



# ITP Patient Information Leaflet

on immune thrombocytopenia

This leaflet can be downloaded from: [www.itpsupport.org.uk/download/itppatientleaflet.pdf](http://www.itpsupport.org.uk/download/itppatientleaflet.pdf)

## WHAT IS ITP?

Immune thrombocytopenia (previously known as idiopathic thrombocytopenic purpura) is a rare bleeding disorder in which the body's immune system destroys platelets in the blood. Platelets act as an initial plug to stop blood leakage before the rest of the blood clotting process begins.

A normal platelet count is between 100 and 400. With ITP the platelet count may go below 5. Symptoms vary and commonly include bruising, nose bleeds, black mouth blisters, petechiae (rash of tiny spots), fatigue, and heavy periods in women. Rarely, symptoms can include internal bleeding.

ITP can affect anyone at any age. It is not contagious and often arises without known cause. In adults it can become a chronic (long term) condition but children more often have acute (short term) ITP and make a recovery within weeks or months. Women can develop ITP during pregnancy but their platelet count usually returns to normal after childbirth.

## WHAT IS THE TREATMENT?

Only a small proportion of patients will require treatment, which may be steroid tablets called prednisolone. The aim is to maintain the platelet count at a level which enables the patient to lead a normal life without troublesome symptoms, but it may not be possible to achieve this without side effects from the treatment. Patients who do not have severe symptoms, (particularly children) may be managed by a 'watch and wait' approach in which no treatment is given but their progress is monitored through regular check-ups.

## BUT HELP IS AT HAND...

Founded in 1995, the ITP Support Association is run primarily by dedicated volunteers who either have ITP themselves or have a close relative with the condition. It provides information and support through its numerous publications, quarterly journal *The Platelet*, annual patient conventions and social network platforms. Membership is just £10 per annum, and we welcome donations to continue our work and fund research.

**JOIN NOW** at [www.itpsupport.org.uk](http://www.itpsupport.org.uk) or [complete this form](#)





REG. CHARITY NO. 1064480

# The ITP Support Association

Immune thrombocytopenia

## Membership Subscription Form

PLEASE USE THIS FORM TO PAY BY CHEQUE, POSTAL ORDER, OR STANDING ORDER

(CARD CAN BE MADE VIA OUR WEBSITE [www.itpsupport.org.uk](http://www.itpsupport.org.uk))

The annual membership subscription of the ITP Support Association is £10 per annum. Your email and telephone number is requested for our use only and will not be passed to any other organisation. Your address will only be given to the company mailing out The Platelet.

### SECTION 1: MEMBERSHIP DATABASE CONTACT INFORMATION *Please complete this section*

TITLE	<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Miss <input type="checkbox"/> Ms <input type="checkbox"/> Dr <input type="checkbox"/> Other...					
NAME						
ADDRESS						
ADDRESS						
POSTCODE				TELEPHONE		
E-MAIL						

### SECTION 2: PLEASE INDICATE YOUR ITP STATUS *Please tick the appropriate box*

This assists us if we need to produce statistics about our membership for health organisations or pharma companies

- Person with ITP (ongoing or in episodes)     
  In remission from ITP     
  Parent of ITP child  
 Family member of someone with ITP     
  Friend or other     
  Health professional

### SECTION 3: PAYMENT *Please tick the appropriate box(es)*

- Please Gift Aid my payment *(please complete the Gift Aid form on page 2 if you haven't sent us one before)*  
 I wish to pay by Standing Order - *please complete the Standing Form on page 3*  
 or  
 I wish to pay by cheque - *please complete the section below. We are very grateful for added donations*

	MEMBERSHIP	£10
	DONATION	
	TOTAL ENCLOSED	

For Office Use

I enclose a cheque for £\_\_\_\_\_ Signed \_\_\_\_\_

Please return this form with your cheque or standing order form to:-  
ITP Support Association, The Platelet Mission, Kimbolton Rd, Bolnhurst, Beds MK44 2EL