

REFLECTING ON YOUR ITP TREATMENT

Because each person's experience with immune thrombocytopenia (ITP) is unique, no single treatment plan works for everyone. Complete this exercise to identify what you're looking for in a medicine to treat your ITP, then talk to your doctor about how your treatment plan measures up.

Select one answer for each question.

- 1** How is your day-to-day routine currently affected by ITP?
- ITP has little effect on my daily life
 - ITP occasionally slows me down
 - ITP doesn't affect me if I plan ahead
 - ITP has a significant effect on my daily life

- 3** When considering a treatment for ITP, which of these factors is most important to you?
- Easy to take
 - Few side effects
 - Stabilizes my platelet count
 - Fewer symptoms
 - Other _____

- 2** How do you feel about your current ITP treatment?
- Completely satisfied
 - Mostly satisfied
 - Somewhat dissatisfied
 - Completely dissatisfied
 - Unsure

- 4** What is the most important reason you treat your ITP?
- To feel better physically
 - To feel confident and have peace of mind
 - To reduce my risk of bleeding
 - Other _____

ITP can affect more than your physical health. It can also affect your daily activities and how you feel. Fill in the blanks to see how ITP affects you.

When I think about my ITP, I feel _____

I want to feel _____

HOW DOES YOUR CURRENT TREATMENT MEASURE UP?

Take some time to look over your answers. Are you getting what you want from your current treatment? Your answers can help you discuss options for treating your ITP. Take this information with you to your next visit with your doctor.

