

# MASAC for You



NATIONAL BLEEDING DISORDERS FOUNDATION



## RECOMMENDATIONS FOR WOMEN, GIRLS, AND PEOPLE WHO HAVE OR HAD THE POTENTIAL TO MENSTRUATE PART 2: TESTING AND TREATMENT

MASAC recommends standard screening for a bleeding disorder if a person has:



Heavy periods and/or other significant bleeding



Family history of a bleeding disorder



Received a recommendation to have certain surgical procedures to reduce or stop menstrual flow due to heavy bleeding

To learn more about heavy menstrual bleeding, access the Menstrual Chart & Scoring System in the Better You Know (BYK) Screening Tools in the additional resources section of this document.



It is okay to educate your health care provider on these recommendations, especially if they don't have much experience with bleeding disorders.

A health care provider will make a diagnosis using information from a physical exam, health history, and lab tests.

### HEALTH HISTORY

- Before your first appointment, track your symptoms and share with your doctor including how long and how much blood loss you have for each period – links to tools are located in the additional resources section.
- Bring pictures if you have bruising.

### LAB TESTING

Lab tests will help diagnose a bleeding disorder and help your health care provider determine the right therapy for you. Initial lab testing should include:

- CBC (complete blood count)
- PT (Prothrombin time which measures how quickly the blood clots)
- PTT (partial thromboplastin time which measures the time it takes for a blood clot to form)
- TT (thrombin time) or fibrinogen activity (fibrinogen is necessary to form a clot)
- Iron studies like ferritin level (anemia)
- Von Willebrand Disease (VWD) Testing



Some additional things to consider include:

- More testing might be needed and should be done in consultation with a **hematologist** who is knowledgeable in the diagnosis and treatment of bleeding disorders.
- If there is a **family history** of a bleeding disorder, all people, regardless of age or gender, should have factor level testing done as soon as possible, and before planned surgeries or some medical procedures.
- Testing should be completed at a laboratory that specializes in **coagulation** testing and blood samples should be drawn on-site to avoid delays in processing that could change results.
- **Genetic testing** can be helpful in the case of known bleeding disorders in the family.

# RECOMMENDATIONS FOR WOMEN, GIRLS, AND PEOPLE WHO HAVE OR HAD THE POTENTIAL TO MENSTRUATE

## PART 2: TESTING AND TREATMENT



Women, girls, and people who have or had the potential to menstruate (WGPPM), may need to advocate for themselves and direct a health care provider to more information, if they have questions about the need for or steps to take when testing WGPPM for factor levels.

### TREATMENT

Treatment will depend on how severe your symptoms are:

- Some treatments are used to prevent bleeding, and some to stop or reduce it once started.
- Not all treatments are able to be used for all bleeding disorders, and for all bleeding situations.
- Discuss your options with your health care provider and share the details of how and when you bleed. Together you can decide on the best treatment for you.
- Once you have a treatment plan, it is important to check back in with your health care provider. Together you can talk about what is and is not working and change your plan if needed.

Your treatment plan should include:

- Individualized treatment and emergency plans that include information on your bleeding disorder, bleeding history, and other medical conditions.
- A plan for upcoming surgeries or medical procedures.
- Pregnancy and delivery plans if pregnant.
- A plan for heavy periods, such as hormonal therapy, intrauterine devices (IUD), tranexamic acid, or desmopressin.

### ADDITIONAL RESOURCES & INFORMATION

#### Better You Know Screening Tools

<https://www.betteryouknow.org/healthcare-providers-educators/resources-on-bleeding-disorders>

#### Current Treatment Options: NBDF Website

<https://www.hemophilia.org/bleeding-disorders-a-z/treatment/current-treatments>

#### HTC Search Directory (cdc.gov)

<https://dbdgateway.cdc.gov/HTCDirSearch.aspx>

#### MASAC Document 264

<https://www.hemophilia.org/healthcare-professionals/guidelines-on-care/masac-documents/masac-document-264-masac-recommendations-regarding-diagnosis-and-management-of-inherited-bleeding-disorders-in-girls-and-women-with-personal-and-family-history-of-bleeding>

#### Victory for Women

<https://www.victoryforwomen.org/>

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