

Young Women with Bleeding (YWB) Clinic

Adolescent Medicine · Hematology · Pediatric Gynecology

Mission: Since 2019, the YWB Clinic has provided interdisciplinary consultation (Hematology, Adolescent Medicine, and Gynecology) to offer a collaborative approach to the diagnosis and management of heavy menstrual bleeding in adolescents with concern for additional medical co-morbidities.

Meet the Team:



Pamela J. Murray, MD, MHP
Adolescent Medicine



Stacy E. Croteau, MD, MMS
Pediatric Hematology



Jessica Shim, MD
Pediatric Gynecology

What type of patients may benefit from YWB clinic?

★ Individuals with uncontrolled heavy or prolonged menstrual bleeding AND at least one of the following:

- Need for evaluation of a bleeding or clotting disorder
- Need for active management of iron deficiency anemia due to heavy menstrual bleeding
- Known bleeding disorder such as von Willebrand Disease (VWD), hemophilia, platelet dysfunction, or rare factor deficiency or abnormal bleeding symptoms

● Patients who are generally not appropriate for YWB Clinic:

- Need for urgent/semi-urgent evaluation
- Need for in-person evaluation
- Patient with already established BCH Heme, Adol, or Gyn Providers
- Not eligible for virtual visits due to insurance or out-of-state licensing requirements.

YWB scheduling and referrals:

Phone: 617-355-7181

Fax: 617-730-0184



Jenny Gonzalez-Mejia
Administrator/Scheduler

Specific Sub-specialty Inquires:

Hematology Clinic: 617-355-8246

Gynecology Clinic: 617-355-7648

Adolescent/Young Adult Medicine Clinic: 617-355-7181



Where the world comes for answers



**BOSTON
BLEEDING
DISORDERS CENTER**

What to Expect?

Before your Visit

- The YWB team will obtain your prior medical notes, laboratory results and imaging reports (if applicable).
- You should make a list of any specific questions or concerns you want to discuss during your visit.

During your Visit

- You will meet in a virtual clinic visit with YWB team members all together (trainees may be present as well). They will gather additional information about what you have been experiencing. Collaboratively, they will discuss any additional diagnostic testing that may be needed as well as options for next steps in your period management.

After your Visit

- Please complete any appointments for laboratory blood draws or imaging recommended by the YWB team.
- Plan for follow-up with YWB providers either individually or again in the YWB clinic will be arranged as needed.

Important Topics

~ Period (Menstrual) Management ~

Symptoms that suggest you may benefit from period management include: heavy periods, prolonged (>7 day) periods, irregular periods, painful periods, inability to participate in your school, work, activity obligations, and development of iron deficiency or anemia. There are many period management options, and together we can identify which option suits your needs best. These may include hormone-based period management pills (some also use these as birth control pills), tranexamic acid (TXA), Depo-Provera injections, intrauterine device (IUD) and others.

~ Iron Deficiency ~

Symptoms of iron deficiency can include: fatigue, decreased concentration, and sleep interference. When iron deficiency is not treated, it progresses to cause anemia (decrease in red blood cells that are responsible for carrying oxygen and providing energy). If you need to take iron supplementation, remember:

- Take iron as a single dose (or possibly less frequent)
- A few ounces of a vitamin C (ascorbic acid) enriched beverage will boost iron absorption. (Avoid dairy)
- Iron should be taken on an empty/relatively empty stomach.
- Iron supplementation may cause constipation.

~ Bleeding Disorders~

Most individuals with heavy periods do not have a bleeding disorder; however, it is important to determine whether a problem with coagulation is contributing to heavy periods. Individuals with bleeding disorders typically have abnormal bleeding symptoms in more than one location and may have a family history of abnormal bleeding symptoms.

Resources

