

ABSTRACT: Women with bleeding disorders (WWBD) are underserved and geographically dispersed within our global bleeding disorder community.

They deserve a support system to become better educated and empowered. Women themselves may not realize that they have a bleeding disorder because of the pervasive stereotype that only men can have hemophilia, and that hemophilia is the only type of bleeding disorder.

WWBD often feel alone and helpless. Many have never met another woman with a bleeding disorder and may be unaware that they have shared experiences with women around the world.

MyGirlsBlood (www.mygirlsblood.org), a nonprofit social network was established in 2009. As of October, 2011, there were 327 unique visitors to the website from nine countries; Austria, Canada, Germany, India, Iran, Israel, Philippines, United Kingdom and the United States - and growing each month. Personal stories written by WWBD are published on the website. There is also free assistance to WWBD from a writing coach and editor.

The MyGirlsBlood Facebook site has attracted over 175 WWBD from nearly 20 countries.

A Twitter feed announces new stories and information of interest to our community of WWBD.

The MyGirlsBlood group blogsite, as of the end of 2011, had 26 blogs from ten different women. The MyGirlsBlood website provides links to WWBD personal blogsites.

Women are empowered when they share ideas with other women who also have bleeding disorders. Women become affirmed through this forum by sharing personal life stories. They dialogue and provide mutual support and mentoring with other WWBD. They encourage each other to participate in maximum health and wellness through online conversations.

A WWBD no longer has to feel alone. She can become an active participant in her own medical decisions. She can become better informed by connecting with other WWBD using the MyGirlsBlood online social network.

Poster



