







Find Your Balance

ITP and your emotional wellbeing

The impact of immune thrombocytopenia purpura (ITP) goes beyond its physical symptoms, like bleeding and bruising.^{1,2} ITP can affect your feelings and emotions and your ability to cope with your daily activities.¹⁻⁴

Tips to manage your emotional wellbeing


-  Listen to your body
-  Talk to your loved ones about your feelings
-  Find a hobby that takes your mind off your worries
-  Keep a journal
-  Pace yourself based on what you feel you can achieve
-  Connect with other people living with ITP



How ITP affects your emotional wellbeing





Everyone's journey with ITP is unique. It can impact your emotional wellbeing in different ways



-  Unpredictability and fear of bleeding²
-  Disruptions to your daily life caused by ITP symptoms or treatments²
-  Treatment side effects³
-  Coping with fatigue²
-  Anxiety about fluctuating platelet counts^{2,4}
-  Stress of living with a chronic condition⁵
-  People underestimating your invisible symptoms²

Talk to your care team to help you 'find your balance'

Speaking to your care team is the first step to getting the care and support that's right for you.

-  Write down your goals and needs
-  Share them and be open about your feelings
-  Discuss your treatment difficulties and preferences
-  Ask if there are any emotional support services you can access



¹ Kruse A, Kruse C, Potthast N., et al. Mental Health and Treatment in Patients with Immune Thrombocytopenia (ITP); Data from the Platelet Disorder Support Association (PDSA) Patient Registry. *Blood* 2019;134(Supplement 1):2362.

² Kruse C, Kruse A, DiRaimo J. Immune thrombocytopenia: the patient's perspective. *Ann Blood* 2021;6:9.

³ DiRaimo J, Kruse C, Lambert MP., et al. Anxiety in Adult Patients Living with ITP Stratified across Different Treatment Types and Groups. *Blood* 2020;136(Supplement 1):18.

⁴ Cooper N, Kruse A, Kruse C., et al. Immune thrombocytopenia (ITP) World Impact Survey(I-WISH): Impact of ITP on health-related quality of life. *Am J Hematol* 2021;96:199-207.

⁵ Mathias S, Gao S, Miller K., et al. Impact of chronic Immune Thrombocytopenic Purpura (ITP) on health-related quality of life: a conceptual model starting with the patient perspective. *Health Qual Life Outcomes* 2008;6(13).