

WOMEN WITH BLEEDING DISORDERS PROGRAM

Conversations with Your Physician

Start the conversation to strengthen your care.

Open, honest dialogue with your physician and care team helps ensure your experiences are understood, your concerns are acknowledged, your needs are met, and your care reflects your everyday life.

Why It Matters

Women with bleeding disorders are often underdiagnosed, misunderstood, or overlooked. Sharing your experience with your physician shapes how you are treated and brings clarity to what you've been feeling. Your voice matters, and speaking up about your symptoms is a critical part of your care plan.

Ways To Prepare

Taking a few moments to prepare before appointments can help you feel more comfortable and ready to talk through your concerns.

Know Your Patterns

Take notes of your cycle, bleeding symptoms, and bruising with PromptCare's Period Tracker and Bleeding Cycle workbook.

Bring Your History

Family history, past diagnoses, medications, and any previous lab work helps complete the picture.

Name Your Concerns

Heavy periods, fatigue, pain, frequent nosebleeds, and prolonged bleeding after procedures are valid points to bring up. It's okay to say exactly what you're experiencing and emphasize any concerns.

Care Woven Around You

A thoughtful conversation can make a meaningful difference in your care journey. We're here to support you every step of the way.

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Questions You Can Ask

“Could my symptoms be related to a bleeding disorder?”

Opens the door to further understanding and evaluation.

“What tests should we consider?”

Helps you feel informed about the next steps and timelines.

“How can this be managed day to day?”

Covers treatment options, lifestyle considerations, and support.

“What should I plan for with procedures, pregnancy, and emergencies?”

Prepares you for real-life scenarios with confidence.

If You Feel Dismissed

You deserve to be heard and taken seriously. It’s okay to ask more questions, seek clarification, or explore a second opinion. Your experience is valid, and PromptCare will advocate for you.

You’re Not Alone

Bring a parent, sibling, partner, or friend to appointments. Take notes, ask for things to be explained again, and give yourself space to process. Care works best when it feels collaborative and supportive.

NOTES:

Use this space to write down patterns you’ve noticed, questions for your physician, or details you don’t want to forget.

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