

Bleeding Disorders & Safety: What You Need to Know

A message for our community

Living with a bleeding disorder can be unpredictable. Symptoms aren't always visible, and it's not always easy to know what's going on inside your body.

We understand that uncertainty. And we want you to feel better **and** feel safe.

What's Changed?

For a long time, people with bleeding disorders were taught to treat at the first sign of discomfort, just in case, because testing and trusted care weren't always easy to get.


Today, things are different. We have **better tools** to help us know when a bleed is really happening. And **new treatments are stronger, work faster, and last longer**.

Some of these newer treatments work in different ways, so you might not need to treat right away like before. That's why it's important to rethink how we manage symptoms and when treatment is needed.

What You Should Know


Pain doesn't always mean bleeding

Pain is real. But it can come from past injuries, inflammation, or other causes, not just bleeding.

 *Talk to your provider before treating when symptoms are unclear.*

Treating when you don't need to can be risky

Frequent, unnecessary treatment can increase the risk of side effects like blood clots, especially with newer therapies.

 *Use your treatment plan as your guide and check in if something feels different.*

Your voice matters. So does your safety.


We know your experiences are valid. And we're here to listen. At the same time, we want to protect you with the best science and support we have today.

 *Together, we can build a safer path forward.*

Stronger, Smarter, Together

The bleeding disorders community is strong because of people like you. Let's stay strong by learning, growing, and using treatments responsibly.

 *"You deserve to feel better and to feel safe."*

 *"The tools have changed. Let's change with them, together."*

Important Reminder

This information is general. Always consult with your Hemophilia Treatment Center team and follow your personalized treatment plan; factor use and management are tailored to your unique needs.