

Women and Hemophilia

Women can inherit, be affected by, and pass on hemophilia. Becoming informed and asking proactive questions can empower women to have effective conversations with doctors about their own, or their daughters', healthcare needs.

How hemophilia is inherited

+ Hemophilia is caused by a mutation located on the X chromosome.

+ Women have two X chromosomes, one from each parent. Either of these X chromosomes may be affected.

+ Hemophilia is a genetic bleeding disorder that affects the clotting proteins in blood.

+ Some women are carriers of hemophilia. Women can also be affected and have symptoms.

Did you know?

Women with clotting factor below **50%** are considered to have hemophilia, and their symptoms can range in severity.

Know your symptoms

The common signs of hemophilia in women may include:



Heavy menstrual periods



Heavy bleeding from surgery



Low iron or anemia



Easily bruised



Frequent nosebleeds that last longer than 10 minutes



Bleeding from cuts lasting longer than 5 minutes



Family history of a bleeding disorder



Joint bleeds

Practice self-advocacy



By being proactive, asking questions, and speaking up, you can take greater control of your health and care. Self-advocacy can promote confidence and help you reach your health and lifestyle goals.

Doctor's appointment checklist

Doctor's appointments are particularly important times to practice self-advocacy. Below is a checklist of steps you can take before, during, and after your appointment to make sure you get the most out of your time and feel a sense of empowerment.

Before an appointment

- Keep a diary of symptoms
- Take photos to share with your healthcare provider
- Track your menstrual cycle, using an app if you prefer
- Prioritize your concerns
- Compose your medical history, including prescriptions

During an appointment

- Explain your symptoms and be honest
- Don't leave out details
- Don't wait for the doctor to bring up a certain topic
- Ask questions and take notes
- Find out if and when to return for another visit

After an appointment

- Clarify next steps
- If the doctor recommends treatment, ask for a plan in writing
- Ask for doctor's contact info and preferred method of communication



Know your resources

- ✓ Local hemophilia chapters
- ✓ NHF Victory for Women, an online women's community: victoryforwomen.org
- ✓ HFA Blood Sisterhood, a women's community with local and online meetings
- ✓ sisterhoodapp.com, an app to track bleeding episodes
- ✓ Symptom quiz at betteryouknow.org
- ✓ Women's retreat through the Coalition for Hemophilia: hemob.org/womens-retreat

This list is provided as a resource only and does not constitute an endorsement by Sanofi of any particular organization. Additional resources on this topic may be available and should be investigated. Sanofi does not review or control the content of non-Sanofi websites or apps.



For additional resources on navigating life with a bleeding disorder, reach out to your Sanofi CoRe manager.