

# Access for all Momenta Girls Bleed too

## April 17, 2025 World Hemophilia Day wfh.org/whd

#WHD2025

#WeBleedToo

On April 17, 2025, the global bleeding disorders community will come together to celebrate World Hemophilia Day. This year's theme is "Access for all: Women and girls bleed too". Today, women and girls with bleeding disorders (WGBDs) are still underdiagnosed and underserved. The global bleeding disorders community has the power—and the responsibility—to change this. Through recognition, diagnosis, treatment, and care, the quality of life of women and girls will improve, and the bleeding disorders community will become stronger. "Recognizing women and girls with bleeding disorders is a significant milestone for our community. In the past, they were often viewed solely as carriers rather than individuals with a bleeding disorder. It is time to fully embrace and acknowledge their experiences and struggles. Prioritizing the diagnosis and treatment of women and girls is crucial, and doing so strengthens our entire bleeding disorder community. Join us on April 17 to show your support for access for all—including women and girls."

-Cesar Garrido, WFH President

#### How to get involved

There are many ways you can bring attention to the challenges that women and girls—and other people in the inherited bleeding disorders community—face worldwide. Whether you are a person with a bleeding disorder, a WFH national member organization (NMO) representative, an individual or group supporting the community, or a healthcare professional, here are just a few things you can do to get started:

**Contact** your NMO to find out how you and other NMO members can work together on World Hemophilia Day and raise awareness about women and girls with bleeding disorders

**Participate** in the World Hemophilia Day Light it Up Red! campaign. Last year, thousands of people worldwide showed their support by lighting up over 150 landmarks red in cities across the world

**Support** our global advocacy efforts and be a part of what we are building today for future generations by by donating here: give.wfh.org

**Get social** by posting about inherited bleeding disorders on Facebook, Twitter (X), LinkedIn and Instagram using the **#WorldHemophiliaDay**, **#WHD2025**, **#WeBleedToo** and **#LightItUpRed** hashtags **Share** your story about how your quality of life—or the quality of life of someone you know—has changed thanks to receiving a diagnosis, treatment and care on wfh.org/whd

**Download** resources like posters and social media banners from wfh.org/whd to help build your World Hemophilia Day Campaign

#### Take action locally and use WFH World Hemophilia Day materials to send

a letter to your local policymakers, set up meetings with elected officials and health ministers and engage with the local media

**Follow** the WFH on social and share our World Hemophilia Day content.

#### To learn more about World Hemophilia Day, please visit wfh.org/whd.

The WFH would like to thank our World Hemophilia Day sponsors for their continued support: Bayer, BioMarin Pharmaceutical Inc., Biotest, CSL Behring, F. Hoffman-La Roche Ltd., GC Pharma, Grifols, Kedrion, LFB S.A, Novo Nordisk, Octapharma, Pfizer, Sanofi, Sobi, and Takeda.

## **Raise awareness on social media**



- Follow us to stay updated: Facebook | X | LinkedIn | Instagram
- Use our hashtags #WHD2025,
  #WorldHemophiliaDay, #LightItUpRed and
  #WeBleedToo to join the conversation and create awareness
- Share your stories, photos, and videos with your social networks
- Use the World Hemophilia Day social media toolkit
- Update your social media cover photos for World Hemophilia Day
- Go live on World Hemophilia Day and share your story
- Wear something red at home and share a selfie on social media
- Challenge your friends, relatives, or coworkers to post pictures of themselves wearing red for the day—or post a picture collage of people in your organization wearing red!
- Post pictures of landmarks you see lit up red on social media

#### **Download our materials**

Download and use posters, logos, and other digital assets that can be translated and adapted to fit your local campaign needs!

You can access these and other resources at **wfh.org/whd** 

Download resources here >

# **Act locally**

- > Advocate by sending a letter to your local government, elected officials, health ministers or other healthcare decision makers. Find a letter template you can use here
- > Contact a patient organization in your country to find out how you can get involved locally
  - Find the list of WFH national member organizations (NMOs) here
  - Volunteer with your organization and invite your friends. By engaging others, you are helping to educate more people about our community!

- > Send a press release to media in your area. You can find a sample press release from the WFH here
- > Share advocacy stories on social media, connect with other individuals living with a bleeding disorder, learn about their stories, and get your message out to healthcare decision makers

#### Download resources here >

# **Tell your** story

Share your story about how a bleeding disorder has impacted you or a loved one on the World Hemophilia Day story site and read about other inspiring experiences.

- > Write your own story
- > Submit a video story
- > Read the stories of others



Myanmar Dear All. My name is Phyo Khant Kyaw, and I

Read story

am writing to share my journey as a severe Hemophiliac with Factor-IX



LEDDAH IRA AGUSTIN Philippines

I would like to share with everyone about my Son's Hemophilia Journey. My son was diagnosed with Severe Hemophilia-A when he was seven..



ELIZA VANZWEDEN United States of America My name is Eliza VanZweden, and I am writing to share my journey as a

woman living with Glanzmann's Thrombasthenia, GT is a rare.

Read story

Submit your story here: wfh.org/whd >

## **Stay informed**

Learn more about bleeding disorders—including how women and girls with bleeding disorders are affected—on the WFH eLearning platform.

Here are some other resources you can explore:

- > Annual Global Survey 2023 Report
- > WBDR Data Report
- > Women and girls with bleeding disorders
- > Reproductive health
- > Special issues for women and girls with VWD

- > Special issues for women and girls with rare clotting factor deficiencies
- > Special issues for women and girls with inherited platelet disorders
- > And more!

Access the WFH eLearning platform here >









# Light a Monument up Red

Every year, landmarks around the world are lit up in red as part of the World Hemophilia Day "Light It Up Red" campaign. Last year, over 150 landmarks around the world were lit up red in a show of solidarity with the community.

- > You can use this letter to ask the person or group that is responsible for a monument or a building to take part in the campaign
- > If you take pictures of the moment or building, post them on social media, and use **#LightItUpRed** or send us an email at marcomm@wfh.org

Email us at marcomm@wfh.org to tell us which moment or building you're helping to light up red!

### Support the WFH

You can support our global advocacy efforts and be a part of what the WFH is building today for future generations: a world in which all people with inherited bleeding disorders have access to treatment and care, regardless of their type of bleeding disorder, their gender or where they live. Donate here to support us!

all bleeding disorders



Global Champions community, reserved for our most dedicated supporters. As a WFH Global Champion, you will receive regular updates highlighting the impact of your contributions on our global community. We will take you behind the scenes to show you how our healthcare development programs are creating transformational change in the lives of people with bleeding disorders around the world. Become a Global Champion today and make a difference.

Looking to do more? Consider joining the WFH