

Discover more about living with Immune Thrombocytopenia (ITP)

What is ITP?¹

Immune Thrombocytopenia (ITP; previously known as idiopathic thrombocytopenic purpura) is a **rare disease that affects less than 1% of the world's population.**

It is an autoimmune disease, meaning that someone's own body mounts an attack on itself, and in the case of ITP, a person's immune system attacks a type of blood cells, specifically platelets. This puts them at risk of spontaneous bruising or bleeding.



Are there different types of ITP?²

It is a condition which can occur in adults and children and can either be:

-  **Primary:**
Meaning there is no obvious underlying cause.
-  **Secondary:**
Broadly including all forms of ITP except primary ITP. Secondary forms include those that are due to an underlying disease or to drug exposure.

There are also three phases of the disease:

- 1 Newly diagnosed ITP:** Within three months of diagnosis.
- 2 Persistent ITP:** Lasting between three to 12 months from diagnosis.
- 3 Chronic ITP:** Lasting for more than 12 months.



How is ITP diagnosed?¹

It is usually diagnosed by a blood test which shows that the platelet count is low, and further tests rule out other rare clotting or immune diseases that are similar to ITP.

What are the symptoms of ITP?^{1,3}

For some people, ITP can be an 'invisible disease' because there may be times where there are no obvious symptoms, even if a person with ITP currently has low platelets. However, ITP can cause...

Fatigue:

Possible impact includes the inability to get out of bed, limiting daily activity, hindering work-life and tiredness

Bruising:

(including Petechiae (pe-TEEK-ee-ay) a pinpoint rash of blood spots).

Possible impact includes bruises that never go away, bruises all over arms and legs and social stigma (people may suspect abuse due to heavy bruising).

Bleeding:

(including nosebleeds; gum bleeds; black mouth blisters and heavy periods).

Possible impact includes embarrassment, a reduction in activities/sports and hysterectomy because of bleeding.



Petechiae



Gum bleeds



Nosebleeds



Black mouth blisters



Bruising



Fatigue

What is it like living with ITP?³

Beyond the physical symptoms, ITP can take a significant toll on a person's life; this may be:



Emotional:

Strained relationships with family, or hiding severity from family
Depression
Isolation
Inability to plan for the future
Anxiety or fear of disease worsening
Anxiety or fear of accidents leading to extreme care over everyday tasks
Inability to have children.



Social:

Unable to socialise with friends
Unable to exercise or do sporting activities
Difficulty travelling
Embarrassment due to bleeding
Choice of clothing limited due to bruising.



Occupational:

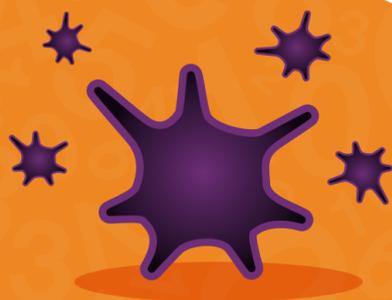
Absences from work either due to illness or medical visits
Reduced productivity because of fatigue
Lost promotions
Unable to pursue one's desired career
Unemployment
Financial stress.

Is there a normal platelet count?⁴

Platelet counts are very individual, and treatment decisions should be based on a combination of platelet count, physical symptoms and individual preferences.

A platelet count less than $100 \times 10^9/L$ (or 100,000 per microliter of blood) is often considered the level for diagnosis of ITP.

Often, platelet counts in people without a platelet disorder range from 150,000 to 400,000 per microliter of blood but when it drops below 100,000 per microliter of blood your doctor will run some tests.



How can we treat ITP?^{1,5}

While there is no cure for ITP, there are treatments people can take to manage their platelet count. Treatment choice can depend on factors such as:

- Platelet count
- Bleeding symptoms
- Patient preference
- Age and lifestyle considerations
- Other health issues.

It is important for the patient and physician to carefully weigh the potential risks and benefits when making a treatment decision.

While treatments are effective for many, they do not help everyone. It can be difficult to find a treatment that works without side effects, which is why research is happening to provide people with more options.



For every

100,000

people, approximately 10 people are living with ITP¹

IT IS A RARE DISEASE.



Lack of public awareness can leave many ITP patients feeling isolated and alone. Raising awareness about ITP and impacts that ITP has on the people living with the disease, may accelerate the advancement of new therapeutic options for patients.