

The Monthly PERIODical

Welcome to December's Monthly PERIODical Newsletter, written specifically for women, girls, and people with the potential to menstruate.



West Virginia Women's Event

WOW for Women!

We're hosting a virtual women's hang out on December 21st which won't have a sponsor or a specific topic. It's just a place to chat and get to know other women in the chapter and share about our experiences. Check out our [events calendar](#) for more info or to register.

HEMAWARE
The Bleeding Disorders Magazine

Personal Stories from Across the US

Part of the Monthly PERIODical is sharing stories from women from across the bleeding disorders community. This month we are sharing an [article from HemAware](#), NHF's bleeding disorders magazine.

The article includes a personal story from 6 women from the community.

We're also looking for women here in WV who want to share their stories in upcoming issues of this newsletter. We think open communication is an important way to bring the community together. It helps us form relationships and not feel alone in our struggles. If you want to share your story with the women of the West Virginia Chapter, email us at wvinfo@hemophilia.org. You have something important to say, so let's hear it!



MASAC Guidelines

Guidelines on Treating Women, Girls, and People with the Potential to Menstruate

Did you know that NHF's Medical and Scientific Advisory Council (MASAC) helps to create guidelines, recommendations, and standards of care so that people get the best possible treatment from their HTC? In April, these guidelines were updated. Below are some of the key takeaways from the "Women's Health Services" section. View the full [updated guidelines here](#).

- HTCs must provide bleeding disorder diagnostic and treatment services to women, girls and people with the potential to menstruate.
- Female relatives and others at risk for bleeding disorder carrier status should be provided appropriate diagnostic testing, pre- and post-test counseling and reproductive options.
- HTCs must collaborate with OB/GYNS or Adolescent Care Providers to establish a pathway to routine and specialized care for these patients.

Here are some of the services you should be able to expect if your HTC follows the best practices that are recommended:

- Diagnosis
- Counseling
- Mitigating barriers to access to care issues and on demand or prophylactic treatment
- Recommendations for prenatal, labor and delivery, and post-partum care
- Treatment planning and recommendations for the care of a newborn with a potential bleeding disorder
- Treatment planning and recommendations for surgeries



What Women and Girls Should Know About Getting Tested for Bleeding Symptoms

Get Tested in the New Year

Do you have [symptoms of a bleeding disorder](#)? Maybe it's time to talk to your doctor about getting tested. If you've been putting off the talk, don't know how to get it started, or are worried about the tests, [check out this resource](#) from Better You Know that serves as a guide to lab tests, screening tools and health exams. Make 2023 YOUR year!

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