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# Immune Thrombocytopenia Purpura (ITP)

## About ITP

It is a rare autoimmune disorder that causes you to have low platelet levels. The body produces antibodies that attack and destroy the platelets. A normal platelet count ranges from 150,000 to 450,000 platelets. A person who has a platelet count below 150,000 is said to have thrombocytopenia, below 10,000 is severe ITP.

## Types of ITP

- **Acute ITP** – accounts for nine out of 10 cases of ITP. The disease goes away by itself within two to six months
- **Chronic ITP** – lasts for longer than six months – some people can go into remission but it can come back as it can be triggered by a common cold

## Symptoms

Bruising, purpura, nosebleeds, bleeding in the mouth and the gums, heavy menstrual periods. Fatigue is not classed as a symptom of ITP, however many people with ITP experience fatigue.

## How is it managed?

ITP is managed by regular medication or monitoring of the platelet levels. If platelets drop below a certain range treatment is needed and this plan is individualized for the person.

## The impact

Some people with ITP have to take time off due to fatigue, some are stressed about the impact ITP has on work and social activities and it can impact emotional well-being, with emotional and mental stress and anxiety, and a greater risk of depression.