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[Spotlight \(/index.php/victory-spotlight\)](#). [Share \(/index.php/share\)](#).

[Join \(/index.php/user/register\)](#).

[Donate to NHF \(<https://www.hemophilia.org/donate>\)](#).

Welcome to Victory For Women

Share Your Story (/share)

(.homepage-community)

Your Community



Displaying 1 - 8 of 8 for this search.

Time to Talk Puberty
A Guide For Girls With Bleeding Disorders



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



By v4wModerator
July 30, 2025

Know Your Flow:
Support and
Resources for Teens
with Bleeding



SCAN TO REGISTER TODAY
National Bleeding Disorders Foundation
[\(/empowering-women-bdc-2025\)](#)



By v4wModerator
June 11, 2025

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

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

Comments (0)
Appreciates ()



By v4wModerator
May 19, 2025

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)

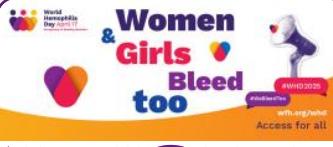
[Disorders \(/know-your-flow-support-and-resources-teens-bleeding-disorders\).](#)

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

Comments (0)

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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 an active life

Comments (0)
Appreciates ()

EVERY STORY MATTERS



Bleeding Disorders Awareness Month

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



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 ()



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!

[\(/community/artwork\)](#)

Stories

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

[\(/community/stories\)](#)

Videos

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

[\(/community/video\)](#)

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. \(/index.php/your-questions/im-severe-factor-7-deficient-suffering-arthritis-pain-left-knee-and-both-ankles-there\)](#)



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 \(add/faq\)](#)

Enter Username or Email

Enter Password

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