

# Winter Newsletter

February 2023

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## Upcoming Events

### Case Conversation: COVID-19 Vaccination and ITP

2/28/2023 12:00-1:00 p.m. ET

Please join us for our next Case Conversation program on **Tuesday, February 28th, from 12:00-1:00 p.m. ET** (11:00 a.m. - 12:00 p.m. CT, 10:00 - 11:00 a.m. MT, 9:00-10:00 a.m. PT), where Dr. Hanny Al-Samkari and Dr. James Bussel will lead us through their publication, *SARS-CoV-2 vaccination and ITP in patients with de novo or preexisting ITP*. Dr. Al-Samkari will also provide more recent evidence related to COVID-19 vaccination and ITP, and Dr. Bussel will highlight evidence related to ITP treatment in adolescent females and women. The case presentation and discussion will be followed by an interactive Q&A session with participants.

#### Learning Objectives

1. Discuss the data pertaining to risk of de novo ITP following COVID-19 vaccination.
2. Discuss the data pertaining to risk of an acute exacerbation of pre-existing ITP following COVID-19 vaccination.
3. Describe the treatment and natural history of post-COVID-19 vaccine ITP and the risk of recurrent ITP exacerbation following subsequent COVID-19 vaccines in patients with exacerbation after a prior COVID-19 vaccine.



**Hanny Al-Samkari, MD**

Assistant Professor, Medicine,  
Harvard Medical School  
Assistant In Medicine,  
Division of Hematology Oncology, Massachusetts  
General Hospital  
Associate Director, Hereditary Hemorrhagic  
Telangiectasia Center of Excellence, Medicine,  
Massachusetts General Hospital



**James Bussel, MD**

Professor Emeritus  
Weill Cornell Medicine  
Departments of Pediatrics,  
Medicine, and OB-GYN

[Register](#)

The production, accreditation and archiving of this program were made possible through a sponsorship from **Sobi**.



## Uterine Hemostasis Colloquium IV: Blood Disorders in Women & Girls March 9 - 10th, 2023 | Orlando, Florida

Preceding the **HTRS 2023 Scientific Symposium** in Orlando, Florida, FWGBD will be convening leading faculty, researchers, and clinicians to review their current practices and evidence-based information on the diagnosis and optimal clinical management of uterine hemostasis among women with bleeding and clotting disorders, across the lifespan.

[Additional details and agenda can be found here.](#)

Participants can register for this Colloquium as part of the overall **HTRS 2023 registration process**, for an additional \$50.00 fee. Registration available for in-person attendees only, it is listed as "FWGBD Colloquium on Uterine Hemostasis."

Already registered for HTRS? Refer to your registration confirmation and click on "Registration Details" within the email.

## NEW Resources!



### 7-2-1: All you need to know about periods *Now Live!*

FWGBD is excited to announce our new PODCAST series, **7-2-1: All you need to know about periods**, a conversation-style podcast that answers the most pressing questions about periods and heavy menstrual bleeding.

**7-2-1 Refers to the signs of a heavy period, which are:**

- 7 – cycles lasting longer than 7 days
- 2 – changing a pad/tampon every 2 hours or less
- 1 – passing blood clots more than 1 inch or a quarter in size

**Listen to the first three episodes today!**

FWGBD would like to thank The Hemophilia Foundation of Michigan for their support of this project.

[7-2-1 Homepage](#)

# Heavy Menstrual Bleeding Patient Resources

**What is Heavy Menstrual Bleeding?**  
Heavy menstrual bleeding is when your menstrual blood flow is very heavy and/or lasts longer than 7 days. If you have a bleeding disorder like von Willebrand disease, a platelet disorder or a clotting factor deficiency you may have heavy bleeding during your period.

**How is Heavy Menstrual Bleeding Treated?**  
Your healthcare provider will recommend what treatment is best for you.  
Treatment will depend on:  
• your age  
• your health  
• your symptoms  
• the cause of your bleeding  
• your preference for certain treatments  
Sometimes your healthcare provider will prescribe medicine or hormonal therapies. These can help reduce heavy bleeding and make cramps feel less painful.  
Things you can do to help with menstrual pain:  
• use a heating pad or soaking in a warm bath  
• drink a cup of warm tea  
• stretch and light exercise  
Sometimes your healthcare provider will prescribe iron supplements to replace the iron lost from heavy bleeding.

**Signs & Symptoms of Heavy Bleeding:**  
• Period lasting 7+ days long  
• Sudden spotting or heavy blood flow  
• Passing blood clots bigger than quarter  
• Soaking through pads or tampons in less than two hours  
• Feeling tired or dizzy  
• Missing your body activities (school, work, friends, or in sports)

**How Can I Keep Track of My Bleeding and Periods?**  
Use a diary. It can help you and your healthcare provider see what symptoms you have and if treatment is helping.  
You can keep a diary in:  
• a notebook  
• a calendar  
• a period tracker on phone app

**In Your Diary:**  
Be sure to write down:  
• when your period starts, and how long it lasts  
• how heavy your bleeding is each day  
• any symptoms you may have (headaches, etc.)

**If You Are Worried About Bleeding During School:**  
• Plan ahead - restock your bag with products, pack extra clothes, plan your bathroom breaks  
• Ask a friend to be your eyes and let you know if you are leaking  
• Talk to a friend about your symptoms  
• Wear double protection if you are worried about leaking  
• Bring a newspaper or paper to be around your seat in case you leak through your clothes  
• Ask the school nurse to keep extra supplies for you  
• Ask a parent or guardian to be a 504 plan with your school so you can go to the bathroom and visit the school nurse when you need to.

Hemophilia of Georgia | Special Thanks to Penny Turner, MD PhD and Cheryl Steiner, RN, and the WGBD LAM Nursing Subcommittee for their assistance creating this resource. | FOUNDATION FOR Women & Girls with Blood Disorders

In collaboration with *Hemophilia of Georgia*, the WGBD LAM Nursing Subcommittee has developed the following resources for patients to address heavy menstrual bleeding. These pages are offered in both Spanish and English to provide expanded reach to both your patients and their families. All documents have been extensively reviewed to provide the most up-to-date information in an easy to absorb format.

The following guides are available for download [here](#):

- About Your Period
- What is Heavy Menstrual Bleeding?
- Iron Deficiency
- Menstrual Product Options

FWGBD is thankful for the support provided by *Hemophilia of Georgia* and the *Jeanne M. Lusher Center for Hemostasis and Thrombosis* in the development and production of these resources. We welcome and encourage both provider and patient feedback when using these resource. [Please complete the survey here.](#)

## Did you miss it?

### Recording Available

## Case Conversation: Iron Deficiency and Fatigue Among Adolescents with Bleeding Disorders

In this Case Conversation, Dr. Ayesha Zia and Dr. Sarah O'Brien guide us through their article, *Iron deficiency and fatigue among adolescents with bleeding disorder*, published in the *American Journal of Hematology* in October 2021. In addition to the interactive discussion with the attendees, Drs. Zia and O'Brien provide an update on relevant literature which has been published since this article, impacting change in practice.

Download the  
Article

Watch the  
Recording

## Welcome to Our New Lifetime Member!

Our sincere thanks to all of our members, and especially to our Lifetime Members for their dedication to the field and to our mission.

FWGBD is proud to welcome our newest Lifetime Member:

**Jennifer Domm, MD**

To learn more about membership to FWGBD, visit [HERE](#).  
Questions? Contact Jennifer Longo, Database and Membership Services Manager,  
at 845-642-2925 or [membership@fwgbd.org](mailto:membership@fwgbd.org).

*We welcome and encourage you to share the resources with your networks.*



Foundation for Women & Girls with Blood Disorders | PO 1358, Montclair, NJ 07042

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