

# Optum Women's Bleeding Disorder Support

Providing wellness and empowerment tools for women with bleeding disorders.



## Women and bleeding disorders

As a woman who has a bleeding disorder, you face unique challenges that can affect your quality of life.

Many inherited bleeding disorders can cause problematic symptoms. The most common is von Willebrand disease. Others include hemophilia, platelet dysfunction, and other rare bleeding disorders.

## What we offer

We offer support and resources for your treatment journey.

- A bleeding health history form to help you talk about your symptoms with your doctor
- Medication and supplies for your condition
- In-home infusion and education nursing services
- A specialized physical therapy program
- Medication administration logs
- A medical alert ID
- School education and care coordination
- One-to-one customer service
- Educational offerings for all ages
- Connection with other women with bleeding disorders for support and networking
- Tailored resources about bleeding disorders for you, your family, and your school or workplace



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**It is estimated that 1 in 10 women with HMB has an inherited bleeding disorder.<sup>1</sup>**

## **Symptoms of bleeding disorders in women**

The most common symptom you might have is heavy menstrual bleeding (HMB). HMB is usually defined as a week or more of heavy bleeding, often with large blood clots.

In addition to very heavy periods, other symptoms include:

- Anemia
- Hemorrhagic ovarian cysts
- Increased miscarriages early in pregnancy
- Post-partum hemorrhaging
- Post-surgical bleeding
- Endometriosis
- Painful or swollen joints
- Painful periods
- Bruising easily
- Bleeding gums
- Bloody noses

1.U.S. Department of Health and Human Services, Office on Women's Health, "Bleeding Disorders," December 2018, [womenshealth.gov/az-topics/bleeding-disorders](https://www.womenshealth.gov/az-topics/bleeding-disorders)

## **Diagnosing and testing for a bleeding disorder**

Testing for a bleeding disorder is a simple blood draw. You and your doctor will need to coordinate the testing with your menstrual cycle. Many drugs can impact the results. Be sure to tell your doctor about any drugs or supplements you're taking.

**If the test shows you have a bleeding disorder, your medical team can create a treatment plan that works for you.**

## **How Optum can help you**

Living with a bleeding disorder can be challenging. Optum Women's Bleeding Disorder Support is here to help.

Whether you've been dealing with bleeding symptoms for years or are newly diagnosed, we are with you on this journey.

**We are here to help.**

***Optum Women's Bleeding Disorder Support provides you with knowledge, resources, health care and help.***

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