

## WHY CHOOSE US?

The Young Women with Bleeding Clinic is a multidisciplinary clinic including the specialties of Hematology, Adolescent Medicine, and Pediatric Gynecology. Our clinic is designed to offer a collaborative approach to diagnosis and management for young women with heavy menstrual bleeding. Comprehensive assessment includes the convenience of gynecologic, hematologic, medical and psychosocial evaluation all in one visit. We have expertise in assessing, diagnosing and managing the various etiologies for heavy, prolonged, or irregular menses, while additionally addressing sexual and reproductive health issues including dysmenorrhea, contraception options, and sexually transmitted infections.

### SERVICES PROVIDED:

- physical exams
- laboratory & radiologic assessment
- hormonal therapy
- IUD insertion
- pelvic/gynecology exams (if needed)
- transfusions (iron, blood products)
- hemostatic therapy
- psychosocial support services
- virtual clinic visits

## YOUNG WOMEN WITH BLEEDING (YWB) CLINIC

### For scheduling and referrals:

Phone: 617-355-7181

Fax: 617-730-0184

### Clinic Location:

Boston Children's Hospital  
333 Longwood Avenue, 5th Floor  
Boston, Massachusetts, 02115

## MEET THE YWB CLINIC TEAM



**Stacy E. Croteau, MD, MMS**  
Pediatric Hematology



**Pamela J. Murray, MD, MHP**  
Adolescent/Young Adult Medicine



**Jessica Shim MD**  
Pediatric Gynecology



**Maura Padula, RN, CPHON**  
Pediatric Hematology Nurse



**Stephanie Chen**  
Administrator/Scheduler

## SUB-SPECIALTY INQUIRIES

**Hematology Clinic:** 617-355-8246

**Adolescent Medicine Clinic:** 617-355-7181

**Gynecology Clinic:** 617-355-7708

[childrenshospital.org/ywb](http://childrenshospital.org/ywb)



**Boston Children's Hospital**

## YOUNG WOMEN WITH BLEEDING (YWB) CLINIC



**boston hemophilia center**



## USEFUL WEBSITES FOR INFORMATION AND COMMUNITY ENGAGEMENT

### Center for Young Women's Health

[youngwomenshealth.org](http://youngwomenshealth.org)

An award-winning health website for young women providing answers to your questions, health guides, chats, & more.

### Boston Hemophilia Center

[childrenshospital.org/bostonhemophiliacenter](http://childrenshospital.org/bostonhemophiliacenter)

We provide education and resources for patients and families with bleeding disorders.

### Let's Talk Period

[letstalkperiod.ca](http://letstalkperiod.ca)

This site aims to increase awareness of the signs and symptoms of bleeding disorders. Patients can complete a self-administered bleeding assessment tool.

### Victory for Women

[victoryforwomen.org](http://victoryforwomen.org)

Celebrates the voices of women in the bleeding disorders community. It's a place for you to share your creative expression of all kinds.

## PERIOD TRACKING APPS



Sisterhood

[sisterhoodapp.com](http://sisterhoodapp.com)



Clue

[helloclue.com](http://helloclue.com)



Flo Health & Period tracker

[flo.health](http://flo.health)

## HEAVY MENSTRUAL BLEEDING

Menstrual disorders and abnormal uterine bleeding (AUB) are among the most frequent gynecologic complaints in adolescents and young adults. While it is common for girls to have irregular menstrual cycles in the 2 years after menarche, it is also important to consider other systemic, hematologic, and gynecologic causes of bleeding.

## CAUSES OF ABNORMAL UTERINE BLEEDING IN ADOLESCENTS

- Immaturity of hormonal system
- High levels of androgen hormones (eg, polycystic ovary syndrome)
- Bleeding disorders
- Hypothalamic dysfunction (eg, eating disorders or stress-related illness)
- High prolactin levels
- Thyroid disease
- Pituitary disease
- Problems with ovary function
- Hypermobility/Collagen Vascular Disorders
- Medications
- Sexually transmitted infections
- Uterine problems
- Pregnancy

## BLEEDING DISORDERS

While it is important to recognize when a bleeding disorder is causing or contributing to heavy menstrual bleeding, a minority of women with abnormal uterine bleeding have a bleeding disorder. The most common inherited bleeding disorder is von Willebrand Disease (VWD) which results from a deficiency of the coagulation protein von Willebrand Factor. Abnormalities in platelet number or function or other coagulation proteins can also increase bleeding symptoms.



## WHAT TYPE OF PATIENTS MAY BENEFIT FROM A YWB CLINIC REFERRAL?

- Patients with heavy or prolonged menstrual bleeding, especially from menarche (first period), lasting >7 days every month or irregular cycles
- Persistent heavy menstrual bleeding or cramping despite being on hormonal medications
- Prior emergency room visit or hospitalization due to prolonged or heavy menstrual bleeding
- Prior or ongoing treatment for iron deficiency anemia (low red cells) due to heavy menstrual bleeding
- Personal or family history of a bleeding disorder such as von Willebrand Disease, hemophilia, platelet dysfunction, or rare factor deficiency or abnormal bleeding symptoms
- Personal or family history of a blood clot or need for anticoagulation