

WHAT IS CONSIDERED TO
BE HEAVY MENSTRUAL
BLEEDING?

periods
lasting longer
than 7 days

frequent changing
of pads or
tampons

periods that soak
through clothes
or sheets at
night

bleeding that
affects your social
life or activities

COULD IT BE A BLEEDING DISORDER?

- von Willebrand Disease is the most common type of bleeding disorder, affecting ~40,000 Canadians
- it affects men and women but women are diagnosed more often due to heavy menstrual periods

HOWEVER...

- having heavy menstrual periods does not always mean you have a bleeding disorder

OTHER CAUSES INCLUDE...

- thyroid problems
- hormonal imbalances
- being within a year of your first period
- peri-menopause
- uterine fibroids

Long-term heavy menstrual bleeding can lead to iron deficiency and anemia, which can make you feel weak, fatigued, and make it hard to concentrate.

Increase iron level by choosing more iron-rich foods (such as, red meat, seafood, beans, dark leafy greens, dried fruit, iron-fortified grains, peas), and you should also increase vitamin C consumption to enhance iron absorption.

There are treatment options available that can greatly improve your quality of life. Don't suffer in silence.

Learn more about heavy bleeding and take our online test to see if you are at risk of having a bleeding disorder at letstalkperiod.ca.