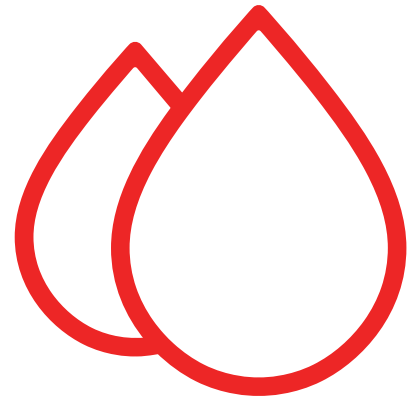


IN THIS TOGETHER

A guide to help you talk to your healthcare provider about von Willebrand disease (VWD)




If you or a loved one has VWD, this guide can help you have constructive conversations with healthcare providers (HCPs). Bring these questions to your next appointment along with your treatment log and insurance card so you feel confident and prepared.

Before visiting your healthcare provider

The following questions will outline key points to share with your HCP. This information will help your HCP understand your needs better.


 What type of VWD do I have?

- Type 1
- Type 2A
- Type 2B
- Type 2M
- Type 2N
- Type 3
- Not sure


 What symptoms do I experience?

- Heavy menstrual bleeding (menorrhagia)
- Frequent and heavy nosebleeds
- Bruising and swelling of soft tissue
- Bleeding in the mouth and gums
- Swelling and pain in the joints such as knees, ankles, and/or elbows
- Blood in urine and/or stool

 Has anything changed since my last visit?

 How often do I experience bleeds?


- More than once a week
- Once a week
- More than once a month
- Once a month
- Fewer than once a month
- Never

 Am I able to manage my bleeds?

_____ Yes _____ No


 How have I been feeling over the past month?




 How does my condition affect my emotions (i.e. feelings of isolation, fear, anxiety, or depression)?

During your visit

Medical appointments are often brief, and it's easy to forget what you want to ask. The following questions will help ensure you get the answers you need from your HCP. Use the space provided to write down what you learn.

 If I am not currently on a treatment plan, what are my treatment options?


 What are the risks and possible side effects of the treatments available?


 What activities are safe for me?


 Which activities should I avoid?


If you're a woman with VWD


Unlike men, women with VWD can experience menorrhagia, or heavy periods that last longer than 7 days.¹ If you're a woman with VWD, you may want to ask your HCP the questions below.

 How long should my menstrual period last? When is it considered menorrhagia?

 What should I do if I'm experiencing menorrhagia?

 How can I manage heavy bleeding during my menstrual cycle?

 If I want to start planning for a family, what do I need to consider?

 How will pregnancy and/or menopause affect my VWD?

References:

1. A guide for people living with von willebrand disorder. Haemophilia Foundation Australia. <http://haemophilia.org.au/HFA/media/Documents/von%20willebrand%20disorder/A-guide-for-people-living-with-von-willebrand-disorder.pdf>. Published June 2010. Accessed October 18, 2019.