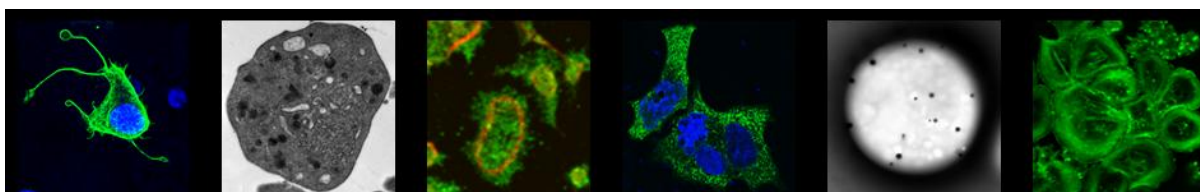


## Life Stages for Female Sufferers of Platelet Disorders

### What are the main stages for a female sufferer of a platelet disorder?

- Women who have platelet disorders can have their daily lives affected in many different ways. The degree of impact is dependent on the specific disorder and the individual's other medical history and lifestyle.
- In young girls, there might be an increased level of bruising or bleeding that gets noticed as a result of normal play activities. In severe platelet disorders there is a small risk of serious bleeding after trauma, particularly after head injury. In later years, any contact sports can also pose an issue, as injury could cause excessive bleeding and bruising. Specific advice on what can safely be undertaken should be sought from a Consultant Haematologist.
- For females suffering from platelet disorders, there are 3 key life stages that can have a major impact on daily life: menstruation, pregnancy and menopause.
  - At the onset of menstruation, a young woman can experience very heavy bleeding. Without appreciating what 'normal monthly bleeding' is, she might put up with excessive bleeding making life very difficult to undertake 'normal' activities during this time. A large number of women with menorrhagia (heavy bleeding) are recommended surgical procedures or hormonal treatment. Management of heavy periods in women with platelet disorders should be undertaken jointly by a Consultant Haematologist and Gynaecologist.
  - During pregnancy, there are various issues for a women suffering from a platelet disorder to be aware of, and a care plan needs to be established specifically to address these issues. The birth process itself needs careful management to ensure no excessive bleeding takes place. Any potential risks to the baby should also be discussed. Management of pregnancy and delivery should take place jointly between a Consultant Haematologist and Obstetrician.
  - At the onset of menopause, women can develop excessive monthly bleeding and are often referred for surgical interventions. Management of heavy periods in women with platelet disorders should be undertaken jointly by a Consultant Haematologist and Gynaecologist.



Helping people with bleeding disorders

[www.plateletcharity.co.uk](http://www.plateletcharity.co.uk)

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