

Becoming aware of the signs and symptoms indicating **Bleeding Disorders**

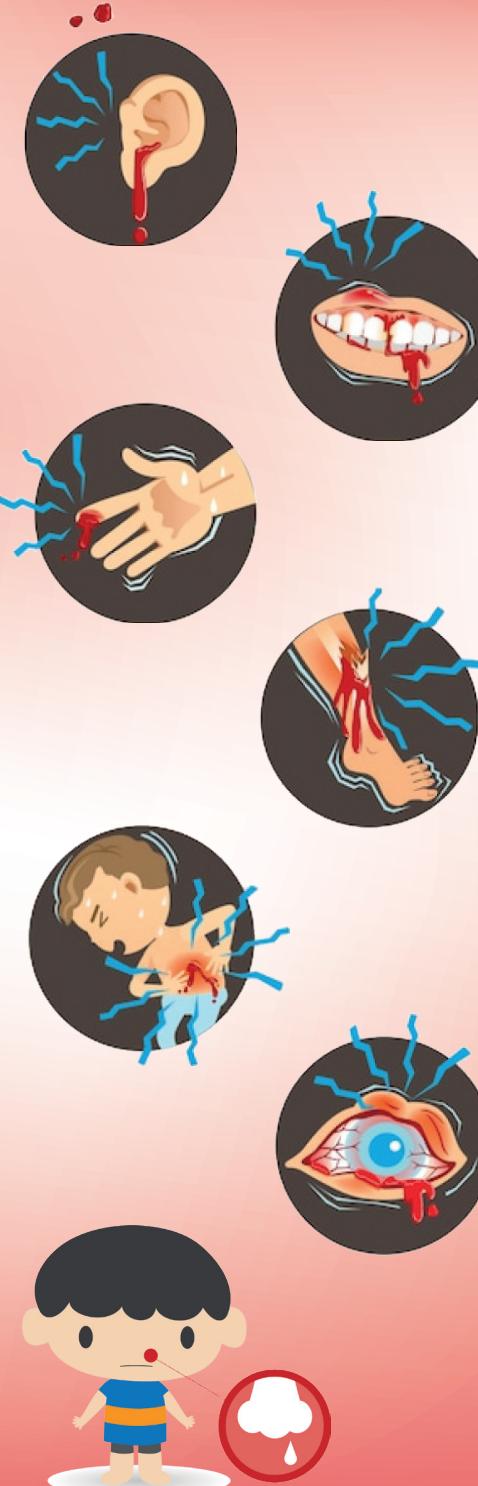
Checklist of Symptoms

If you suffer from 2 or more of these symptoms, you may have a bleeding disorder:

- Easy bruising (yourself or your relative)
- Frequent nose bleeds
- Frequent gum bleeding
- Pain and tiredness
- Abnormal heavy bleeding after surgery, childbirth or miscarriage
- Heavy menstrual period



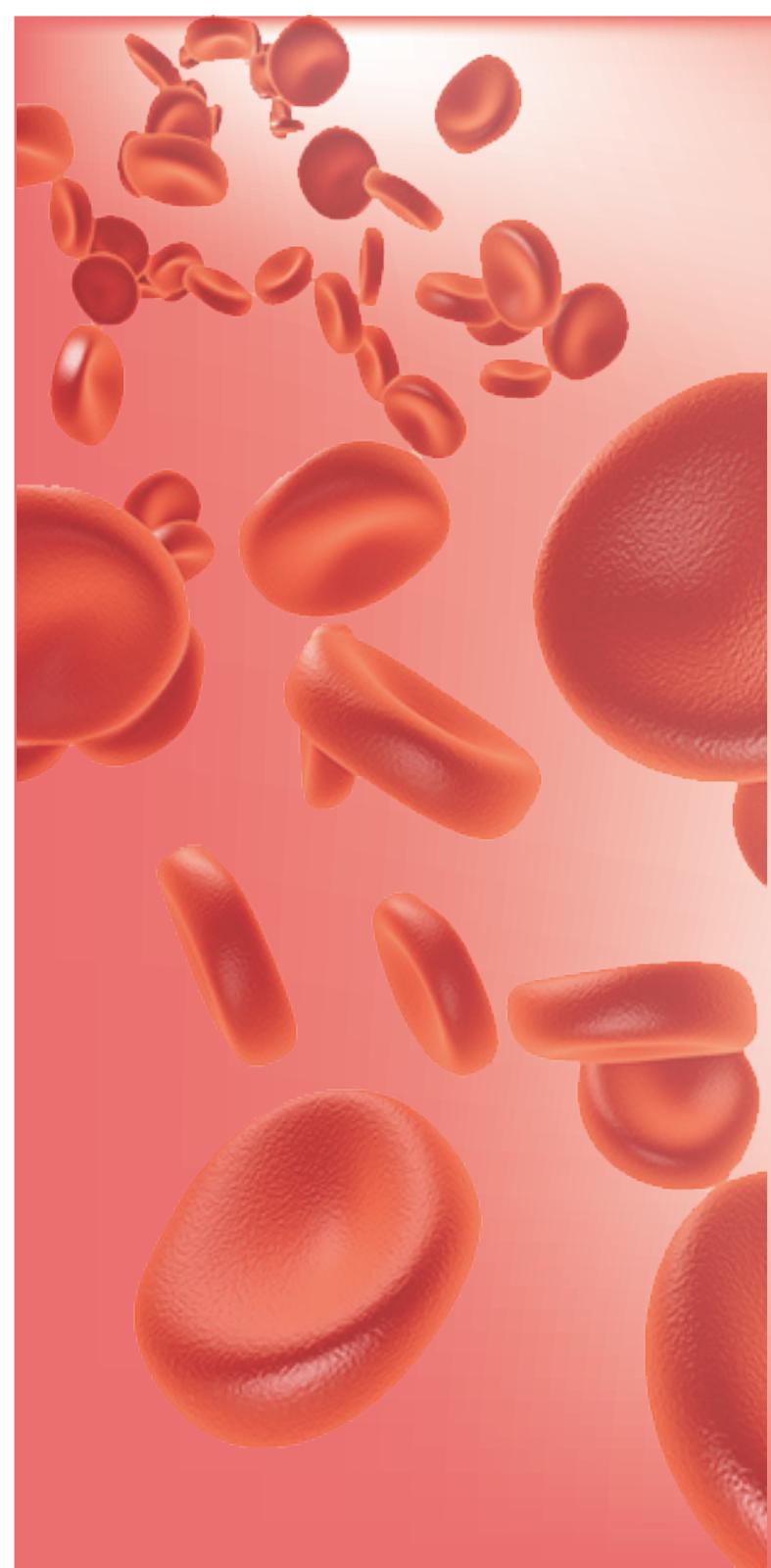
BLEEDING DISORDERS



Period Symptoms suggesting a Bleeding Disorder

- Period lasts more than 7 days
- Frequent bleeding through sanitary protection
- Need to double up on sanitary protection
- Need to change the sanitary protection more than once every other hour
- Limitation in your daily activities due to your period
- Significant impact of your period on your quality of life
- Iron deficiency and anaemia due to your period





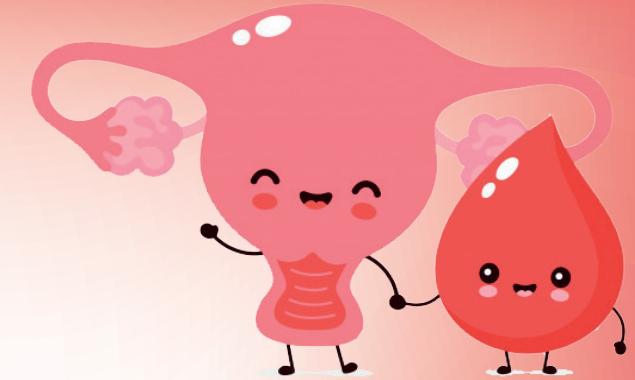
MALTA BLEEDING DISORDERS SOCIETY

If you suspect that you are suffering from a bleeding disorder, please speak to your GP/Family Doctor. For further information, please contact the Malta Bleeding Disorder Society on

info@mbds.org.mt

© Checklists were created by the Swedish Haemophilia Society

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