

Basic management of bleeding disorders in women

Bleeding disorders occur as often in women as in men and have a major impact on **quality of life**. When suspecting a bleeding disorder based on personal bleeding history, family history and screening tools, **perform general laboratory assessment**, including full blood count and iron and ferritin status, and **start symptomatic treatment**.

Start symptomatic treatment

First-line treatment is the same for all women with bleeding disorders. Do not hesitate to start symptomatic treatment to avoid continued or recurrent bleeding symptoms, even in absence of a definite diagnosis.¹

Symptomatic treatment may include:



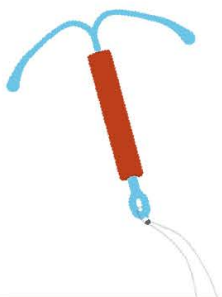
Iron replacement therapy for iron deficiency with or without anaemia^{2,3}

- Oral supplementation (e.g. ferrous sulfate or ferrous fumarate)
- Once daily or alternate day dosing is recommended to avoid
 - Tolerance issues
 - Increased hepcidin levels decreasing iron absorption from the gut



Anti-fibrinolytic agent (tranexamic acid) for bleeding symptoms^{4,5}

- Tranexamic acid is used for a few days at a time and is not for continuous use
- Based on clinical experience, patients with regular periods can start tranexamic acid the night before their period to maximise the effect
- Tranexamic acid is contraindicated in patients with severe renal failure (risk of accumulation) or haematuria (risk of clot colic)



Hormonal therapy for heavy menstrual bleeding¹

- Combined oral contraceptive or hormonal intra-uterine device
- Analgesics can be advised for dysmenorrhea
- Be aware that NSAIDs may interfere with coagulation and may increase bleeding risk, so their use is best reserved until after investigations have been completed

! In some women with more severe bleeding symptoms, specialised haemostatic treatment, such as desmopressin, factor concentrates or platelets, may be considered by a haematologist.¹
Note that patients with severe bleeding should be referred to the Emergency Department for assessment.



Go to www.checkpoint.cor2ed.com for a CME-accredited e-learning on bleeding disorders in women and girls, including videos and slide decks.

References: 1. O'Brien S. Blood 2018;132:2134-42.; 2. Peyrin-Biroulet L, et al. Am J Clin Nutr. 2015;102:1585-1594.; 3. Munro MG, et al. OBG Management. 2019;31:S1-8.; 4. SmPC CYCLO-f (tranexamic acid); 5. Chaplin S. J Haem Pract. 2016;3:1-9

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