



Women and Bleeding Disorders

Bleeding symptoms in women are often overlooked. Awareness can help change that.

Women and girls can be affected by bleeding disorders, yet many remain undiagnosed, misdiagnosed or untreated. In some settings, symptoms may be normalized, dismissed or attributed to other causes, delaying recognition and access to appropriate care.

Bleeding disorders can affect women across the lifespan, including during menstruation, pregnancy, childbirth and later life. Early recognition of symptoms can help support timely diagnosis and reduce the risk of complications.

Signs that may warrant discussion with a healthcare professional include:

- Heavy menstrual bleeding that interferes with daily life
- Menstrual bleeding lasting longer than expected or involving frequent changing of menstrual products
- Passing large blood clots during menstruation
- Recurrent iron deficiency or anemia
- Excessive bleeding after dental procedures, surgery or childbirth
- Frequent or prolonged nosebleeds
- Easy bruising or bruises that appear large or raised
- Bleeding that seems prolonged after minor cuts or injuries
- A personal or family history of a diagnosed bleeding disorder

These symptoms do not always indicate a bleeding disorder, but they may warrant further evaluation.

Conditions that can affect women

Women may live with inherited or acquired bleeding disorders, including conditions such as von Willebrand disease, hemophilia and rare clotting factor deficiencies. Some women may experience symptoms even when their condition has gone unrecognized for years.

While some bleeding symptoms can affect anyone, women may face additional challenges related to menstruation, reproductive health, pregnancy and childbirth.

Barriers to diagnosis remain

In many parts of the world, awareness of bleeding disorders in women remains limited. Access to trained providers, diagnostic testing and specialized care may also vary significantly. As a result, many women continue to experience delays in diagnosis or do not receive care tailored to their needs.

Improving awareness among patients and healthcare professionals is an important step toward reducing disparities in care.



Why diagnosis matters

A diagnosis can help guide treatment decisions, support safer management during procedures or pregnancy and improve quality of life. It can also help women better understand their symptoms and advocate for appropriate care.

If you have concerns about abnormal bleeding, speak with a qualified healthcare professional. In some cases, referral to a hematologist or another specialist with expertise in bleeding disorders may be appropriate.

Knowledge can support action

Access to trusted information matters. Learning about symptoms, risks and available care options can help women, families and healthcare professionals take informed steps toward better outcomes.