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### Introduction

Menorrhagia is very common complaint which is found in women and not given much care. It is a symptom which deteriorates women health. Menorrhagia has disproportionately more consequences on both physical and psychosocial health of women with bleeding disorders

Objectives :

To evaluate the perceptions about menorrhagia in women with inherited bleeding disorders from India.

### Methods

Women diagnosed with inherited bleeding disorders, and were registered with the Women's group of Hemophilia Federation, India or under follow up at Sir Ganga Ram Hospital, New Delhi and had menorrhagia as a predominant bleeding manifestation were interviewed. A 5 point rating scale of 6 statements pertaining to menstruation were given to these women and their perception about each was recorded into never, rarely, sometimes, often and always. These responses later grouped in to the maximum responses. Survey Monkey software was used to get the responses online followed by in-depth interviews with some of the women.

### Result

56 women satisfied the inclusion criteria. Median age of this group was 20 years (Range:13-56 years). Age at onset of bleeding symptoms was 1 year (Range: 5 days- 28 years of life). Majority of women with inherited bleeding disorders who had menorrhagia as a predominant complaint, reported anxiety, alienation from peers and difficulties at work and home. Women who experience chronic menorrhagia often reported iron-deficiency anemia, leading to lethargy, headaches, and other symptoms, and also even required blood transfusions as treatment. Many reported that when they sought help for the symptoms of a bleeding disorder, they are brushed off or told that their symptoms are "normal." Most of them reported Absenteeism from school and work due to menorrhagia, led to poor school performance and difficulty obtaining and maintaining employment. Researchers have shown that teens and adult women with menorrhagia report decreased quality of life related to the number of days of menstrual bleeding, the severity of the bleeding, and its impact on their lives.

### Conclusion

Some studies report that the average woman with a bleeding disorder first experiences symptoms of prolonged bleeding at age 6, but that diagnosis may be delayed until age 23. This can lead to psychological manifestations such as anger, anxiety, fear, and isolation. If these symptoms are internalized, they may lead to depression and other psychological problems.

Efforts to alleviate the psychological impact of bleeding disorders in women should involve increasing awareness of the incidence, severity, and impact of bleeding disorders on women in the medical community as well as in the larger world. Education should be extended within the hemophilia community, since many carriers of the condition do not know that

they could be evaluated and treated for the bleeding they experience  
Tackling menorrhagia medically with appropriate psychosocial interventions potentially help improve their quality of living significantly.

S.No	Statements	Responses
1	The excessive bleeding makes me worried	40%
2	I feel different /excluded from other Girls of my age	68%
3	It makes me anxious every month when the mensuration date is near	73%
4	Excessive bleeding doesn't allow me to work freely and this makes me unhappy	73.2%
5	It makes me feel that I do not have a normal body	42 %
6	I do not understand what is happening to me during my periods, and his makes me fearful	64 %

S.No	Diagnosis	Number/Percentage
1	Von Willebrand Disease	34 (60.7)
2	Factor XIII deficiency	5 (8.9)
3	Factor X deficiency	3 (5.3)
4	Glanzmann Thromobasthenia	4 (7.1)
5	Fibrinogen Deficiency	2 (3.6)
6	Factor VII, V, V & VIII Deficiency	4 (7.1)
9	Symptomatic Hemophilia Carrier	4 (7.1)
	<b>Total</b>	<b>56</b>

S.No	Bleeding Severity	Cases
1	Severe	22
2	Mild	13
3	Did not Know	21

### Reference

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