

Women's Menstrual Health Up to 50% of Women Are Affected by Heavy Periods¹⁻⁵ *Are You One?*



Heavy menstrual bleeding (HMB) is excessive period bleeding which can impact many parts of a woman's life!⁶

BY THE NUMBERS

AS MANY AS
50%
of women have
the symptoms of HMB⁷

2/3
of hysterectomies are
due to fibroids or HMB⁸⁻⁹

If this sounds familiar to you

**TAKE CHARGE
of
YOUR HEALTH!**

? Are your periods heavy?

? Afraid of wearing white?

? Need to use tampons AND pads together?

? Do your periods affect your performance at work or school?

? Change them every two hours?

? Periods lasting more than 8 days?

ASK YOUR
HEALTH CARE PROVIDER

What is the cause of my HMB?

Do I have IDA?

What can I do to treat it?

Do I have ID?

HMB and How It Relates to Iron Deficiency (ID) and Iron Deficiency Anemia (IDA)

HMB bleeding should be recognized as the primary cause of ID and IDA among women.¹⁰



Addressing HMB and, if applicable, ID or IDA is important. Talk to your doctor about available treatment options, including diet and iron supplements.

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