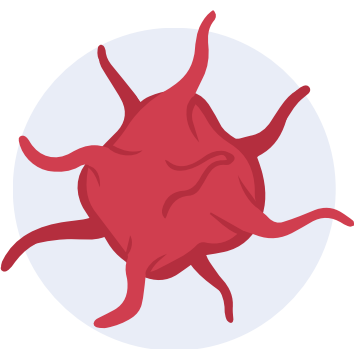


# IMMUNE THROMBOCYTOPENIA (ITP)



**Immune Thrombocytopenia (ITP)** is more common in females than in males and affects people of all ages.<sup>1</sup>



## 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**.<sup>1</sup>

Immune Thrombocytopenia (ITP) affects

**6 : 100,000**

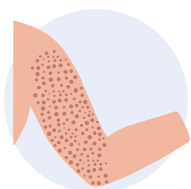
adults in the **United Kingdom**.<sup>1</sup>

There are **two types of ITP**:

**Primary ITP**: where **no underlying cause** or trigger is identified.<sup>2</sup> This counts for **80% of all cases**.<sup>3</sup>

**Secondary ITP**: occurs **because of another condition** or trigger.<sup>2</sup>

## 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.



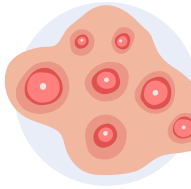
### Easy bruising

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



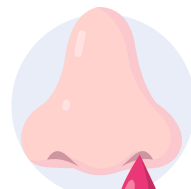
### Bleeding gums

Gums may bleed, especially during teeth brushing.



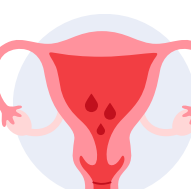
### Mouth blisters

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.<sup>4</sup>

## 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.<sup>1</sup>



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.<sup>5</sup>

**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.<sup>1</sup>

### References

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