The Monthly PERIODical

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

Women's Retreat

We are having a Women’s Retreat!

Come have a weekend with the girls this March in Parkersburg, WV. The event is for ladies who are affected with a blood disorder, have affected family members, or are the caretaker of an affected person. We’ll have a few educational components, and plenty of time for us to share stories and connect with the other women in the community.

For more info or to register for the event check out our calendar.

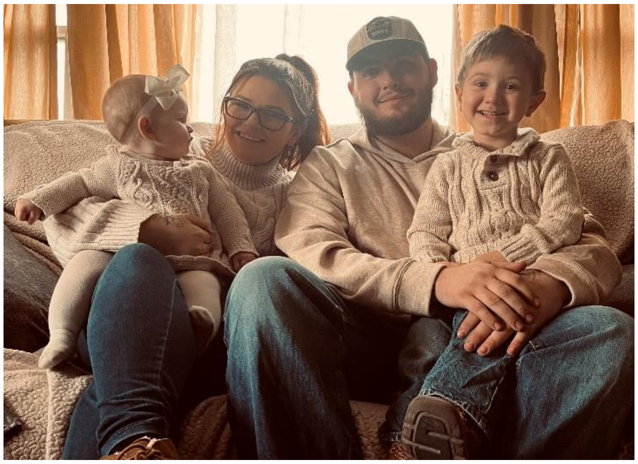
FOUNDATION FOR Women & Girls with Blood Disorders

Have you heard of them?

The Foundation for Women & Girls with Blood Disorders works to ensure all women and girls with blood disorders are correctly diagnosed and optimally managed at every life stage. They have a list of resources, the latest news, and webinars with experts in the field.

They have an upcoming webinar on Iron deficiency and fatigue happening on January 31st. Check it out here.

Personal Story



Abby's Story

Abigail is a community member from Berkeley County, WV. She married into a family affected with hemophilia and shares her story of having a daughter who was diagnosed with the same disorder.

My names Abigail Lewis, I'm married to Christopher Lewis and a stay-at-home mom to my two kids. Our son Isaac and daughter Lydia. Chris has severe type A hemophilia. When him and I got together I started learning about the ins and outs of hemophilia as I wasn't too familiar with it. Isaac had a few medical issues including a cleft palate and a urology issue called hypospadias. He in totally has had 6 surgeries and we are hoping that is all.

Our daughter Lydia is a symptomatic carrier, or some like to say a carrier with mild hemophilia. We were told she would only be a carrier, so it was a shock when she started showing symptoms at a month old. She was getting quite a few popped blood vessels in her eyes and developed petechia on her legs. I was very grateful that my husband and his family were already involved with the WVNHF and as soon as I messaged, I was able to find support. So glad to have the WVNHF and now also a place where women can support other women going through similar things.

NHF Resources

As always don't forget about the great NHF resources available to help you get a diagnosis and share your story.

Better You Know: Guidance on symptoms, testing, and getting diagnosed.

Victory for Women: A place to share your story and get questions answered.