Immune thrombocytopenia (ITP)

ITP is a rare disease. It is an acquired autoimmune disorder characterized by low platelet counts.

Prevalence

ITP is estimated to affect an average of **10-62 per 100,000 people.** 60% of adults affected develop chronic disease.

Diagnosis

ITP is a diagnosis of exclusion, during which other platelet disorders and causes of thrombocytopenia must be ruled out. Requirements for an ITP diagnosis include:

- Personal and family history
- Physical exam
- Complete blood count
- Peripheral blood smear

Symptoms

- Bruising
- Purpura and petechiae (red dots on the skin)
- Nosebleeds
- Bleeding gums
- Unusually heavy menstrual flow
- Fatigue

Treatments

- Glucocorticoids
- Intravenous Immunoglobulin (IVIG)
- Anti-RhD Immunoglobulin (Ig) (in US)
- Thrombopoietin receptor agonists
- Spleen tyrosine kinase inhibitors
- Immunosuppressants
- Splenectomy

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