



Don't Be Overlooked. Take Action for Your Health. Women's bleeding and clotting disorders are often missed. You can help change that.

Across the world, women experience bleeding and clotting disorders that go unrecognized or are dismissed. Heavy menstrual bleeding, undiagnosed conditions such as von Willebrand disease and life-threatening blood clots during pregnancy and postpartum are more common than many realize. Postpartum hemorrhage remains a leading cause of maternal death globally, and thrombosis is a major contributor to preventable complications.

Organizations such as the World Health Organization and UNICEF continue to call for stronger maternal health systems and better access to diagnosis and care. Research published in the *Journal of Thrombosis and Haemostasis* and *Research and Practice in Thrombosis and Haemostasis* shows that women face unique risks across every stage of life. The science is clear. What is missing is consistent recognition and action.

Here's how you can take action:

Become informed

- Learn the signs and risks. Heavy or prolonged bleeding, excessive bleeding after procedures, unexplained bruising or a family history of bleeding disorders are not normal. Symptoms of blood clots such as swelling, pain or shortness of breath require immediate attention. The International Society on Thrombosis and Haemostasis provides trusted, evidence-based resources.

Ask questions

- Speak up in medical appointments. Ask if your symptoms could be related to a bleeding or clotting disorder. Ask about testing and referrals. If you do not feel heard, seek a second opinion.

Advocate

- Support better care in your country. Engage with policymakers, ministries of health and health regulators. Advocate for access to diagnosis, treatment and trained providers. Global guidance exists, but change depends on local action.

Share the message

- Raise awareness in your community. Share reliable resources on social media. Talk openly about symptoms and experiences. Increased awareness leads to earlier diagnosis and better care.

Women's bleeding and clotting disorders are not rare, and they should not be overlooked.

Your voice matters. Your action matters. Together, we can close the gap in women's care.