

## What is Von Willebrand Disease?

Von Willebrand disease (VWD) is the most common inherited bleeding disorder. It is a lifelong condition that affects the blood's ability to clot. VWD is not contagious, and there is no cure.

### Students with VWD:

- May be **missing some of a blood protein (Type I VWD), may have a defective blood protein (Type II VWD), or may be missing most of a blood protein (Type III VWD)** that helps blood clot normally; the missing or defective protein is Von Willebrand Factor and is also called a "clotting factor"— or just "factor"
- **Receive care in a comprehensive Hemophilia Treatment Center (HTC)** like students with hemophilia
- **Bleed longer** than other students from cuts or scrapes, not faster
- **Bruise easily**, will have more bruises than other students, and may not even know where their bruises come from
- **May have frequent or prolonged nosebleeds or mouth bleeds;** and, girls with VWD **may have heavy menstrual periods**
- Are **usually treated at home** with nasal spray or oral medication so students are typically not seen by a physician each time they need treatment
- **Should avoid aspirin or NSAIDs** (like Advil or Aleve) because these medications increase bleeding
- **Vary in severity**, based on the type of VWD that they have. (Students with Type III VWD can bleed without injury, and their symptoms more closely resemble students with hemophilia; please consult the "What is Hemophilia" sheet for more information)