**WHAT IS IMMUNE THROMBOCYTOPENIA (ITP)?**

**Definition**
Immune thrombocytopenia (THROM-bo-sigh-toe-PEA-nee-ah), or ITP, is a rare and potentially serious blood disorder. ITP is characterized by the improper functioning or destruction of platelets. Platelets are blood cells that allow the blood to clot properly. Low platelet counts increase the risk of bleeding and bruising.

The cause of ITP is unknown in the majority of cases.

**Stages of ITP**
- **Acute:** 0-6 months
- **Chronic:** 6+ months

Spontaneous remission can occur at either stage of ITP. Symptoms may return following remission.

Chronic ITP mostly affects adults and may require treatment to increase or maintain the platelet count.

**ITP By the Numbers**

- **ITP affects approximately 1 in 50,000 adults each year**
- **Chronic ITP affects 2 to 3 times more women than men**

**Key Symptoms**
- Easy bruising
- Visible red or purple dots on the skin
- Bleeding from wounds that is hard to stop
- Spontaneous nosebleeds
- Bleeding gums, often during dental work
The potential for drops in platelet counts can be emotionally difficult. People describe living with ITP as being on a "roller coaster":

- Fatigue
- Decreased sex drive
- Embarrassment due to visible symptoms
- Reduced ability to work

ITP can be challenging, but myitplife.com can provide help every step of the way.

Visit MyITPLife.com for additional resources today!