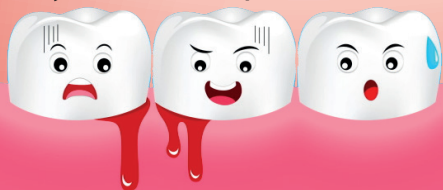


# Bleeding Disorders

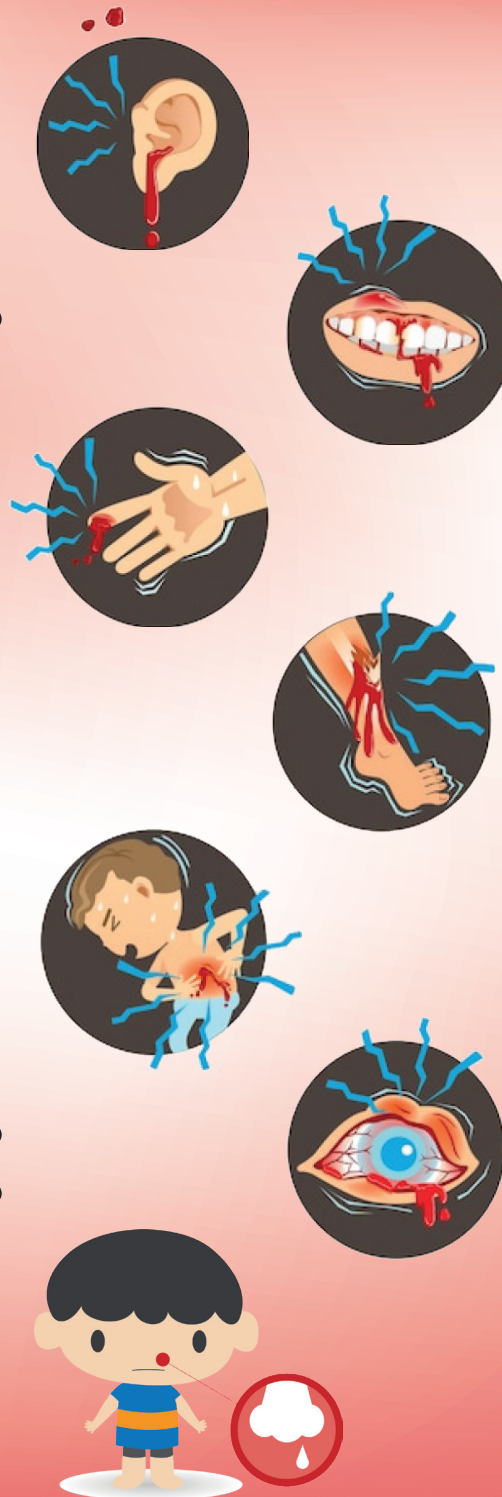
## Checklist of Symptoms

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

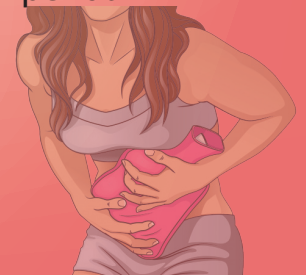


# BLEEDING DISORDERS



## 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





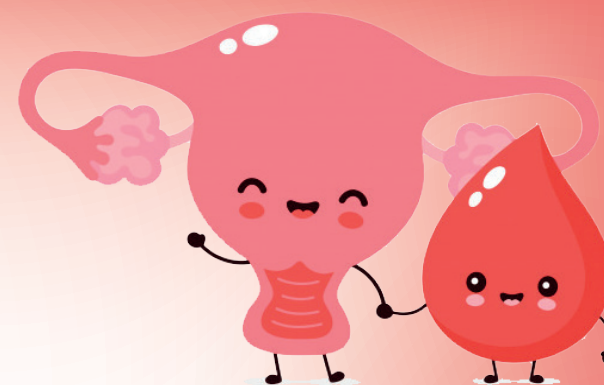
MALTA BLEEDING DISORDERS SOCIETY

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

Initiated by Chanel Cassar  
Leaflet designed by Angelique Borg



# Becoming aware of the signs and symptoms indicating **BLEEDING DISORDERS**

