such as:
 - frequent prolonged nose bleeds (longer than 10 minutes)
 - prolonged bleeding from cuts (longer than 5 minutes) or
 - easy bruising (weekly, raised and larger than a quarter)

An undiagnosed bleeding disorder can put a woman at risk for unnecessary medical procedures, heavy bleeding after surgery or dental procedures and during menstrual periods, and difficulties during pregnancy and childbirth.

Women experiencing heavy bleeding should talk to their doctors about their symptoms and seek treatment to avoid more serious health problems.



References:
eLearning.wfn.org
haemophilia.org