

WOMEN

GIRLS, & PEOPLE WITH
THE POTENTIAL TO
MENSTRUATE WITH

BLEEDING DISORDERS

TOOL KIT

Our mission is to raise awareness, improve diagnosis, and enhance the quality of life for women, girls, and people with the potential to menstruate who are affected by bleeding disorders. This tool kit provides actionable steps to help you make a meaningful impact!



TABLE OF CONTENTS

01 INTRODUCTION

Learn more about our Women, Girls, and People with the Potential to Menstruate (WGPPM) Initiative.

02 WELCOME

from the Executive Directors of the Western and Eastern Pennsylvania Bleeding Disorders Foundations.

03 FACTS & FIGURES

Despite long-standing misconceptions, women can and do have bleeding disorders.

04 PERIOD PACKS

See what's included in each period pack.

05 VOLUNTEER

Interested in volunteering? Our community is a critical part of this initiative.

06 MAGNETS & CLINGS

Use these to raise awareness about bleeding disorder symptoms by placing them in public restrooms and high-visibility areas where they are most likely to catch people's attention.

08 STORIES

Marisa and Cassie share their experiences living with a bleeding disorder from diagnosis to treatment.

11 SCRIPTS

Use these when contacting school nurses, colleges, and health clinics to invite them to participate in this initiative.

15 AWARENESS CARDS

Pass out these cards to help spread awareness of bleeding disorders.

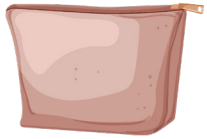
17 PERIOD PRODUCT SUPPORT

WPBDF and EPBDF are dedicated to combating period poverty. Learn about their patient assistance programs.

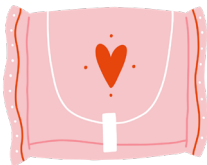
WGPPM INITIATIVE INTRODUCTION

The Western and Eastern Pennsylvania Bleeding Disorders Foundations' Women, Girls, and People with the Potential to Menstruate (WGPPM) Initiative is an outreach program aimed at improving diagnosis of bleeding disorders and improving the quality of life in women, girls, and people with the potential to menstruate. Our outreach program consists of the following:

PERIOD PACKS



We are distributing period packs to university health centers, school nurses, local clinics, and OB/GYNs across Pennsylvania. These packs are specifically intended for women, girls, and people with the potential to menstruate suspected of having a bleeding disorder to increase awareness and support early diagnosis. Our goal is to address period poverty while also enhancing the identification of bleeding disorders in women, girls, and people with the potential to menstruate.



ADDRESSING PERIOD POVERTY

We are working to identify and support those with bleeding disorders experiencing period poverty through our patient assistance programs.



COMMUNITY CONNECTION

We're raising awareness of bleeding disorders by hosting booths at health fairs and local events to distribute period packs and share Better You Know brochures and resources.



MAGNET AND STICKER CAMPAIGN

We're providing magnets, stickers, and flyers that outline the symptoms of bleeding disorders in women, girls, and individuals who menstruate, along with information on where to find additional resources.

DEAR ADVOCATE,

We are thrilled to introduce our initiative dedicated to raising awareness, improving diagnosis, and enhancing the quality of life for women, girls, and people with the potential to menstruate who have bleeding disorders.

This publication is your gateway to making a meaningful impact. Inside, you'll discover magnets and clings detailing the symptoms of bleeding disorders—ideal for placing in restrooms or sharing with those who might benefit from this crucial information. Additionally, we've included business cards that outline these symptoms and provide a link to betteryouknow.org, where individuals can complete an online risk assessment.

We've also provided sample scripts to help you engage with school nurses, college and university residence life and health centers, and rural health clinics. By encouraging their participation and distributing period packs and resources to patients who may be at risk, you will play a pivotal role in advancing our mission.

According to the CDC, women with bleeding disorders often face a staggering delay in diagnosis, with one study revealing an average delay of 16 years between the onset of symptoms and a proper diagnosis. This delay highlights the urgent need for increased awareness and proactive management.

In addition to these resources, we've shared stories of women with bleeding disorders from right here in our community. Their experiences highlight the real-world impact of our collective efforts and the urgent need for change.

Your involvement is essential in closing this gap. Thank you for your dedication to spreading awareness and supporting individuals with bleeding disorders across Pennsylvania. Together, we can drive significant and meaningful change.

WITH DEEP GRATITUDE,

Kara Dornish

Sarah Pilacik



Sarah Pilacik
Executive Director
EPBDF



Kara Dornish
Executive Director
WPBDF



Despite long-standing misconceptions about bleeding disorders in women, women can and do have bleeding disorders.

According to bleeding.org, although men and women with bleeding disorders have similar symptoms, such as bleeding into joints and tissues, **women can experience added complications during menstruation, pregnancy, labor, and delivery.** Some doctors are not familiar with bleeding disorders in women, resulting in many women going undiagnosed or misdiagnosed. Women with undiagnosed and untreated bleeding disorders risk serious complications.

According to the American Journal of Preventative Medicine, as many as

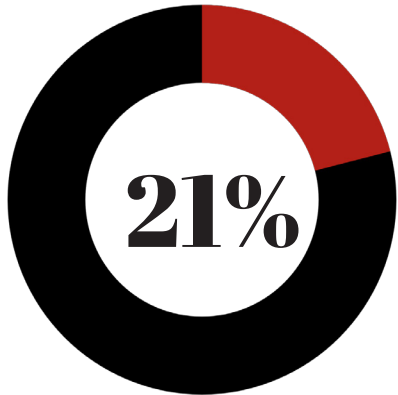
2 million women 

in the U.S could have an undiagnosed bleeding disorder.

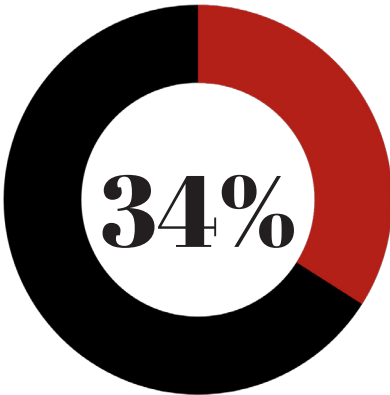
Learn more about women, girls, and people with the potential to menstruate affected by bleeding disorders at:

wpbdf.org/women-and-girls/
epbdf.org/women-and-girls/

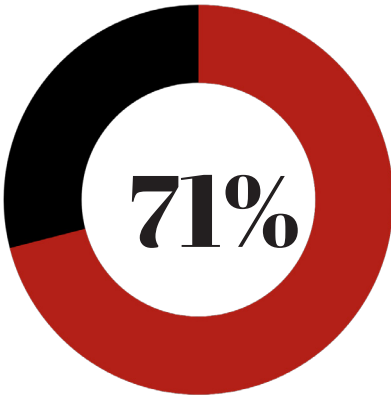
Of the women displaying at-risk symptoms for bleeding disorders,



had periods that lasted 8 days or longer



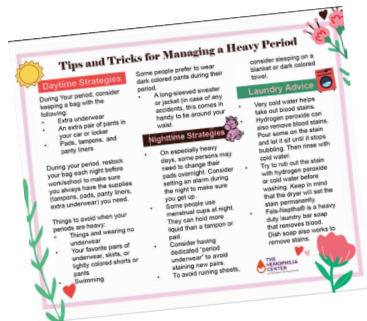
said they always or often bleed through a tampon or pad in 1 hour or less



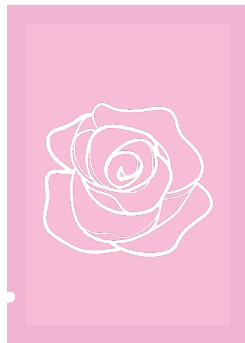
said they always or often feel a sense of flooding or gushing

These women also reported that their period interfered with their everyday activities, particularly physical activities or sports and attendance at work or school.

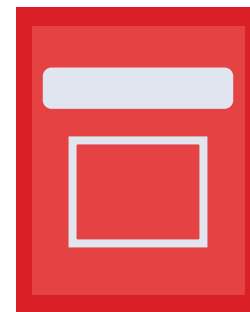
WHAT'S IN EACH PERIOD PACK?



TIPS FOR MANAGING HEAVY PERIODS & WEBSITE ADDRESS FOR A BLEEDING DISORDER RISK ASSESSMENT



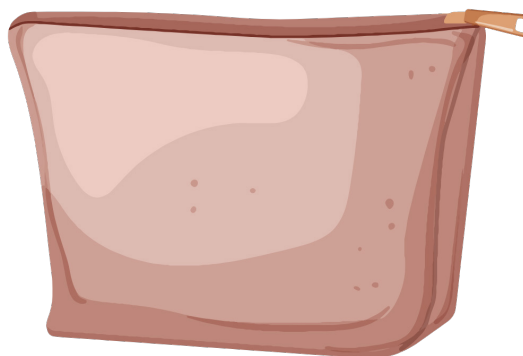
FEMININE WIPE



STAIN REMOVER WIPE



SINGLE USE MENSTRUAL DISC



DISPOSABLE UNDERWEAR



REGULAR, SUPER, AND SUPER PLUS TAMPONS



THIN PADS & MAXI PADS

HOW CAN YOU HELP? VOLUNTEER WITH US



COMMUNITY EVENTS

If you know of any community or health fair events with booth or exhibit opportunities, please let us know! We would also greatly appreciate your support in staffing the booth or donating a few hours of your time. WPBDF and EPBDF can provide all the necessary materials, including symptom magnets, clings, informational cards and handouts linking to betteryouknow.org, Foundation brochures, event flyers, pens, swag items, and more. Your role will involve sharing information about bleeding disorder symptoms with visitors and, if you're comfortable, sharing your personal experiences.



CONNECTIONS

Are you passionate about the bleeding disorders community? Do you have a relationship with your child's school nurse, your college health center, or know someone who works in a school, health clinic, or OB/GYN office? You can help make connections with these organizations to either hang magnets, clings, and flyers around their campus or building and/or allow us to provide period packs and make them available for those who may be experiencing symptoms.



HANDS ON

Volunteers are needed to help construct the period packs to be sent to local schools, nurses, colleges, universities, health clinics, and OB/GYNs.

Let us know if you can help!

Western PA - email us at info@wpbdf.org
or call 724-741-6160

Eastern PA - email us at info@epbdf.org
or call 610-770-5215

MAGNETS:

PLEASE STICK THESE MAGNETS IN RESTROOM STALLS OR PASS THEM OUT TO LOVED ONES WHO MAY BE EXPERIENCING SYMPTOMS.

(Please remember to request permission before installing the magnets or clings!)

Need more magnets? Reach out to Kara Dornish, WPBDF, kara@wpbdf.org or Sarah Pilacik, EPBDF, sarah@epbdf.org!

Thank you for supporting the Pennsylvania Bleeding Disorders Foundations' Women, Girls, and People with the Potential to Menstruate with Bleeding Disorders Initiative!

Need more magnets? Reach out to Kara Dornish, WPBDF, kara@wpbdf.org or Sarah Pilacik, EPBDF, sarah@epbdf.org!

Thank you for supporting the Pennsylvania Bleeding Disorders Foundations' Women, Girls, and People with the Potential to Menstruate with Bleeding Disorders Initiative!

CLINGS:

PLEASE STICK THESE CLINGS ON RESTROOM MIRRORS, WINDOWS, OR PASS THEM OUT TO LOVED ONES WHO MAY BE EXPERIENCING SYMPTOMS.

(Please remember to request permission before installing the magnets or clings!)

Need more clings? Reach out to Kara Dornish, WPBDF, kara@wpbdf.org or Sarah Pilacik, EPBDF, sarah@epbdf.org!

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**“I FINALLY
LEARNED THAT
I WAS NOT A
PROBLEM, AND
THAT WOMEN
DO HAVE
HEMOPHILIA.”**

**MARISA
HEMOPHILIA A**

MARISA

Marisa has mild hemophilia A, but she didn't receive her diagnosis until she was 31 years old. Growing up as a teenager, and throughout her early 20s, she never knew that having extremely heavy periods wasn't normal. She bruised all the time, adding that it always looked like someone had punched her.

“Before [my diagnosis], it was terrible, especially being a woman and what happens every month. I dreaded my period. I was a two pad, super absorbent tampon kind of person because it was no joke,” Marisa said. “Every hour or two I changed them. I bled like this for almost four days and then it would slow down a bit and would last a week. I thought being a woman just sucked and we all put up with this.”

8

Marisa is the youngest of three girls, and their periods weren't something they talked about with each other. Her mother passed away in 1997, so she had no one to talk to as her symptoms worsened.

“It was essentially a quarter of my month, I felt like my body was taken hostage. I had to be careful about what I wore, what I took with me... it was a lot.”

When Marisa and her husband decided to have kids, she still did not have a bleeding disorders diagnosis. She miscarried at 11 weeks in 2003 and had a dilatation and curettage (D&C) procedure done, where she continued to bleed heavily for weeks after. Marisa had another D&C a couple months later, not knowing if it was another miscarriage or remnants from her first, but she hemorrhaged again after that procedure. Finally, in 2005, her first son was born, and Marisa recalls it being an easy delivery. Yet, at

7 ½ weeks of her pregnancy, she hemorrhaged and ended up being hospitalized. Doctors still didn't give her a diagnosis, and believed this incident was hormonal.

About a year after her son was born, Marisa began to learn a bit more about her family's medical history. “My sister happened to be on the phone with my aunt,” she recalls, “... and she had said something about my cousin having all this bleeding. She said, ‘You know my grandfather suffered from bleeding. No idea what this means, never found out.’ My sister got off the phone and called me and said, ‘I think you have something, you need to get tested.’ A month later, I had my annual with my OB/GYN, and told him the story. He said he was happy to run some tests, but insurance might not cover them. I said that's fine.”

A few weeks later, her OB/GYN called back, but he didn't understand the results. He referred her to a hematologist. Marisa's OB/GYN was trained that women can't have hemophilia, so she had to see a hematologist to receive further testing. The first hematologist she was sent to was at State College. “He asked me what I was doing in his office,” she said. “I told him, I just knew I got bloodwork and was sent here. I went into that appointment thinking I would finally get some answers, but that guy didn't even look at my bloodwork or anything.” That hematologist sent Marisa for additional blood work, and only then did he give her a proper diagnosis. “Here he was, a hematologist, and he didn't understand the diagnosis,” Marisa said. “Because women couldn't have hemophilia.”

She finally received her diagnosis in the summer of 2006, where

she was immediately sent to the Hemophilia Treatment Center in Hershey, PA. "Here, I finally learned that I was not a problem, and that women do have hemophilia."

Upon receiving her diagnosis, Marisa was relieved. "For years, I was made to think nothing was wrong with me and I was crazy... even though my bathroom looked like a murder scene. I felt relieved that, oh my gosh, finally I have an answer. You feel like you're bothering people, they don't realize that when you say you're bleeding a lot, it's a lot."

Marisa quickly got her 1½ year old son tested and found out that he also had hemophilia. He showed no signs of bleeding issues before he got tested. He'd had some bloody noses, but nothing alarming.

Marisa got pregnant with her second son in 2008, and for peace

of mind, she went in for an early ultrasound; however, once again at this appointment, the doctor told her, "You know, [your chart] says you have hemophilia. You know you can't have hemophilia, right?"

"He was very condescending and a jerk," Marisa said. Knowing more about her diagnosis, she told this doctor, "Look, I am here for an ultrasound. You can call my doctors in Hershey if you have any questions about my diagnosis."

Marisa's second son was tested at birth and does not have a bleeding disorder.

Now, Marisa has gone through menopause, and no longer has many bleeding issues. She sometimes needs an infusion of factor if she gets hurt or has a medical procedure. She works out every morning at her local YMCA, taking swimming classes, and enjoys hiking or bike riding with

her husband and her dog on the weekends.

"It's been a really long road, but to now be in a place where people listen to me and I am treated with respect, it's such a relief. It's a good feeling to know both myself and my son are being taken care of."

Marisa sits on the Board of Directors for the Eastern Pennsylvania Bleeding Disorders Foundation. She is grateful for all the education provided by the Foundation and the multiple opportunities to connect with other women and families affected by bleeding disorders. Marisa hopes that someday, education for medical students will improve to ensure all providers have a better understanding of bleeding disorders and how they affect women.

CASSIE

At two years old, Cassie accidentally received her diagnosis of Type 1 von Willebrand Disease, severe, when she was scheduled for surgery. Before the procedure, her doctor at the time performed a bleeding time test. This test was the most common way to test for a bleeding disorder in the past. To conduct this test, a blood pressure cuff was put on the upper arm, it was inflated to a certain pressure, and a device was put on your forearm to make a small, painless cut. A stopwatch would measure the time it took for the cut to stop

"WE HAVE STRUGGLED TO BE HEARD, BUT NOW IS THE TIME TO SPEAK UP BECAUSE THEY ARE STARTING TO LISTEN! THE STRUGGLES WERE WORTH IT, ESPECIALLY IF I CAN ADVOCATE AND PREVENT SOMEONE FROM GOING THROUGH ALL THE PAIN AND STRUGGLES THAT I HAVE HAD TO GO THROUGH."

**CASSIE
VON WILLEBRAND DISEASE**



CASSIE

CONTINUED FROM PAGE 9...

bleeding. Today, this test is no longer used as it is difficult to standardize and bleeding time was often normal in people, even though they had a bleeding disorder. Instead, health care providers will conduct a series of other blood tests to accurately diagnosis a bleeding disorder.

Cassie bled longer during her second bleeding time test, and her doctor referred her to a hematologist. "They went into the room and told my mom I was not going to have surgery because I would die on the table and the doctor walked out of the room," Cassie said. No one else in her family had officially been diagnosed with a bleeding disorder at this point, so she recalls her mom being scared and curious about what this meant. Later, Cassie and her family would learn that bleeding disorders ran in both sides of her family.

Growing up, Cassie was aware of her bleeding diagnosis, but it was just something her and her family dealt with. If she got hurt, she would go to the hospital for medicine, but otherwise, she lived her life just like any other kid. Many of her complications and struggles didn't happen until she hit puberty. Cassie's first period lasted over three months and she suffered extremely heavy bleeding. She was taking multiple birth

controls and extra factor to help control it.

"At the age of 16, I was told jokingly that I should just get pregnant to regulate my periods. Yikes!" Cassie recalls. Cassie continued to have bleeding problems and started getting target joint bleeds. A target joint bleed is a term used for a joint that has more than 3 bleeds in a 6-month period. These bleeds went unrecognized because she was told girls don't bleed in their joints. Cassie played sports as a child and had to fight to get prophylactic treatment, which is when a patient receives treatment regularly to prevent bleeds instead of receiving treatment in response to injuries or other bleeds.

When she entered high school, the damage was already done. She was told to stop playing sports altogether due to the significant damage done to her knees and ankles. Since high school, Cassie's lived in braces, crutches, or a wheelchair depending on what she's doing. Today, she receives prophylactic doses twice a week, which has helped improve her quality of life ever so slightly. She still experiences arthritis in her joints and chronic pain due to the, "wing it and see how it goes," approach used during her childhood.

While this is difficult for both Cassie and her family, Cassie stays positive. "Having this bleeding disorder has given me access to this wonderful community. My family and I can meet up with community

members, learn from them, and get advice on things we are going through."

Cassie is a member of the Western Pennsylvania Bleeding Disorders Foundation's Board of Directors and is a passionate Advocacy Ambassador for those affected by bleeding disorders in Pennsylvania.

"One thing that I wish for our bleeding disorder community is to help get women, girls, and those [with the potential to] menstruate diagnosed early," she said. The CDC estimates it takes a woman an average of 16 years from the onset of symptoms to be diagnosed with VWD. "By then, they can already have irreparable damage already done to their bodies. I would love to see girls be diagnosed early so they can be treated early. I also want it known that girls bleed just like the boys, so we should also get the same attention to care."

Cassie feels incredibly lucky to have been born in an area where she had access to a hemophilia treatment center that focused on comprehensive care. "My story is like so many others out there," she began. "We have struggled to be heard, but now is the time to speak up –because they are starting to listen! The struggles were worth it, especially if I can advocate and prevent someone from going through all the pain and struggles that I have had to go through. Becoming an advocate has been the most rewarding "job" I have ever had!"

EMAIL AND PHONE

SCRIPTS & TEMPLATES



Please use the following scripts to assist in reaching out to schools, college, health clinics, and OB/GYN offices.

SCHOOL NURSES:

Subject Line: Free Menstrual Supplies for Students

Dear [School Contact's Name],

I'm [Your Name] from the [Eastern/Western] Pennsylvania Bleeding Disorders Foundation. We're reaching out to offer our support in raising awareness about bleeding disorders among students.

We'd like to provide:

Period Packs: Containing menstrual hygiene products and information on bleeding disorder symptoms and heavy bleeding management.

Informational Materials: Age-appropriate resources detailing symptoms specific to women, girls, and people with the potential to menstruate.

Could we arrange a time for me to deliver these materials to your school?

We believe that by working together, we can contribute to creating a more informed and supportive environment for students affected by bleeding disorders. Our foundation is committed to addressing the unique health needs of individuals with bleeding disorders, and we see school nurses as invaluable partners in this endeavor.

Thank you for considering this collaboration. We appreciate your dedication to the health and welfare of the students.

Best regards,
[Your Name]
[Your Contact Information]

UNIVERSITY/COLLEGE RESIDENCE LIFE:

Subject Line: Collaborate to Raise Awareness of Bleeding Disorders on Campus

Hello [Contact Name],

My name is [Your Name], and I am a representative of the [Eastern/Western] Pennsylvania Bleeding Disorders Foundation. We are reaching out to explore a potential collaboration with [University's Name] Residence Life to enhance awareness of bleeding disorders among women, girls, and people with the potential to menstruate within the campus community.

Bleeding disorders affecting these groups often go unnoticed, and our foundation is dedicated to raising awareness, fostering understanding, and providing support to those affected. We believe that partnering with your Residence Life team could significantly contribute to creating a more informed and supportive environment at the university.

We propose an awareness campaign that involves placing magnets, stickers, and flyers in bathroom stalls across campus. These materials will feature information about the symptoms of bleeding disorders affecting women, girls, and people with the potential to menstruate. The strategic placement of these items aims to reach a broad audience in a discreet yet impactful manner.

The campaign would also include distributing informational flyers directly to individuals on campus, encouraging them to recognize the symptoms of bleeding disorders and seek medical attention if needed. Our foundation is ready to provide all necessary materials, including magnets, stickers, and informational flyers, to support this initiative.

Would it be possible for us to send you these materials for distribution?

By participating in this campaign, [University's Name] can play an active role in improving awareness and support for its students. We look forward to the opportunity to work together and make a positive impact on the lives of those within the [University's Name] community.

Thank you for considering our proposal. We appreciate your commitment to the well-being of your residents and the broader campus community.

Best regards,

[Your Name]

[Your Contact Information]



UNIVERSITY/COLLEGE HEALTH CENTER:

Subject Line: Free Menstrual Supplies for Students

Hello [Contact Name],

My name is [Your Name], and I am reaching out on behalf of the [Eastern/Western] Pennsylvania Bleeding Disorders Foundation. We are dedicated to raising awareness and providing support for individuals affected by bleeding disorders. I am writing to propose a collaboration that aims to increase awareness of bleeding disorders in women, girls, and people with the potential to menstruate.

Understanding the significance of health clinics in promoting well-being on campus, we would like to collaborate with [Health Clinic Name] to provide period packs and information about the symptoms of bleeding disorders to women, girls, and people with the potential to menstruate on campus. This initiative seeks to empower students with knowledge about their health and encourage early detection of bleeding disorders.

Our proposal includes the following components:

Period Packs: We would like to supply the health clinic with period packs containing essential items such as sanitary pads, tampons, and other menstrual hygiene products. These packs also list the symptoms of bleeding disorders and how to manage heavy bleeding. They are to be distributed to any student suspected of having a bleeding disorder.

Informational Materials: Along with the period packs, we would like to provide informational materials such as signs and symptoms of bleeding disorders, a link to take a short online risk assessment, and information on what you should know if you have a bleeding disorder.

We believe that by working together, we can make a meaningful impact on health awareness for women, girls, and individuals with the potential to menstruate within our community. Would we be able to send you these materials to distribute?

We would also like the opportunity to collaborate on community outreach efforts. These may include attending health fairs on campus or setting up information booths to provide information about bleeding disorders. Please let us know of any opportunities and keep us in mind if any opportunities arise in the future. We believe that our joint efforts can contribute to creating a more informed and supportive environment for everyone on campus.

Thank you for considering our proposal. We appreciate your commitment to the well-being of the campus community.

Best regards,

[Your Name]
[Your Contact Information]

RURAL HEALTH CLINICS:

Subject Line: Collaborate to Enhance Awareness of Bleeding Disorders

Hello [Contact Name],

My name is [Your Name], and I represent the [Eastern/Western] Pennsylvania Bleeding Disorders Foundation. We are reaching out to health clinics to increase awareness about bleeding disorders among women, girls, and people with the potential to menstruate.

Understanding the unique challenges faced by rural populations, we propose a collaboration to provide period packs and educational materials about the symptoms of bleeding disorders. Our proposal includes:

Period Packs: We would like to supply your health clinic with period packs containing essential items such as sanitary pads, tampons, and other menstrual hygiene products. Each pack will also include information on the symptoms of bleeding disorders and tips for managing heavy bleeding. These packs are intended for individuals suspected of having a bleeding disorder.

Informational Materials: Alongside the period packs, we aim to provide educational materials that highlight symptoms of bleeding disorders relevant to women, girls, and people with the potential to menstruate. These materials are designed to be accessible and informative.

Community Outreach: We would like the opportunity to collaborate on community outreach efforts, such as attending health fairs, to provide information about bleeding disorders and related health issues.

We recognize the crucial role that rural health clinics play in delivering healthcare services, and we believe this collaboration can help create a more informed and supportive environment for your patients.

If this collaboration aligns with the goals of [Rural Health Clinic Name], we would greatly appreciate the chance to discuss this proposal further. We are flexible and willing to tailor our approach based on the specific needs of your clinic.

Please let us know if we can send you the materials for distribution. We look forward to the opportunity to work together to enhance health awareness in rural communities.

Best regards,

[Your Name]
[Your Contact Information]

CARDS:

PLEASE DETACH THESE AWARENESS CARDS AND KEEP THEM IN YOUR WALLET, PURSE, OR BAG. HAND THEM OUT TO FRIENDS, FAMILY, OR LOVED ONES YOU MAY SUSPECT HAVE A BLEEDING DISORDER.

If you need more cards, please reach out to WPBDF at kara@wpbdf.org or EPBDF at sarah@epbdf.org.

If you have any of the following symptoms, it's time to talk to your healthcare provider about a possible bleeding disorder diagnosis:

- Frequent nose bleeds that last longer than 10 minutes
- Bleeding from cuts or injuries that last longer than 10 minutes
- Heavy periods (changing your pad or tampon every hour) or periods lasting longer than 7 days
- Bruise easily, with bruises that are raised and larger than a quarter



FOR MORE INFORMATION and to take a free online risk assessment for bleeding disorders, go to www.betteryouknow.org.

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 **Better You Know**
National Bleeding Disorders Foundation



www.betteryouknow.org



For bleeding disorder diagnosis and treatment, contact the Hemophilia Center of Western PA at 412-209-7280 or visit hwp.vitalant.org for more information.

 **Better You Know**
National Bleeding Disorders Foundation



www.betteryouknow.org



For bleeding disorder diagnosis and treatment, contact the Hemophilia Center of Western PA at 412-209-7280 or visit hwp.vitalant.org for more information.



For support services after receiving a diagnosis, contact the Western PA Bleeding Disorders Foundation at 724-741-6160 or visit wpbdf.org for more information.



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Period Product Support for Women with Bleeding Disorders

Feminine hygiene products, sanitary products, menstrual products, period products, whatever you call them, they're all the same—expensive! These products are a necessity, not a luxury, and they can put a strain on personal finances, causing many people to have to choose between purchasing products for their periods and purchasing food or other necessities. Having heavy or prolonged periods increases the need for these products, creating an even greater impact on personal and family budgets. This fund will provide gift cards for period products.

Eligibility:

1. The applicant is a member of the Western or Eastern Pennsylvania Bleeding Disorders Foundation with a diagnosed bleeding disorder.
2. The cost of period products is making it difficult to afford essential household bills.

How to Help

If you are in a position to help and would like to contribute, we welcome you to bring new, unopened packages of tampons, pads, period underwear, menstrual cups, etc., to WPBDF or EPBDF events, to donate. These items will be available for others to take home with them at no cost.

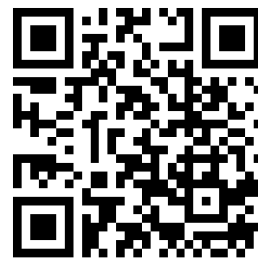
WPBDF Application



To apply, please fill out the application by scanning the QR code above or visiting: <https://www.surveymonkey.com/r/J3ZPNDV>

Questions? Contact Janet Barone (janet@wpbdf.org) or Kara Dornish (kara@wpbdf.org) or call the Foundation office at 724-741-6160.

EPBDF Application



To apply, please fill out the application by scanning the QR code above or visiting: <https://forms.gle/qwVuyLxCpiJhvWpd8>

Questions? Contact Sarah Pilacik (sarah@epbdf.org/ 610-770-5215) or Lisa Lee (lisa@epbdf.org/ 610-883-3266)



Western Pennsylvania
Bleeding Disorders Foundation

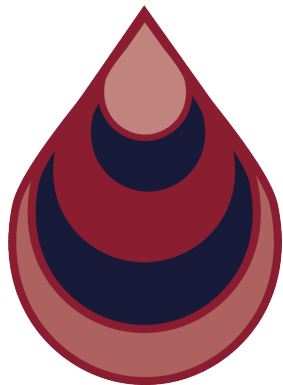
WESTERN PENNSYLVANIA BLEEDING DISORDERS FOUNDATION

775 Fourth Street
First Floor
Beaver PA 15009

Kara Dornish, Executive Director
kara@wpbdf.org
724-741-6160

WPBDF STRIVES TO ENRICH THE LIVES OF THOSE WITH BLEEDING DISORDERS IN WESTERN PENNSYLVANIA AND RESPOND TO THE NEEDS OF THE COMMUNITY IN A DYNAMIC ENVIRONMENT.

WPBDF serves families with bleeding disorders in 26 counties of Western Pennsylvania. Membership is free for people with bleeding disorders. We provide patient assistance to our members with bleeding disorders as well as hold a variety of educational events that cover a wide range of topics. Because bleeding disorders impact nearly every area of our members lives, we strive to provide relevant and timely information about everything from raising affected children to dealing with financial stress to joint health and treatment concerns and much more.



EPBDF

EASTERN PENNSYLVANIA BLEEDING DISORDERS FOUNDATION

Liberty Place at Kennett Square
148 West State Street, Suite 305
Kennett Square, PA 19348

Sarah Pilacik, Executive Director
sarah@epbdf.org
610-770-5215

THE EASTERN PENNSYLVANIA BLEEDING DISORDERS FOUNDATION STRIVES TO BRING TOGETHER THOSE AFFECTED BY BLEEDING DISORDERS IN OUR 41-COUNTY COVERAGE AREA SO THAT WE CAN ALL FEEL A SENSE OF CONNECTION AND SUPPORT THROUGH EDUCATION, PROGRAMMING, ADVOCACY, AND FINANCIAL ASSISTANCE.

41 counties. 1 mission.