



How Can I Identify a Patient with HMB?

Detecting HMB in 7 Questions

Heavy menstrual bleeding affects up to 30% of women and has a significant negative impact on their quality of life.^{1,2}

The diagnosis of HMB is difficult, due to the lack of practical, objective blood loss measurement techniques as well as the discordance between self-reported and healthcare provider assessment of bleeding symptom severity.³

The HELP group has developed a set of seven questions to help you identify when a patient might have HMB.

Ask your patient the questions below. If she answers yes to one or more of these questions, she may have HMB. You should then take further action to identify the cause, provide reassurance and identify an appropriate treatment.

Do you have to change your sanitary protection during the night?

YES **NO**

On your heavy days, do you find yourself changing sanitary protection more than once every two hours?

YES **NO**

Do you experience excessively long, frequent and/or unpredictable periods?

YES **NO**

Do you pass large blood clots?

YES **NO**

Do you ever feel faint or breathless during your period?

YES **NO**

Do you organise social activities or plan your clothing around your bleeding?

YES **NO**

Do you worry about having bleeding-related accidents?

YES **NO**

1. Singh S, et al. J Obstet Gynaecol Can 2013;35(5_eSuppl):S1–S28.
2. Bahamondes L & Ali M. F1000Prime Rep 2015;7:33–7.
3. Liu Z et al. Value Health 2007;10:183–94.



The HELP group is an international panel of independent physicians with expert interest in HMB. The Formation of the HELP group and its ongoing work is supported by Bayer AG.