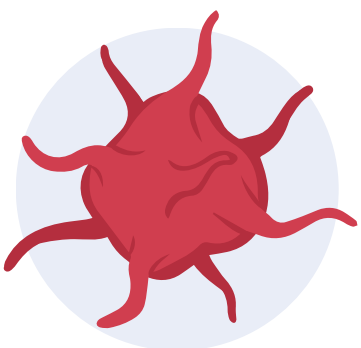
IMMUNE THROMBOCYTOPENIA (ITP)

INFOGRAPHICS BY
RARE REVOLUTION



What is **Immune Thrombocytopenia (ITP)?**



ITP is an **autoimmune condition** that causes a **low platelet count**. Platelets are a type of blood cell needed to form a **blood clot** after a cut or injury to **prevent bleeding** and bruising. In ITP, **your body's immune system mistakenly targets platelets** and starts to break them down. **Fewer platelets are also made by the body**. This results in **lower numbers of circulating platelets**.[1]

Immune Thrombocytopenia (ITP) is more **common in females** than in males and affects people of **all ages**.[2]

Immune Thrombocytopenia (ITP) affects

6 : 100,000

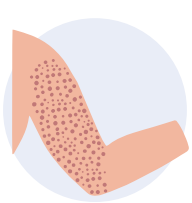
adults in the **United Kingdom**.[3]

There are **two types of ITP**:

Primary ITP: where **no underlying cause** or trigger is identified.[4] This counts for **80% of all cases**.[5]

Secondary ITP: occurs **because of another condition** or trigger.[6]

What are **the symptoms?**



Petechiae or purpura
Small dots from bleeding under the skin that may look like a rash. Larger patches are known as purpura.



Blood in urine or stools
Passing blood in urine or stools, and gastrointestinal bleeding can also be a symptom.



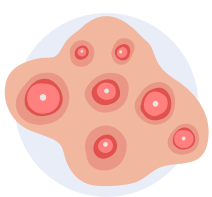
Fatigue
Reduced energy can cause patients to feel exhausted.



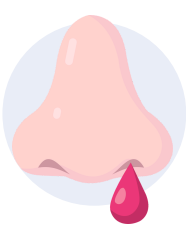
Easy bruising
Bruises appear after little to no trauma, often in unusual locations.



Bleeding gums
Gums may bleed, especially during teeth brushing.



Mouth blisters
Blood blisters that form in and around the mouth, known as oral purpura.



Nosebleeds
Frequent or heavy nosebleeds without obvious reason.



Heavy periods
Unusually heavy menstrual bleeding *(menorrhagia)* or periods that last longer than seven days.[7]



Acute or **newly diagnosed ITP:** within the first three months, when the condition **develops suddenly**.

Persistent ITP: when platelet count **remains low for three months** or more.

Chronic ITP: when platelet count **remains low** for **12 months** or more.[8]

Diagnosis and **treatment**

There are **no specific tests for ITP**. It is suspected when blood tests show a **low platelet count**, but other causes can be ruled out with **additional tests**. Further investigations, such as an **abdominal ultrasound** or **bone marrow biopsy**, may be needed.[9]



If treatment is needed, a short course of **steroids** may be used to **stop the immune system** from **destroying platelets**.

Other treatment methods include: **splenectomy**, **immunosuppressants** or other medications.[10]

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This infographic has been produced in collaboration with the International ITP Alliance.

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