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## Welcome to Victory For Women

[Share Your Story \(/share\)](#)

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### Your Community



Displaying 1 - 8 of 8 for this search.

#### Time to Talk Puberty

A Guide For Girls With Bleeding Disorders



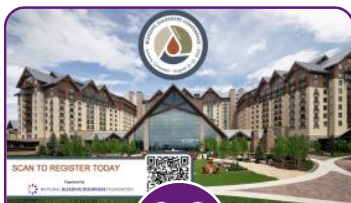
[\(/know-your-flow-teens-bleeding-and-resources-\)](#)



By v4wModerator

July 30, 2025

**[Know Your Flow: Support and Resources for Teens with Bleeding](#)**



[\(/empowering-women-bdc-2025\)](/empowering-women-bdc-2025)



By v4wModerator

June 11, 2025

**[Empowering Women at BDC 2025](#)**  
[\(/empowering-women-bdc-2025\)](/empowering-women-bdc-2025)

Join us for the National Bleeding Disorders Foundation's Bleeding Disorders Conference, taking...

Comments (0)

Appreciates ()



[\(/stories/my-story-fabiola-danastorg\)](/stories/my-story-fabiola-danastorg)



By v4wModerator

May 19, 2025

**[My Story: Fabiola Danastorg](#)**  
[\(/stories/my-story-fabiola-danastorg\)](/stories/my-story-fabiola-danastorg)

Participating in Hill Day on World Hemophilia Day was an unforgettable, grounding, and deeply...

Comments (0)

## Disorders (/know-your-flow-support-and-resources-teens-bleeding-disorders).

For women and girls with bleeding disorders, one of the most common symptoms is having heavy...

Comments (0)

Appreciates ()

Appreciates ()



[\(/celebrate-world-hemophilia-day-april-17th\).](#)



By v4wModerator

April 04, 2025

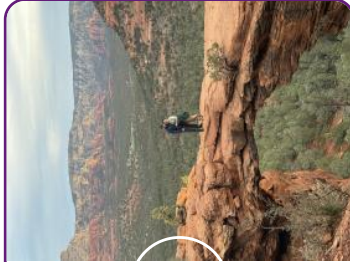
### Celebrate World Hemophilia Day on April 17th!

[\(/celebrate-world-hemophilia-day-april-17th\).](#)

On April 17th join us to celebrate World Hemophilia Day and raise awareness about hemophilia and...

Comments (0)

Appreciates ()



[\(/artwork/bleeds-dont-stop-me\).](#)

By Anonymous

April 04, 2025

### Bleeds don't stop me (/artwork/bleeds-dont-stop-me).

Proper treatment helps me live and active life

Comments (0)

Appreciates ()



Bleeding Disorders Awareness Month  
Learn more at [bleeding.org/BDAM](#)

[\(/stories/march-bleeding-disorders-awareness-month\).](#)



By v4wModerator

March 11, 2025

### March is Bleeding Disorders Awareness Month!

[\(/stories/march-bleeding-disorders-awareness-month\).](#)

March is here, and that means it's time to come together for Bleeding Disorders Awareness Month!...

Comments (0)

Appreciates ()



[\(/thats-wrap-2024\).](#)



By v4wModerator

December 14, 2024

### That's a Wrap on 2024! (/thats-wrap-2024).

The streets are lined with lights and there are Christmas trees in nearly every store window, which...

Comments (0)

Appreciates ()



[\(/access-preventive-health-care-services-wgppm\).](#)



By v4wModerator

November 18, 2024

### Access to Preventive Health Care Services for WGPPM (/access-preventive-health-care-services-wgppm).

Are you aware of the preventive health care services covered by your insurance? A study conducted...

Comments (0)

Appreciates ()

## Artwork

*A photo you love, a craft you're proud of, a painting that shows your soul...inspire us with your art!*

[./community/artwork](/community/artwork).

## Stories

*Writing means sharing – Paul Coelho. A safe space to share your thoughts, stories, poems and more.*

[./community/stories](/community/stories).

## Videos

*And...action! Do you have something you want to show, say or sing? Upload your video here!*

[./community/video](/community/video).

## Your Questions

Your Questions Matter! Find out how our panel of medical experts answered questions from women in the community.

**Question:** [I'm severe factor 7 deficient suffering from arthritis pain in left knee and both ankles. Is there any way to reduce pain rather than any surgical procedure as i can't afford or get factor for free. \(/index.php/your-questions/im-severe-factor-7-deficient-suffering-arthritis-pain-left-knee-and-both-ankles-there\)](/index.php/your-questions/im-severe-factor-7-deficient-suffering-arthritis-pain-left-knee-and-both-ankles-there)



**Experts Answer:** Severe FVII deficiency is a condition that warrants (in my opinion) rFVIIa prophylaxis, as the risk of life-threatening bleeding is quite high, and many having intracranial hemorrhages, often early in life. Prophylaxis is the only true way to prevent significant joint bleeds. You can discuss with your local HTC some pain control methods including selective COX-2 inhibitors like Celebrex, as there are some side effects to consider. Additionally you should discuss potential alternative therapies (discuss with your local HTC to ensure no anti-platelet effects) depending on your state's laws. Strategies of isometric exercise techniques that your local PT can discuss such as yoga and core exercises to ensure the muscles around the joints are strong. Also use of Kinesiology tape (you have likely seen NBA players and volleyball players using it during games) may be helpful and can be used by your local PT.

[Ask a Question \(add/faq\)](#)

SIGN IN