 The  **Global Summit on Women and girls with inherited bleeding has** shifted the attention and focus to where it is most needed .It has not only provided an important recognition of the effect that bleeding disorders have on women & girls but also allowed the bleeding disorder community to come together, in a collective effort, to address issues of care & treatment relating to them & the global work being done to improve their lives.



Dr Tahira Zafar , in the session on , **Stigmatization and breaking through the 'norms**, addressed the barriers women and girls with an inherited bleeding disorder confront due to cultural norms, taboos and stigmata associated with their condition in Pakistan .

The major related issues are suffering due to delay in diagnosis & non availability of treatment ,Emotional strain due to financial burden on the family, keeping the disease a secret for fear of rejection & inability to make major decisions in their lives like education ,work ,marriage etc. Problems with reproductive health adds additional pressure.

These have been dealt by awareness & education ,communication, speaking out,& networking with helpful care givers. The knowledge about the disease & understanding its impact on their lives has helped these women & girls develop a positive attitude to life . This has also created awareness in their families who are more supportive as they understand their suffering.

All this will hopefully ease the burden & suffering of these girls of today & help them develop them into confident young women of tomorrow .