



Ready to start a conversation with your doctor?

You have a voice when it comes to your treatment plan for von Willebrand disease. This doctor discussion guide is designed to help you better discuss your symptoms, diagnosis, and the right treatment options with your health care team.

Model is used for illustrative purposes only.



Let's talk about what's important to you.



Your personal experiences can help guide your next visit with your health care team. Fill out this doctor discussion guide to help start the conversation.

Mark your discussion topics.

1

Check off which topics you'd like to share with your health care team:

- I experience frequent bruising even on my current treatment plan.
 - I often have gum bleeds when I brush my teeth even with good oral hygiene.
 - My current treatment plan doesn't seem to be addressing my bleeds (for example nosebleeds and gum bleeds).
 - I'd like to know how to better manage my heavy menstrual bleeds.
 - I'd like more information about the cause of my petechiae spots.
 - I have experienced excessive bleeding after surgeries and procedures.
 - I want to know how my symptoms compare to those experienced by other people with von Willebrand disease.
 - I would like to discuss if my symptoms more closely match a different bleeding disorder.
 - I'd like to know if my symptoms align more with Glanzmann's thrombasthenia.
 - Other:
-

Share your experiences with bleeds.

2

How old were you when you were diagnosed with von Willebrand disease?

3

How often do you usually experience bleeds?



More than
once a week



Once
a week



More than
once a month



Once
a month



Less than once
a month

4

How often does a bleed require more treatment than expected?



More than
once a week



Once
a week



More than
once a month



Once
a month



Less than once
a month

5

Do bleeding episodes usually require a trip to the ER or HTC?



Always



Often



Sometimes



Never

6

Do bleeding episodes usually interfere with school or work?



Always



Often



Sometimes



Never

7

How often does your current treatment not effectively treat a bleed?



More than once a week



Once a week



More than once a month



Once a month



Less than once a month

What type of bleed?

Prep for your appointment.

8

Write down any specific questions or additional information your health care team should know.

Capture the conversation.

9

Notes from your visit.
