

## **Audio Description Transcript**

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Dr. Chitlur: Hi I'm Dr. Meera Chitlur Pediatric Hematologist from Detroit, Michigan

Bleeding disorders are conditions where the blood does not clot normally and makes it harder for bleeding to stop.

You may have a bleeding disorder and not even know it.

So what are the signs and symptoms of a bleeding disorder?

Heavy bleeding during your period, which the doctors call heavy menstrual bleeding.

Frequent or hard to stop nosebleeds that last longer than 10 minutes and start without injury.

Bruising easily and often, sometimes with little or no injury.

Bleeding from a cut or a scrape that takes a long time to stop.

Or heavy bleeding after a medical or dental procedure.

If you experience bleeding symptoms talk to a trusted adult and work with your doctor to find out what's causing them.

If it is a bleeding disorder, treatment is available.

To learn if you are at risk for a bleeding disorder, take a quiz at:

[betteryouknow.org](https://www.betteryouknow.org)