

# 1 in 3 women experience HMB<sup>1</sup> (Heavy Menstrual Bleeding) Do You???

If your answer is 'yes' to any of these questions,  
you could be suffering from HMB:



Do you have to change  
your pad/tampon every  
two hours or more?



Do you need to use  
pads/tampons together  
at the same time?



Do your periods last  
longer than a week?



Do you have clots or  
experience 'flooding'  
(a sudden onset of  
heavy bleeding)  
through to your clothes  
or bedding?



Do you have to  
organise your  
social life around your  
monthly bleed?



If your answer is 'yes' to any of these questions,  
**Please ask your doctor about HMB**

There are many types of treatments for HMB so if you have been  
diagnosed with HMB and are unhappy with your current treatment  
please ask your doctor about other options.

Reference: 1. Bitzer J *et al.* Open Access Journal of Contraception 2013;4: 21-28.

These questions are based on a broader range of questions to determine the extent of bleeding and its physical impact as well as identify what changes a woman makes to her daily activities to accommodate HMB. Philipp CS, *et al.* Development of a screening tool for identifying women with menorrhagia for hemostatic evaluation. Am J Obstet Gynecol 2008;198:163.e1-163.e8. Bushnell DIVI, *et al.*, Menorrhagia Impact Questionnaire: assessing the influence of heavy menstrual bleeding on quality of life. Curr Med Res Opin 2010;26(12):2745-55. Matteson KA, Clark MA. Questioning our questions: do frequently asked questions adequately cover the aspects of women's lives most affected by abnormal uterine bleeding? Opinions of women with abnormal uterine bleeding participating in focus group discussions. Women Health 2010;50(2):195-211.



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PP-MIR-IE-0039-1