

Audio Description Transcript

Daniela – 15 yrs old, diagnosed with a bleeding disorder.

Daniela: Hello! My name is Daniela Delgado, I am 15 years old and I have a severe bleeding disorder known as von Willebrand.

Text on screen: Bleeding disorders are conditions where blood does not clot normally making it harder for bleeding to stop.

Daniela: Up to 1.5 million women and girls in the United States have a bleeding disorder and many of them are undiagnosed. Heavy bleeding during your period can be a sign of a bleeding disorder.

Bleeding disorders can be inherited from your mother or father.

If your mother or sister has told you that heavy periods are normal in your family, it's possible you or your family members have an undiagnosed bleeding disorder.

It can feel embarrassing to talk about your period to others but it's important to figure out what is happening with your body. Talk to a trusted adult and make an appointment with your doctor.

Heavy periods can be caused by many medical conditions, including having a bleeding disorder. To treat a bleeding disorder, you first need to know that you have one.

To learn if you are at risk for a bleeding disorder, take a quiz at [betteryouknow.org](https://www.betteryouknow.org)