Disruption FOR GOOD

LET'S TALK ABOUT

Periods and Haemophilia

A practical guide to understanding menstrual patterns, recognising changes, and preparing for conversations with your healthcare professional if you're living with haemophilia or are a carrier of the haemophilia gene.

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This resource was developed by Novo Nordisk.

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Your menstrual cycle typically is a natural rhythm your body goes through.[1,2] But if you live with, or are a carrier of, haemophilia then the way you experience your cycle may be different.

Some women notice heavier or longer periods, while others experience bleeding symptoms at certain points in their cycle.[3]

Every person's period and experience is different. The aim is not to define what is "normal", but to help you understand what is typical for you.

This guide is designed to help you:

- **UNDERSTAND HOW YOUR CYCLE WORKS**
- **NOTICE PATTERNS IN YOUR SYMPTOMS**
- **RECOGNISE WHEN SOMETHING MAY BE WORTH DISCUSSING WITH A PERSON YOU TRUST OR A HEALTHCARE PROFESSIONAL**
- **FEEL MORE PREPARED WHEN SPEAKING WITH YOUR HEALTHCARE TEAM**

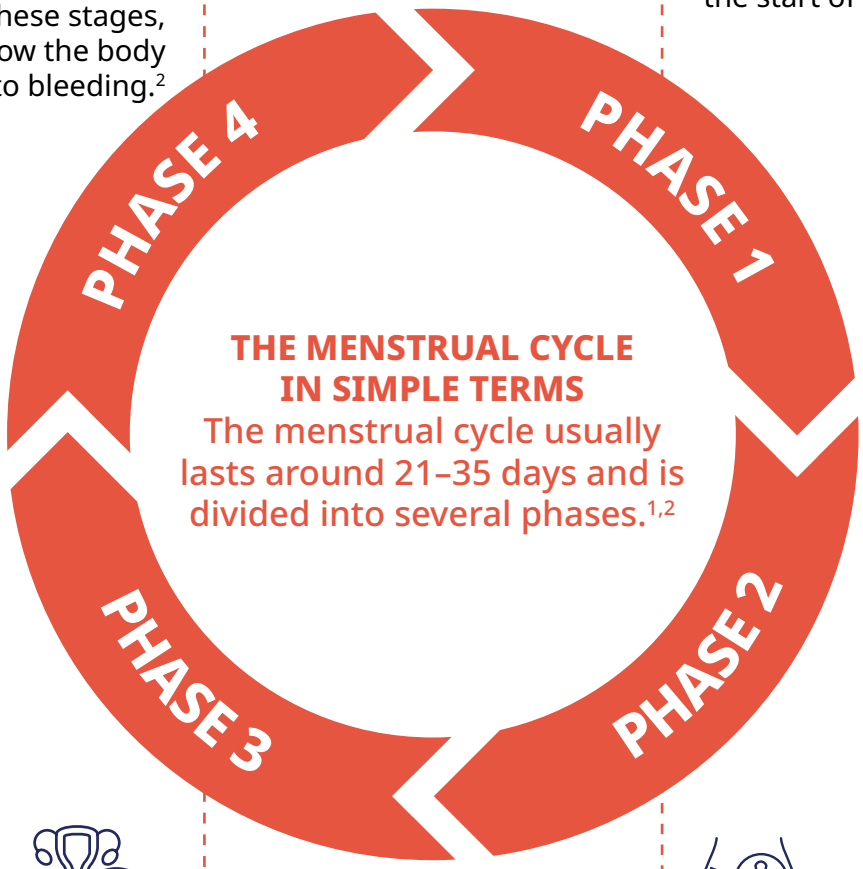


*Image used for illustrative purposes only.
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THE MENSTRUAL CYCLE IN SIMPLE TERMS

The menstrual cycle usually lasts around 21–35 days and is divided into several phases.[1,2]



MENSTRUAL PHASE (YOUR PERIOD)

Bleeding occurs marking the start of the cycle.[2]

FOLLICULAR PHASE

Hormones begin preparing the body for ovulation.[2]

OVULATION

An egg is released from the ovary.[2]

LUTEAL PHASE

Hormone levels shift again as the body prepares for the next cycle. Hormones rise and fall throughout these stages, influencing how the body responds to bleeding.[2]



How haemophilia may influence menstrual bleeding

Women who are living with haemophilia or are carriers of the haemophilia gene tend to experience more symptoms related to their monthly periods.[4] Heavy, prolonged periods are the most common symptom for women with bleeding disorders.[3]

These experiences can vary widely between individuals.

Please note: changes in your period or the symptoms described may have other causes - or none at all. For personalised advice, it's best to speak with your healthcare professional.

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COMMON EXPERIENCES WOMEN WITH HAEMOPHILIA REPORT

Women living with haemophilia and some carriers may experience:[3,5,6]

- Heavy menstrual bleeding
- Periods lasting longer than a week
- Fatigue during or after menstruation (sometimes linked to anaemia)
- Easy bruising
- Joint or muscle discomfort
- Mid-cycle pelvic pain or discomfort (around ovulation)

Not everyone experiences the same symptoms.



UNDERSTANDING YOUR CYCLE[7,8]

Reflecting on your own patterns and symptoms can help you build confidence in understanding your cycle.

You might ask yourself:

- How many days does my period usually last?
- On which days is bleeding heaviest?
- How many pads or tampons am I using? And are they needing to be changed every two hours?
- Do I experience fatigue or other symptoms at the same point each cycle?
- Are there days where bleeding interferes with normal activities?



WHY TRACKING CAN HELP[7,8]

Because menstrual experiences vary, keeping a simple cycle diary, either on paper or using a cycle-tracking app available as an integrated part of most smartphones, can help reveal patterns over time.

Tracking your cycle can help you notice:

- How long your periods usually last

	1-3 days		4-7 days		7+ days

- How heavy your flow typically is each day

1	2	3	4	5

- Whether symptoms appear at similar times each month

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When to seek advice

Sometimes certain patterns or symptoms in your cycle may be worth discussing with a healthcare professional.

Signs that may warrant a conversation
You may want to seek advice from a health professional if:

- ☑ Your periods last longer than seven days[3,5]
- ☑ You experience heavy menstrual bleeding[3,5]
- ☑ Your bleeding or related symptoms like fatigue that interferes with daily life[3]

If you are experiencing any symptoms or relating to experiences discussed, or are finding it difficult to manage your cycle, it may be helpful to discuss this with a healthcare professional who understands haemophilia.

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Talking about menstruation and bleeding symptoms can sometimes feel difficult.

Preparing ahead of your appointment can make these conversations easier and more productive.



BEFORE YOUR APPOINTMENT
Consider noting down:

- ☑ When your last few periods occurred
- ☑ How long they lasted
- ☑ When bleeding was heaviest
- ☑ Any other bleeding symptoms you noticed

Clear descriptions help healthcare professionals better understand your experience.

QUESTIONS YOU MIGHT ASK
You may wish to discuss:

- Could my menstrual symptoms be related to haemophilia?
- Are there ways to better manage heavy menstrual bleeding?
- Should I track any specific symptoms?
- Are there options that might help manage the bleeding?
- Should I see a specialist centre for bleeding disorders?

NOTES FOR YOUR APPOINTMENT
Space for personal notes:

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Understanding how your cycle interacts with haemophilia can help you recognise patterns, ask questions, and feel more confident discussing your health.

This guide is part of *Disruption for Good* – an initiative created by Novo Nordisk, focused on challenging outdated assumptions and improving recognition of individuals who are living with haemophilia, or are carriers of the haemophilia gene. By raising awareness and encouraging open dialogue, the campaign aims to ensure women with haemophilia receive the understanding and support they deserve.

If you notice changes in your cycle or symptoms that concern you, consider speaking with your healthcare professional to discuss your experiences and explore the options available.

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