

HOW ARE YOU MANAGING SIDE EFFECTS?

If you're like many others with immune thrombocytopenia (ITP), you may be trying to balance symptom and platelet control with side-effect management. Follow these steps to see how you feel about your treatment approach.

1 REFLECT.

Select the answer that corresponds with how you're feeling about your ITP.

	Rarely	Sometimes	Always
How often do you feel that you are in control of your ITP?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often does your ITP get in the way of activities or things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you feel satisfied with your ITP treatment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you are currently taking steroids, do you ever feel uncertain about starting a new steroid cycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
How often do you wonder if there's another treatment that might give you a better balance of symptom control and side-effect management?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2 RESPOND.

Did you answer **Sometimes** or **Always** on any of these questions? If so, it may be time to talk with your doctor about a different treatment option. Ask your doctor to review your treatment options, and work together to find a treatment that's right for you.

3 REVISIT.

It's important to make sure your treatment approach is meeting your needs. Before your next appointment with your doctor, complete this worksheet. Then take it to your doctor to discuss what you want in an ITP treatment and what your options are.