

The Monthly PERIODical

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



NHF's First Ever Summit for Women, Girls, and People with the Potential to Menstruate is a Big Success

NHF held a two-day summit at the end of May to bring patients, health care professionals, chapters, and members of partner organizations to the table to map out a coordinated plan for improving care for WGPPM. The summit was an excellent opportunity to gather community voices, hear their stories, and collaborate. NHF plans to release a white paper in the near future which will summarize the discussions and outcomes of the summit. Read more [HERE](#).



A Deeper Dive into the Challenges of Getting a Diagnosis and Accessing Care

In this video Dr. Paula James (an expert who works to improve the quality of life for women and girls with bleeding disorders) discusses issues and taboos related to diagnosis, symptoms, and access to care for women. In addition, an affected individual (Nabila Husseni) will share her experience as a woman with a bleeding disorder. Check out the video [HERE](#).



**Those living with a bleeding disorder
can tell it best!**

Better You Know Videos are Short & Sweet

Have you ever wanted to share your experiences as a woman with a bleeding disorder, but you weren't sure just what to say? Better You Know has a great resource for sharing with your friends, coworkers, or on social media. There are nine short videos on various topics that focus on life as a woman with a bleeding disorder, like getting a diagnosis, or just living a day to day with symptoms. They feature several women, so they give a variety of perspectives. Check them out [HERE](#).

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.