What is ITP?
Immune thrombocytopenia (ITP) or idiopathic thrombocytopenic purpura, historically called “idiopathic,” was used because the cause of the condition was unknown. Today we know ITP is a disease of platelet destruction in which the body's immune system destroys healthy platelets and research advances have also shown that many people with ITP also have a platelet production problem. Increased platelet destruction and impaired platelet production lead to easy or excessive bruising and bleeding, in addition to initiating a daily roller coaster of emotions and ongoing medical management.

Platelets are relatively small, disc-shaped cells circulating within the blood that bind together whenrecognizing damaged blood vessels. When you get a cut, platelets bond to the site to cause a blood clot—and stop the bleeding. A normal platelet count is between 150,000 and 450,000 per microliter of blood. If someone has a platelet count lower than 100,000 per microliter of blood, they are considered to have ITP. Learn more about the purpose of platelets at PDSA.org.

The Phases of ITP
Newly Diagnosed ITP: within 3 months from diagnosis
Persistent ITP: 3 to 12 months from diagnosis
Chronic ITP: lasting for more than 12 months

What Causes ITP?
The specific cause behind why ITP develops is usually unknown and can differ from person to person. ITP has been shown to develop: • After a viral or bacterial infection • After certain immunizations • After exposure to a toxin • In association with another illness, such as lupus or HIV (human immunodeficiency virus)
Learn more about the science behind the causes of ITP at PDSA.org.

What are the Symptoms of ITP?
The symptoms of ITP can vary greatly from person to person, and some with ITP may show no signs of having the condition. In general, the lower your platelet count, the more symptoms you may have including:
• Easy or excessive bruising (purpura)
• Petechiae (pe-TEEK-ee-ay), tiny red dots on the skin caused by broken blood vessels or leaks in a capillary wall
• Bleeding from the gums or nose
• Blood in urine or stools
• Unusually heavy menstrual flow
• Feeling tired or fatigued

How is ITP Diagnosed?
ITP is a diagnosis of exclusion. Because there is no definitive test to diagnose ITP, practitioners rule out other causes of low platelets, such as an underlying disease or medications. If no other cause is found, the diagnosis is often ITP.
In addition to recording medical history, a practitioner will perform a physical exam and run one or more of the following tests:
• Complete blood count (CBC)
• Blood smear
• Bone marrow exam: The American Society of Hematology doesn’t recommend this test for children with ITP.
Learn more about the tests used to diagnose ITP and important information to share with your doctor for the correct diagnosis at PDSA.org.

How is ITP Treated?
Once ITP is diagnosed, the primary goal is to develop the best treatment plan with a hematologist to control symptoms and improve quality of life. If mild bruising and petechiae are the only symptoms experienced, a doctor may simply wait on beginning any treatment and watch, and actively monitor the condition over a period of time. If symptoms are more severe, prompt treatment may be recommended to raise platelet counts to lower the chance of uncontrolled bleeding. While there is no cure for ITP, many patients feel their platelet count improves following treatment. Learn more about conventional and complementary treatments in managing ITP at PDSA.org.

Our Mission
The Platelet Disorder Support Association is dedicated to enhancing the lives of people with immune thrombocytopenia (ITP) and other platelet disorders through education, advocacy, research and support.

About PDSA
Patient-founded in 1998 to educate and empower those impacted by ITP and other rare platelet and bleeding disorders, PDSA is now a powerful force serving and unifying the global community of patients, practitioners, caregivers, advocates, and key disease stakeholders. PDSA is committed to building awareness, educating the global community, and providing critical connections and resources that empower patients to take charge of their disease and encourage practitioners to exercise patient-centered medical care.
PDSA receives no federal funding. It never has. Charitable gifts from our individual and corporate donors, membership contributions, and inspiring awareness and philanthropic events coordinated by committed volunteers energize, uphold and preserve our mission.

For online giving, please visit www.PDSA.org.

All donations are fully tax deductible to the extent of the law. PDSA is a 501(c)3 charitable organization and is eligible for corporate matching gifts. EIN: 32-3631021
CONNECT

- ITP Patient Connect Local Support Groups
- 60+ local groups in the US and Canada and 2 groups via teleconference.
- Annual ITP Conference
  - Priceless forum and lifeline for patients and esteemed training symposium and lesson on the patient journey for health care and industry professionals.
- ITP HelplineSM
  - Connects patients and caregivers to life-altering information, resources and referrals.
- Awareness Month
  - Founded in 2010 by PDSA, National ITP Awareness MonthSM has become a global movement. Each September, the ITP community celebrates around the world with activities throughout the month, including the last Friday of September as Sport Purple for Platelets DaySM, and the last week of September as Global ITP Awareness WeekSM.
- Pump It Up For Platelets! National Walk/Run and DIY Fundraising Events
  - Unite patients and communities, raise public awareness, provide essential funding to support life-changing programs and groundbreaking research, and foster hope in the quest to heal. Visit www.ITPwalk.org and www.PDSA.org.

EMPOWER

- Website
  - Trusted online resource for disease, treatment and research information serving more than 70,000 visitors from over 130 countries.
- Patient and Public Education
  - 12 patient-friendly educational booklets (translated into multiple languages) available online and in print.
- Publications
  - 1 quarterly and 1 monthly newsletter reporting breaking news, research findings, treatment updates, patient stories and upcoming events.
- ITP Poke-R-ClubSM Award-winning clinical support program developed to empower kids with ITP.
- PDSA College Scholarship
  - Financial assistance for senior high school students, college students or adults living with ITP or another medical condition known to cause a low platelet count.

COLLABORATE

- The Barbara and Peter T. Pruitt Jr. Research Award
  - Awards two $30,000 annually to investigators conducting innovative ITP patient-centered research.
- The James B. Bussel, MD ITP Young Investigator Award
  - Supports promising academic ITP research projects.
- ITP Patient Assessment Questionnaire (ITP-PAQ)
  - Research instrument designed to measure Quality of Life issues of ITP patients.
- ITP Natural History Study Patient-Consented Registry
  - International patient-consented registry of individuals with ITP designed to gather data on the natural progression of ITP, diagnosis and treatment, management of care, quality of life, and clinician reporting.
- International ITP Alliance
  - Co-founded by PDSA, the intercontinental partnership of 35 ITP patient support groups representing 30 countries is committed to education, awareness and establishing a global voice for immune thrombocytopenia patients.

EVENTS

- Annual ITP Conference
  - Sport Purple for Platelets DaySM
  - National Walk/Run

PROGRAMS AND SERVICES

- 3 Websites
  - PDSA.org
  - ITPwalk.org
  - globalITP.org

- 16 Newsletters Per Year

- 12 Educational Booklets translated into multiple languages

- 60+ Patient Questions Answered Each Year

- 1,800+ Local Support Groups

- National ITP Awareness Month
  - Global ITP Awareness Week

- Research Grants
  - $50,000 Awarded Annually
  - $300,000+ Total Granted Since 2017

- Advocacy Partnerships
  - Treaty partnerships are crucial in driving public policy, developing new treatment options and funding research to find a cure. PDSA ensures patient-centric outcomes are the driving force behind all healthcare decisions and quality measurements and collaborates with patient advocacy groups, researchers and government agencies around the globe including:
    - ASH – American Society of Hematology
    - FDA Alliance
    - Genetic Alliance
    - ICON – Pediatric ITP Consortium of North America
    - NORD – National Organization for Rare Disorders
    - THSNA – Thrombosis & Hemostasis Society of North America