

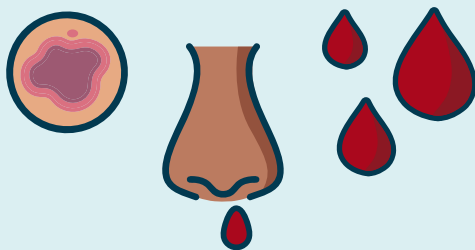
Von Willebrand Disease (vWD)

Von Willebrand Disease (vWD) is a lifelong bleeding disorder that affects a person's clotting process. Individuals with von Willebrand Disease have low, abnormal or absent von Willebrand factor (vWF). There are three main types of vWD, as seen below:

TYPE 1 70% - 80% of diagnosed cases	Decreased amounts of von Willebrand Factor
TYPE 2 Subcategories include A, B, M, N	Defect in von Willebrand Function
TYPE 3 Rare and Severe	Missing von Willebrand Factor and low levels of Factor VIII (8)

COMMON SYMPTOMS OF vWD

- Easy bruising
- Frequent or prolonged nose bleeds
- Bleeding gums
- Heavy menstrual periods
- Prolonged bleeding after injuries or surgeries
- In severe cases (rare): bleeding in stomach, intestines, muscles or joints

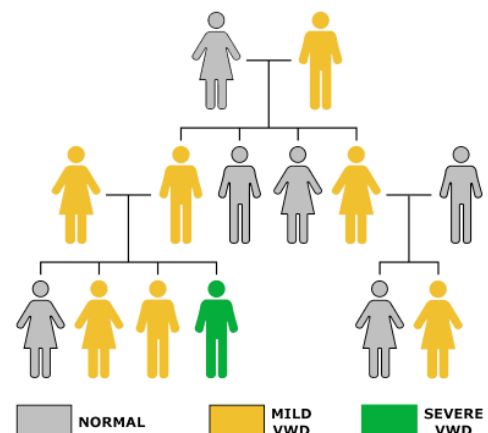


INHERITANCE OF vWD:

- VWD affects men and women equally. It is hereditary or may occur rarely through spontaneous mutation. VWD affects 1-2 % of the population and is the most common inherited bleeding disorder in the world.

INHERITANCE EXAMPLES:

- If one parent (regardless of gender) has von Willebrand Disease, there is a 50 percent chance that each of their children will also be affected.
- VWD inheritance example seen below:





STAYING ACTIVE AND ACTIVITIES THAT SHOULD BE AVOIDED:

- Although you have been diagnosed with vWD, it is still important for you to stay active and participate in the activities that you enjoy. Person's with vWD have few limitations when it comes to sports, but there are some select activities that are too dangerous and should be avoided.
- Activities to avoid:
 - Contact sports
 - Tackle Football
 - Hockey
 - Boxing, or any other contact sports
- Please inform your or your child's coach of the bleeding disorder diagnosis
- An emergency treatment plan should be in place when playing organized sports

****If you are interested in a specific activity and are unsure if it is safe, please do not hesitate to contact BCDI for formal recommendations.***

If you or a loved one has been diagnosed with vWD, it is important to know when you should contact BCDI. Please call if the person with vWD has:

- Bleeding symptoms including prolonged nose bleeding (more than 10 minutes)
- Prolonged gum or mouth bleeding (more than 20 minutes)
- Excessive or prolonged menstrual bleeding (longer than 7 days)
- Blood in urine/stool
- More frequent bruising or large painful bruising with knots.
- Any upcoming procedures or surgeries, including dental work.
- Any injury to head, neck or abdomen.
- If there are any concerning symptoms or doubt, please call for recommendations.

If loss of consciousness or significant bleeding occurs – call 911 prior to making other calls.



When in doubt, we ask that you call our office for recommendations.

- To reach a nurse, please call **(309) 692-5337**.
- After regular business hours, please call **(309) 677-6085** to reach the provider on call.

