



ITP news, patient stories, advice & more...



This edition is an
'ITP Annual Patient
Convention Special
edition'

The Platelet

JOURNAL OF THE ITP SUPPORT ASSOCIATION

MARCH 2026

The ITP Support Association Team

Charity Registration No. 1064480

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The ITP Support Association is a registered charity which promotes and supports the general welfare of patients, and the families of patients, with Immune Thrombocytopenia. The Association aims to assist in funding approved ITP research projects, advancing the understanding and treatment of ITP in co-operation with the medical profession.

The ITP Support Association is non profit-making and relies upon subscriptions, donations, bequests and fundraising by friends of the Association to enable its operation and to fund vital research into ITP. All donations are gratefully received and acknowledged.

From ITP HQ

The early part of the year is proving to be an especially active and energising period for the ITP Support Association, with several key programmes moving forward at pace. Our regional virtual meetings are now well underway, offering important opportunities to hear directly from people living with ITP across the UK and Ireland. The England & Wales and Scotland sessions have already taken place, each providing thoughtful discussion and valuable insights that will help shape our work in the months ahead. We now look forward to completing the cycle with the All Ireland meeting in March, ensuring that voices from every region are represented.

Alongside this, preparations for our flagship event—the Annual Patient Convention—are progressing strongly. This year's Convention will be held at the Royal College of Pathologists on 27 June, and we are delighted to share that the full agenda is now finalised. In this edition, you will find the complete programme together with biographies of our speakers, offering a preview of what promises to be a rich and informative day. Ticket details are also included for those wishing to attend.

Our digital presence continues to grow as well. Engagement across our social media channels has increased significantly, reflecting the enthusiasm and support of our community. Every like, share, and comment helps us reach more people affected by ITP, and we are grateful to everyone who has contributed to this momentum.

Celebrating Our Fundraisers

We are continually inspired by the dedication and creativity of our fundraisers, whose efforts make a real difference to the support we can offer. From community events to personal challenges, their commitment strengthens our work and helps raise awareness of ITP across the country. This edition includes more details about some of the wonderful individuals and groups who have been fundraising on our behalf, and we extend our heartfelt thanks to each and every one of them.

Mervyn Morgan CEO ITPSA




'Silver Standard' for Excellence in Industry Award



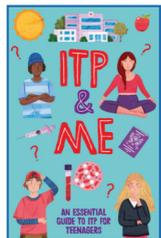
ITP Support Associations Platinum Sponsor for 2026

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ITP and Me - An ITP Book For Young Adults and Teenagers

Are you a young person who has been diagnosed with ITP?



Then this book is for YOU!

ITP and Me – An ITP Book for Young Adults and Teenagers

Filled with the real-life experiences of teenagers with ITP, you'll find everything you need to know about the condition, along with lots of helpful advice. A vital source

of support, this book tackles the tough issues and unique challenges that young people face when dealing with a potentially life-changing diagnosis.

48 pages of information that will help guide you along your ITP journey.

You can download a PDF copy of this book via this link <https://bit.ly/44fwVII> or scan the QR Code below

SCAN ME



If you are an NHS Haematology Unit and would like copies for your patients please email info@itpsupport.org.uk with a contact name and postal address, we will send you some copies.

If you are a patient and would like a hard copy, they are free, all we ask is a £3 donation to cover the cost of postage and packing, email us your postal address to info@itpsupport.org.uk and make the donation via our JustGiving page at Donate – Donation amount – JustGiving

Acknowledgements

We would like to give a big thank you to all the young people who took part in the ITP discussion groups for this book:

Ariana Silva
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Muhamed Shamsivari
Orla Farren
Monty Savarino

Professor Nichola Cooper and Dr Alice Hart, Haematology Consultants at Imperial London, spearheaded this project. They would like to thank Mervyn Morgan at the ITP Support Association, Dr John Grainger and Chloe Goodall (who wrote the original ITP'n'Stuff leaflet on which this book is based), and Rhona Bowie (Patient Advocate).

PATIENT MENTORS

If you need to talk to someone about your ITP we have a small team of Patient Mentors who will be happy to help.

If you would like to speak to one of our ITP Patient Mentors email info@itpsupport.org.uk with your details and we will put you in touch

Rhonda Anderson – ITP Patient in long term remission
Rhonda is based in the Southeast.

Karen Smith – ITP Patient
Karen is based in the Southwest.

We are looking for additional Patient Mentors, if you feel this could be you, please email us at info@itpsupport.org.uk with your details and we will contact you.

support

Save The Date



Please join us online on Wednesday 18th March 2026 at 7pm for the All Ireland ITP Support Association Virtual Patient Meeting, for the opportunity to Connect with fellow patients, caregivers, and the advice of ITPSA Medical Advisor Dr Gerard Crotty and hosted by Mervyn Morgan from the ITPSA to learn more about living with ITP.

Our virtual platform allows you to participate from the comfort of your own home. Don't miss this chance to gain valuable insights and support.

To register your place at the meeting use this link <https://bit.ly/30Falhp> or scan the QR Code.



SCAN ME

ITP Annual Patient Convention 2026



ITP Support Association Annual Patient Convention 2026: London (27 June 2026)

The ITP Support Association's Annual Patient Convention returns on Saturday 27 June 2026, hosted at the Royal College of Pathologists, 6 Alie Street, London E1 8QT.

This is our flagship UK event—**bringing patients, families, carers, and healthcare professionals together** in one room to focus on what matters most: practical support, up-to-date education, and progress in ITP care. The Convention is designed to be accessible whether you're newly diagnosed, have lived with ITP for years, or support someone who does.

To register and book at the early bird ticket price go to: <https://bit.ly/49AINZJ>

What the day is about

The Convention provides a structured opportunity to:

- **Hear directly from leading ITP clinicians and researchers** on current practice and emerging

developments in diagnosis and treatment.

- **Ask questions openly in a supportive environment**—covering everyday realities as well as complex treatment decisions.
- **Connect with the community**—meeting others who understand ITP first-hand, and sharing experience, tips, and reassurance.

The Royal College of Pathologists listing for the event describes it as the ITP Support Association's annual patient convention, focused on the latest developments in ITP treatment and diagnosis, with "many of the world's top ITP experts" presenting.

Speakers: Leading Voices in ITP Research and Care

We are honoured to welcome a distinguished lineup of international ITP experts presenting at the Convention. Confirmed speakers include:

- **Professor Adrian Newland** – internationally recognised haematologist
- **Professor Nichola Cooper** – expert clinician and researcher
- **Professor David Kuter** – leading authority on ITP pathophysiology and treatment
- **Professor Cindy Neunert** – specialist in ITP research and clinical practice
- **Dr Fred Chen** – renowned ITP clinician
- **Dr Catherine Bagot** – expert in clinical haematology
- **Dr Drew Provan** – world renowned haematologist
- **Professor John Semple** – specialist in platelet immunobiology
- **Dr Alice Hart** – expert in ITP care and patient support
- **Dr John Grainger** – experienced ITP clinician and educator

Together, this group represents some of the most recognised names in the field, spanning adult and paediatric ITP, emerging therapies, and patient-centred care.

A venue built for learning and conversation

This year's Convention takes place at the Royal College of Pathologists' home at **6 Alie Street**, a modern conference venue in the Aldgate area

(often referred to as "Events @ No 6").

It's well connected for attendees travelling across London and from outside the capital.

Getting there: travel pointers

If you're planning your journey, the Royal College of Pathologists' directions page highlights several convenient options:

- **Underground:** Aldgate, Aldgate East, Tower Hill
- **DLR:** Tower Gateway
- **National Rail:** Liverpool Street and Fenchurch Street (around a 10-minute walk)

What to Expect at the Convention

The 2026 Convention offers a blend of expert talks, Q&A sessions, and breakout discussions tailored to both patients and healthcare professionals. Topics are expected to include:

- **Latest evidence on ITP diagnosis and management**
- **Advances in treatments and understanding long-term outcomes**
- **Understanding and managing side effects of therapies**
- **Support strategies for patients, families, and carers**

Doors open at 09:30 BST with the first presentation commencing at 10:00 BST; the programme runs through the afternoon with scheduled opportunities for networking and community support.

For healthcare professionals: CPD

The Royal College of Pathologists event listing notes the Convention is accredited for **6 CPD credits**.



Our list of Speakers at this year's event.



Professor Adrian Newland is Professor of Haematology at Barts Health National Health Service (NHS) Trust, London, UK. He has a research department within the Medical School, where he is a former Head of the Division

of Haematology. Prof Newland is also the Chair of Trustees of the ITP Support Association and a Medical Advisor.

Chair of Trustees Professor Newland will be chairing the Question-and-Answer session at the Convention.



Professor David Kuter is Director of Clinical Haematology at Massachusetts General Hospital and Professor of Medicine at Harvard Medical School. Professor Kuter is also a ITPSA Medical Advisor.

Professor Kuter will share the details of the latest developments in ITP during his talk.



Professor Nichola Cooper trained at Cambridge University and Barts and the London School of Medicine and Dentistry. She completed her haematology training at University College Hospital and subsequently gained research experience at Cornell Medical College, New York and the Institute of Child Health, University College London. Professor Cooper is also a ITPSA Trustee and Medical Advisor.

ITPSA Trustee Prof Cooper's talk will cover the I-WISH study, some interesting findings from patients and healthcare professionals.



Dr Drew Provan is currently Emeritus Reader in Autoimmune Haematology at Barts and the London School of Medicine and Dentistry. Dr Provan, along with international colleagues published the consensus guidelines for the diagnosis and management of ITP in children and adults published in Blood. Dr Provan is also a ITPSA Medical Advisor.

A really interesting topic, 'Can AI help in ITP', and who better to discuss that expert Dr Drew Provan.



Professor John W. Semple obtained his PhD in Immunology in 1986 and was a Diabetes Canada Fellow at the Banting and Best Department of Medical Research, C.H Best Institute, University of Toronto. He joined St. Michael's Hospital in 1990 and while there, became Head of the Toronto Platelet Immunobiology Group and a Professor of Pharmacology and Medicine at the University of Toronto. In 2016, he moved to Lund University where he is currently a Professor of Transfusion Medicine.

Prof Semple's talks are always interesting, this will be no exception, he will discuss 'Controversies in ITP, Myths and facts.



Dr John Grainger is Chair of British Society of Haematology Paediatric Haematology committee, national lead for paediatric ITP, national lead for IVIg in haematology and national lead for paediatric haematology training. He is also the medical advisor for the ITP Support Association. Dr Grainger is also a ITPSA Medical Advisor.

Paediatric ITP expert Dr John Grainger will be one of the experts in the Women and Children Breakout group session



Dr Cindy Neunert is an Associate Professor of Paediatrics at Columbia University at CUMC, New York and an Attending Physician Paediatrics at New York Presbyterian Morgan Stanley Children's Hospital, New York. She joined our medical advisers in 2016 and has enjoyed a long-standing relationship with Professor James George of Oklahoma and George Buchanan from Dallas, Texas. Dr Neunert is also a ITPSA Medical Advisor and regular contributor to our Platelet Journal.

Dr Neunert will be discussing 'Treatment of newly presenting ITP.



Dr Catherine Bagot BSc, MBBS, MD, FRCPath is a Consultant Haematologist at Glasgow Royal Infirmary, UK, where she specialises in Haemostasis and Thrombosis and is the co-director of the West of Scotland Haemophilia and Thrombosis centre. Her clinical interests include venous thrombosis treatment and prevention, the management of inherited bleeding disorders, obstetric haematology and immune thrombocytopenia (ITP). Dr Bagot is also an ITPSA medical advisor.

Dr Bagot will be sharing the results and findings from the ITPSA TPO Survey.



Dr Fred Chen is a Consultant Haematologist at Barts Health NHS Trust. He also manages the ITP Adult Registry. He promotes collaboration across specialities to bring together the best care for the patient. He has extensive experience in diverse areas of haematology and leads several disease-specific multidisciplinary team meetings (MDT).

Dr Chen will update the Convention on the work of the ITP Adult Registry.



Dr Alice Hart MRCP FRCPath(Haem) is an NIHR Doctoral Clinical Research Fellow in non-malignant haematology at Imperial College London and Imperial College Healthcare NHS Trust, where she also trained in medicine. With a specialist research interest in paediatric ITP, she has completed a study in children with ITP to investigate cerebral microbleeds and changes in cognitive function, quality of life or fatigue. Dr Hart will be talking about Adolescence – coping with ITP.



Mervyn Morgan is the CEO of the ITP Support Association and has organised various conferences, including ITPSA Patient Conventions since 2016. Mervyn is also a board member of the ITP

International Alliance. In addition, Mervyn is also a co-author, along with other members of the ITP International Alliance of various ITP related abstracts and ITP resource materials.

Mervyn will open the event and share the introductions with Prof Newland.

AGENDA

ITP Support Association Annual Patients' Convention 2026 - 27th June 2026

The Royal College of Pathologists, 6 Alie Street, London, E1 8QT

9.30 – 10.00 Registration and Coffee

10.00-10.10 Welcome and Introduction - Mervyn Morgan

10.10-10.35 New Developments in ITP - David Kuter, Massachusetts General Hospital

10.35-11.30 Breakout sessions

• **Adult & Adolescents** - David Kuter, Catherine Bagot, Alice Hart

• **Women & Children** - Cindy Neunert, Nikki Cooper, John Grainger

11.30-11.55 Break and Exhibition

11.40-12.00 Can AI help in ITP - Drew Provan, Barts and the London School of Medicine, Barts NHS Trust

12.00-12.25 Adolescence: coping with ITP - Alice Hart

12.25-13.30 Lunch and Exhibition

13.30-13.55 Treatment of Newly Presenting ITP - Cindy Neunert, Columbia University Medical Center, USA

13.55-14.20 Thrombopoietin's - side effects and new developments - Catherine Bagot

14.20-14.45 Health related Quality of Life - the I-WISH study - Nikki Cooper

14.45-15.10 Break and Exhibition

15.10-15.35 Developments in ITP - From the Adult Registry - Fred Chen, Barts NHS Trust

15.35-15.55 Controversies in ITP: Myths and facts - John Semple

15.55-16.55 Q&A - Professor Adrian Newland, Barts and the London School of Medicine, Barts

NHS Trust, Chair - ITPS

Topics and speakers may be subject to change

All sponsors have provided sponsorship towards this independent programme. Please note that sponsors have had no input into the content of the programme or the choice of speakers.

Sponsors will have the opportunity to exhibit with a company stand during the meeting.

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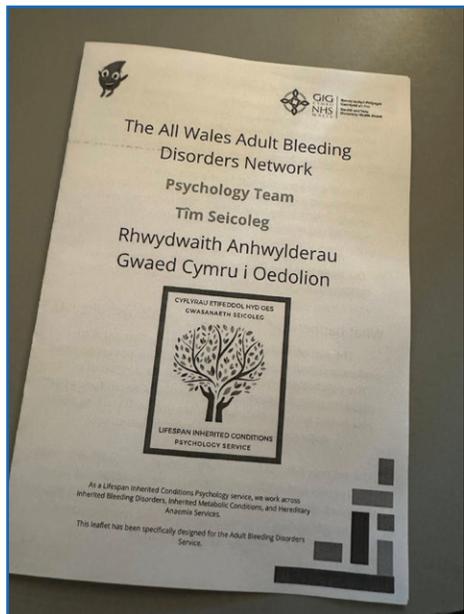
Cardiff - University Hospital of Wales - in-person Meeting

A huge thank you to the Haematology team at the University Hospital of Wales – Cardiff for a wonderful ITP Patient meeting at Insole Court on Tuesday.

I would also like to highlight the input and forward thinking of including the Cardiff Psychology team as part of the meeting.

One of the key un-meet needs of rare disease patients such as those with ITP is the lack of access to a resource such as a clinical psychologist, thankfully more haematology teams around the country are bringing this resource to their patient meetings.

This highlights the need for additional funding for clinical psychologist support covering the area of rare disease treatment and care.



Pippa's Story - Part 2

Pippa's ITP Story and what a story it is!! Part 2

This is Part Two of Pippa's story, hopefully she can inspire more people with a rare disease such as ITP to still reach out and achieve those dreams even with this condition.

As parents when you first find out your child has this condition you want to wrap them in cotton wool and stop anything that might be a risk. But as time has gone on for us and with her determination and drive to still want to be involved with horses, as it's her life, we have let her live her life.

We are very lucky that our consultant is on the same page with the theory that they still have to live their lives and have a quality to life. He completely supports what she does and helps us every way possible to keep her safe. He is always a phone call away and checks in regularly.

Knowing she has ITP, the signs to look out for and making those around aware and what to do if there ever was an incident probably makes it easier for us to support her in this sport.

She was diagnosed March 2021 we believe a multitude of viruses led to her getting it as she had chicken pox followed by Covid and then another cough virus in a space of a couple of months. But obviously we will never know for sure. She still gets huge drops to single figures whenever she picks up a virus although she never seems to get them as bad as everyone else, it seems her blood is the main thing affected. She is always fit and healthy in every other way.

She does suffer with the fatigue and bruising/bleeding when her count drops and that's how

we pick up the signs that she is starting a drop. She gets pale and tired and a bit grumpy too then the bruising and petechia start.



She is currently on romiplostim maximum dose at present after the eltrombopag stopped working.

Some pics of Pippa competing for the UK in Italy recently. She made the finals and had an amazing experience, riding a horse she had never sat on and managed to make it into the grand championship final and finished on a clean run.

No placing but we believe she was the youngest

Pippa's Story - Part 2

one there at 11 years old. A huge class of over 130 top class competitors.

Her blood platelets behaved themselves whilst we were away and so avoided having to take the steroids, but they are on a decline again since we are back but still in safe numbers at the moment. She won't let ITP rule her life.

And a week after Italy came home and swept the board at our local last comp of the year winning every class plus the fastest barrels, fastest poles and hi point trophy with her own pony Jubb's.



Facebook Members Private Group



Join our new ITPSA Facebook Group

We now have an ITP Support Association private group, you can share your experiences or ask other ITP patients questions. Almost 500 ITP Patients have already joined and are sharing their knowledge and experiences with ITP,

Its a friendly bunch of people who have or know someone who has ITP (Immune thrombocytopenia).

The group is a private place where we can share experiences and help people get a better idea of what you may face during a difficult time.

This group is respectful and will never judge you or your situation. A place to also make new friends.

We hope you find any information given very useful to you as an individual. Join it now, scan the QR Code above to join.

Or <https://www.facebook.com/groups/235978790548730/>



The American Perspective

The American Perspective: "Titles Matter"
Spero R. Cataland, M.D.

The phrase: "Titles Matter" can have different implications in different contexts, but in medicine just as in the business world where a title may signify an individual's qualifications, importance, or role in an organization, a title or terminology in medicine is equally important. In medicine the title given to a disease process, or the terms used to describe the disease (response, remission, relapse, etc.) must be consistently applied in research and clinical care to ensure that we are all referring to the same things in our communications and discussions to avoid confusion. Describing an ITP patient as "newly diagnosed", "relapsed" or "refractory" implies a state of their disease that then frames the rest of the discussion that might follow. For example, an ITP drug study that was completed in "newly diagnosed ITP patients" might be expected to have a better response rate to therapy, than if the study was completed in patients with "refractory ITP", who would be implied to have more difficulty to treat ITP as they would have failed several therapies before enrolling on the study.

Immune thrombocytopenia, or ITP, is known to be a diagnosis of exclusion, meaning that there is no test that absolutely confirms to diagnosis of ITP, but rather other clinical conditions that could explain the isolated thrombocytopenia are excluded, leaving a clinical diagnosis of ITP. ITP can be further subtyped as being primary ITP or secondary ITP. The term primary ITP is used when the diagnosis of an acquired immune thrombocytopenia (diagnosis of immune destruction of platelets) is made without any other associated conditions. The term secondary ITP is used when there is an associated condition that could have contributed to the development of the immune thrombocytopenia. These conditions can include infections (hepatitis C, human immunodeficiency virus (HIV), or varicella zoster virus [the virus that causes chicken pox or shingles]), vaccines, autoimmune disorders (systemic



lupus erythematosus or rheumatoid arthritis), or an underlying immune disorder to name several examples.

The initial evaluation of an adult with suspected ITP should typically include a complete blood count with a white cell differential (evaluate the types of white cells in the blood) which will evaluate for the presence of another blood or bone marrow disease that could mimic ITP. A good clinical history should also be taken to evaluate for other the presence of other medical conditions including systemic infections and liver disease that can also result in a low platelet count. In addition, patients should be asked about symptoms including fever, chills, and enlarged lymph nodes that might be seen with chronic lymphocytic leukemia, a chronic leukemia that is a common cause of secondary ITP. Blood tests for hepatitis C and HIV should be routinely performed as they are relatively common infections and are associated with the development of ITP. While it is true that patients that have been diagnosed with one autoimmune disorder (ITP) are more likely to be diagnosed with another autoimmune disorder (systemic lupus erythematosus or rheumatoid arthritis), the initial evaluation of adults with ITP for another autoimmune disorder should be symptom directed. This means that testing to look for an associated autoimmune disease or other secondary

condition should only be considered if the patient has signs or symptoms (fevers, chills, joint pain, rashes, etc.) of that condition. In children however, screening for an underlying autoimmune disorder may be considered in the absence of symptoms because ITP is often the presenting symptom of an autoimmune disorder in children.

Patients with both primary and secondary acute ITP may similarly respond to initial ITP treatments including steroids and intravenous immune

globulin to increase the platelet count. However, subsequent treatment should also target the secondary condition in addition to the ITP to help induce a more durable response to treatment. For this reason, patients with ITP may also need to be seen by an additional specialist to help with the treatment of the secondary condition. While treatment of the secondary condition alone may improve a patient's thrombocytopenia, treatment of the ITP directly may also be required to maintain a safe platelet count.

Meet Captain Platelet And The Hemoheroes!

Explore our free printable activity pack from the ITP Support Association—designed to spark creativity and teach kids about blood health.

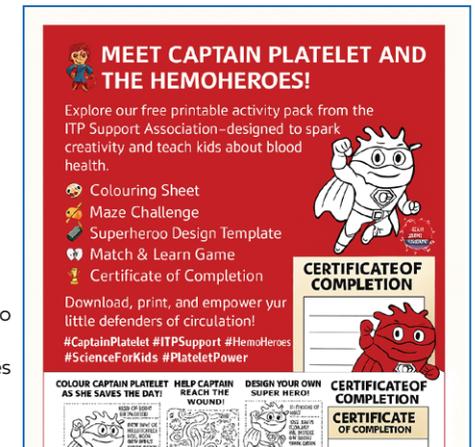
Includes:

- Colouring Sheet
- Maze Challenge
- Superhero Design Template
- Match & Learn Game
- Certificate of Completion

Download, print, and empower your little defenders of circulation!

Scan this QR Code to download. Suitable for ages 5 to 10

#CaptainPlatelet #ITPSupport #HemoHeroes
#ScienceForKids #PlateletPower



Resolutions, What are they?

Resolutions, What are they? - by Rhonda Anderson

Did you make any New Year's Resolutions this year?

If so, how are they going? Into the third month of the year, we could be flagging or riding high.

Do you think resolutions are outdated, like giving up something, (usually chocolate, or some other treat), for Lent?

Perhaps all of this is old hat, but there is wisdom in having plans to move yourself and your life on.

These days we tend to do things in a more compassionate way towards ourselves, and this can only be a positive mind set, to be kind to ourselves, and build our confidence and self-esteem together with that of others. We must always look after ourselves first in order to be useful and helpful to others, and develop satisfaction in our lives.

My big resolution this year is to get the house in order and especially my papers and fabric that I use to make quilts. All of this is in the front room and I must admit, it is a mess! I have neglected it for far too long. So how am I going to tackle this gargantuan task? It is overwhelming and I really want to do it, but it seems too daunting and impossible.

You may have heard the Question: 'How do you eat an elephant?' Answer: 'One bite at a time!' This metaphor is for huge tasks and means do it bit by bit, or bite by bite. Getting started can be a challenge, so many people set **SMART** goals.

S stands for Specific, M stands for Measurable, A stands for Attainable, R stands for Relevant and T stands for Time-Bound.

Choose a **Specific** task you want to achieve, such as clearing out a room.

Use a way of making it **Measurable**, how much you will

do each week, not every day as this sets you up to fail in case you cannot do it every day, three or four times a week is a reasonable aim.

Make sure it is **Attainable** within the time and energy levels you have. Will it be possible and will you be able to achieve it? (I will do it bit by bit, firstly sorting out my papers and books, before I move onto the fabric)

It needs to be **Relevant** to what your end goal is. Be sure you can keep motivated and that the goal you set means something to you. (I will have a neat room that I can use more easily for my sewing and enjoy using my new sewing machine.)

It needs to be able to be attained within a reasonable **Time frame**. Set a time by which you want all of this to be achieved. (I am going to say the end of May, so I now have 3 months to work on it to get basic order into the room.)

All of this can form your Action Plan.

You will find a lot of SMART goals explanation on the internet. It may be useful to study a little of this in order to set your goals with an understanding of what you are doing and why.

Do you have things in your life that are blocking your progress and peace of mind? I think we all do in some way, big or small.

So...let us progress and make a specific plan.

I will work on this for one hour a day for 4 days a week. This will be in the afternoons after lunch between 2pm and 4pm for the one hour. The days that are possible for me are Monday, Wednesday, Thursday and Saturday.

This will be flexible, because of course unexpected things will come up, or I may feel like doing longer once I get started. I will make a note of what I do as a motivational aid, so I can see progress.

Apart from making a big resolution, which I usually shy away from because of the overwhelming feeling of the impossibility of the task, it is useful to make smaller Action Plans as described in previous articles for The Platelet.

These can be achieved by doing a specific task in a small amount of time, such as 5, 10 or 15 minutes. In fact I had 10 minutes this morning and I began this article, before I went out. It broke the ice of getting started, often a sticking point. I just wrote solidly for the 10 minutes and it made me feel satisfied to make a start in that short time, that I could have thought was too short to begin a piece of long writing. I have edited slightly what I wrote, but basically it is the same content. It was a very valuable 10 minutes of activity to motivate myself to keep writing this evening.

Please let me know how you are getting on with your Resolutions, or if you get on better without them.

Also if you find using SMART goals helpful. By sharing your thoughts and activities you can encourage and

motivate others.

As a matter of interest, these days the church encourages people to DO something for Lent, not give something up. So you could do something for someone else who needs your care, interest or help. I find this much more motivational, as doing something for someone else has the benefit of making you feel better too, so everyone gains and there are smiles all round.

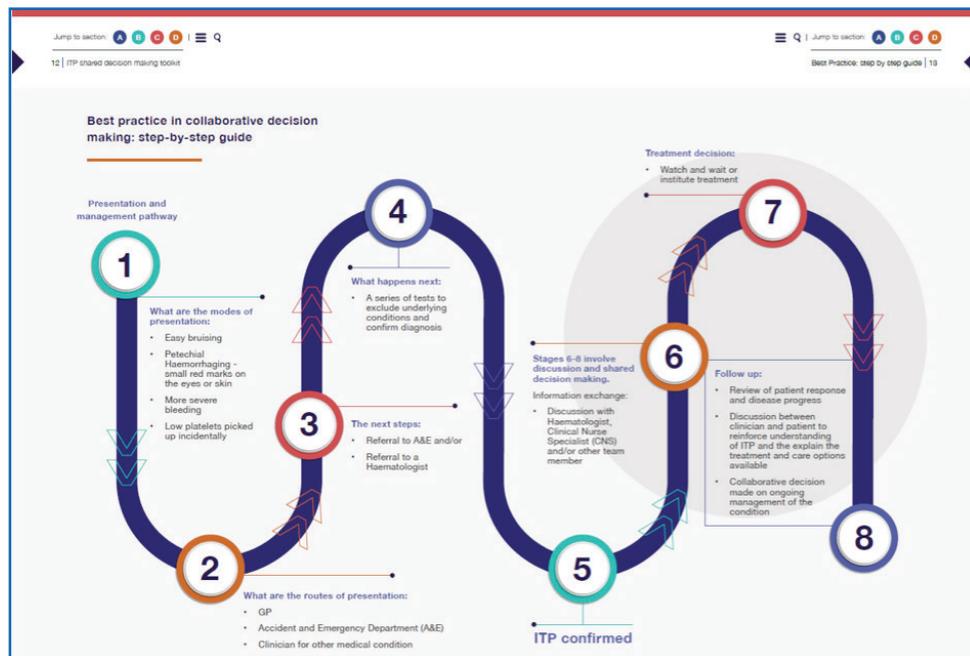
In conclusion, I will share this encouraging quotation:

'Motivational coach Zig Ziglar reminds us that "a goal properly set is halfway reached." Setting a goal is just like eating an elephant. Bit by bit, bite by bite, you make possible what at first seemed impossible. You get a little bit closer to living your best life. You've got what it takes; now get SMART and turn those dreams into reality!'

Denise Fournier PhD

**Rhonda Anderson
February 2026**

Shared Decision Making Document available in Six Languages



'Making the right choices in ITP management and care' – A shared decision-making toolkit for patients.

To download the English Language version click this link: Making the right choices in ITP management and care.

The toolkit is now available to download in French, German, Italian, Spanish and Portuguese please visit our website at www.itpsupport.org.uk.

Ground-breaking new toolkit launched to support patients with rare blood condition to take ownership of their care.

Shared decision-making toolkit developed for people with Immune Thrombocytopenia (ITP) – a rare autoimmune blood disorder that causes a

shortage of platelets and bruising.

Toolkit developed via a multi-stakeholder ITP Expert Working Group led by the ITP Support Association and the UK ITP Clinical Forum.

The toolkit will facilitate improved treatment and care by empowering and educating patients – and reminding healthcare professionals – about the importance of ongoing collaborative decision making in the management of ITP.

As part of Global ITP Awareness Week (20-25 September), the ITP Support Association and the UK ITP Forum are pleased to launch Making the right choices in ITP management and care – A shared decision-making toolkit for patients.

The toolkit is a response to the results of a patient

survey made by the ITP Support Association in 2020. The survey highlighted inconsistencies in the diagnosis and management of ITP – which can negatively impact patients.

It defines what best practice collaborative decision making in ITP management and care looks like and provides a practical guide to help patients, carers and healthcare professionals achieve this.

This material allows the patient to develop knowledge, skills, and the confidence needed to make managed and informed decisions about personalised health and care. It will ensure that more ITP patients are on care plans that appropriately suit their lifestyle and individual circumstances, improving their quality of life – which can be severely impacted if an individual is placed on a suboptimal care plan.

This toolkit is ground breaking in that it is one of the first haematological conditions to develop specific guidance in response to National Institute for Health and Care Excellence (NICE) recommendations for shared decision-making practices to be implemented across all conditions. The toolkit is endorsed by the Royal College of Pathologists, Royal College of Physicians, The British Society for Haematology, and the Genetic Alliance UK.

The ITP Expert Working Group and partners are calling for this best practice guidance to be adopted across all healthcare settings in the UK. Professor Adrian Newland, Chair of the ITP Support Association, said:

"Following our recent patient survey, the ITP Support Association identified significant disparities between patient experiences of care and whether individual preferences were considered in care management plans. We decided that we should bring together a group of

haematologists with a particular expertise in ITP to develop this toolkit that, we hope, will empower patients to hold collaborative and honest discussions with their clinician which in turn will result in better outcomes and quality of life."

Dr Quentin Hill, Chair of the UK ITP Forum, said:

"The ITP toolkit is an excellent introduction and companion document to support and empower patients. It guides them step by step through the journey of diagnosis and medical care. A collaborative approach is more rewarding for patients and clinicians, and I have no hesitation in recommending that the ITP Toolkit is given to all patients at presentation."

Dr Sue Pavord, Consultant Haematologist, Oxford University Hospitals and ITP Expert Working Group member said:

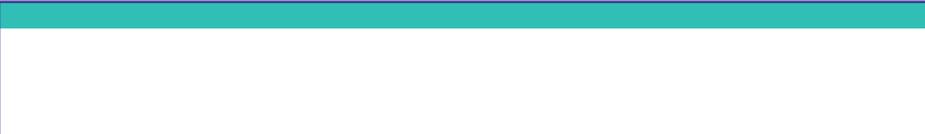
"It has been a real pleasure working with patients and the ITP Support Association in preparing this Toolkit. Mutual understanding and joint decision-making is crucial when planning management which is suitable and acceptable to the individual patient. I encourage all NHS trusts and haematological teams to review the Toolkit and refer to the guidance when deciding on treatment and care with an ITP patient."



ITP Patient Explainer

ITP Patient Explainer Cont...

Make the most of your appointment with your care team, using the **ITP Discussion Guide** For people living with ITP



What is the ITP Discussion Guide?
 The ITP Discussion Guide is a tool that can help support focused discussions with your care team about your ITP care goals, needs and preferences.
 Highlight what matters most to you and discuss it with your care team to make a joint decision about your care plan.

How do I use the ITP Discussion Guide?

- 1 **Complete your personal ITP Discussion Guide** by answering questions about your last month managing ITP
- 2 **Highlight your top care priorities** based on your answers, so that you can remember what you want to discuss at your next ITP appointment
- 3 **Bring your completed guide** to your ITP appointment
- 4 **Use the guide to help structure a discussion with you care team** about what's most important to you in your daily life with ITP

Scan the QR code to complete your own ITP Discussion Guide

You don't need to register to use the ITP Discussion Guide. None of your data is stored, tracked, shared, processed or saved.




ITP Patient Explainer Cont...

Why highlighting what matters most to you with your care team is important

While controlling your bleeding is essential, maintaining your health is also about your ability to enjoy and get on with life.

When you and your clinician understand what's important to each other, you can make decisions about your care together. Your clinician can then design your care plan with your personal needs, preferences, and goals in mind.

Top tips for using the ITP Discussion Guide for your next consultation

- Usually, our first reaction is the most accurate, so don't spend too much time thinking about your answers, just go with your gut
- Remember that each response will be individual to you, so there is no right or wrong answer
- Use the guide ahead of each appointment to track any changes over time, and let your care team know if your priorities have changed since your last appointment
- Ask for an explanation of anything you don't understand or feel unsure about
- Refer to the guide if you feel like your care priorities aren't being heard
- Don't be afraid to say if you feel like your goals, needs and preferences are not being taken seriously

ITP Discussion Guide



Your ITP Discussion Guide

This guide is designed to help you have more focused discussions about your ITP care needs and preferences with your carer / care team

- 1 **Reflect on your last month managing ITP** and note down what matters most to you. You do not need to complete everything: focus on the elements that are most important to you.
- 2 Once completed, **tick the stars next to the questions that are most important to you.**
- 3 **Bring your completed guide to your next appointment** and discuss it with a member of your care team:
 - Use the guide to outline your top care priorities and go through your other issues in turn
 - Help your care team to understand your goals and what's most important to you in your daily life.
- 4 **Make a joint decision** on your future care plan.

Today's date:

Note down today's date so you can look back and track how you're feeling over time.

____/____/____

My goals

First, write down your short-term goals; the things that are most important to you right now (this week / month).

For example, having a nice walk with the dog this week.

Then, write down your longer-term goals; the things that are most important to you in the future (next 6 months).

For example, going on a cycling holiday in three months.

Living with ITP

Living with ITP can affect your wellbeing and how you cope with everyday activities. **Use the scales below to rate how ITP affects your day-to-day life. Circle the score that best reflects how you feel.**

Coping with ITP symptoms

How have ITP symptoms impacted your daily life in the last month (including fatigue, bleeding, bruising, etc.)?

☹️ 1 2 3 4 5 😊 ★

Feeling on top of things

Do you feel able to carry out everyday tasks like washing yourself, dressing up, cooking, DIY, doing household chores and shopping?

☹️ 1 2 3 4 5 😊 ★

Having emotional wellbeing

Do you feel positive (in control of your thoughts and feelings), or more negative (anxious, upset or depressed)?

☹️ 1 2 3 4 5 😊 ★

Pursuing hobbies

Do you feel you can pursue the activities you enjoy the most?

☹️ 1 2 3 4 5 😊 ★

Spending time with friends and family

Do you feel you can spend time with or care for family and friends in the way you want to?

☹️ 1 2 3 4 5 😊 ★

Performing well at work or school

Do you feel you can excel in your work and/or studies?

☹️ 1 2 3 4 5 😊 ★

Taking part in sports and exercise

Do you feel you can reach your sport and exercise goals?

☹️ 1 2 3 4 5 😊 ★

Use this space to write down further details about how ITP affects your day-to-day life.

ITP Discussion Guide Cont...

Managing ITP effectively

To enable you to live your life the way you want to, it's important to work with your care team to find a treatment that works well for you. **Use the scales below to rate how you feel about your ITP treatment. Circle the score that best reflects how you feel.**

How well does your ITP treatment help you to manage / prevent your symptoms (including fatigue, bleeding, bruising etc.)?

☹️ 1 2 3 4 5 😊 ★

How satisfied are you that your treatment maintains or increases platelet production?

☹️ 1 2 3 4 5 😊 ★

How satisfied are you with how often you take your treatment?

☹️ 1 2 3 4 5 😊 ★

How satisfied are you with the number of blood tests needed to check your platelet count due to treatment?

☹️ 1 2 3 4 5 😊 ★

How satisfied are you with the way your treatment is administered?

☹️ 1 2 3 4 5 😊 ★

How easy is it for you to fit your treatment intake into your usual daily routine? (For example, commuting, working, eating, sleeping)

☹️ 1 2 3 4 5 😊 ★

How easy is it for you to take treatment when your routine changes? For example, when on holiday?

☹️ 1 2 3 4 5 😊 ★

Overall, how satisfied do you feel with your treatment and/or care?

☹️ 1 2 3 4 5 😊 ★

Notes:

Use this space to write down further details about how your treatment and care impacts your daily life, or any wishes you would like to share with your care team.

ITP treatment and your goals

Does ITP or ITP treatment currently affect your ability to pursue your personal goals?

YES NO

Use this space to write down how ITP affects your personal goals.

Priority discussion points for your next consultation

Look back over the questions and tick the stars highlighting the elements that are most important to you.

Use this space to write down the 1-3 most important topics you would like to discuss at your next ITP appointment.

And finally...

- ★ Don't be afraid to say if you feel that you're not being heard, or your issues aren't being taken seriously
- ★ Ask for an explanation of anything you don't understand

The ITP Discussion Guide has been co-created by the UK ITP Support Association, Sobi AB and Health Unlimited and funded by Sobi AB | NP-23507 | Date of preparation August 2022

NEW - Medical Emergency Card



NEW - ITP Medical Emergency Card – credit card size, the patient can add their own medical details, including GP Details, Emergency Contact details and medication information.

The ITP Emergency Card is a small card that individuals carry with them to provide important medical information about their ITP in case of emergencies. It typically includes details such as the person's name, emergency contact information, known allergies, chronic conditions, medications being taken, and any specific medical directives or instructions.

Having an ITP Emergency Card can be helpful in situations where the person is unable to communicate their medical history or conditions, such as during accidents or emergencies. It allows medical professionals or first responders to quickly access vital information, ensuring appropriate and timely care.



Emergency Cards are often recommended for individuals with chronic illnesses, allergies, or other medical conditions that may require specific treatment or precautions.

It's important to keep the ITP Emergency Card with you at all times, ideally in a place easily accessible to others, like your wallet or purse.

It's also a good idea to inform your emergency contacts about the existence and location of your ITP Emergency Card, so they can provide the necessary information if you're unable to do so.



Remember, the ITP Emergency Card is just one tool to help ensure your safety and proper medical care. It's still important to communicate your medical history and conditions to your healthcare providers during regular visits, and to carry any additional identification or documentation that may be required in your specific situation.

New Members receive their own ITP Emergency Alert Card when they join the ITPSA as part of the New Members Pack, not a member, then send a SAE to: The ITP Support Association, The Platelet Mission, Kimbolton Rd, Bolnhurst, Beds, MK44 2EL. The cards are free but donations are appreciated.

Please note this card replaces our old ITP Emergency Card advertised in previous issues of the Platelet.



Share Your Patient Story



Living with a rare disease in the UK and Ireland and anywhere in the world can be extremely isolating for many patients and caregivers.

While each of our patient stories are as individual as we are, patients can still pick out similarities in other peoples ITP journeys which helps them to connect, even when you feel isolated and alone.

<<<< Share your patient story by sending it to >>>> info@itpsupport.org.uk

Read more patient stories here



Scan me

Try out the new ITPSA REDBUBBLE Store

Try out the ITPSA new branded gift items from our REDBUBBLEstore.

They include a design by ITPSA Medical Advisor Dr Drew Provan. By shopping with us you are helping to support the work of the ITPSA in raising awareness for Immune Thrombocytopenia with the profits from each sale going directly to our cause.



Scan me



Fundraising News

What a year it continues to be, thank you to everyone for your ongoing support.

Here are just two of our current fundraisers, more can be found on our JustGiving Page.



Support Jonny Currie as he takes on the Etape Loch Ness (66 mile cycle around Loch Ness) to raise money for the ITP Support Association in memory of my sister, Emma Currie, who sadly lost her life to this condition in 2005, aged just 13 years and 2 days.

As we go to print Jonny has raised a wonderful £445.

You can support Jonny and read the full story on this link.

<http://www.justgiving.com/page/jonny-currie-1>



I'm Montague, in March 2026, I plan to do a 292km Coast to coast walk from 28th March to 11th April. To support Montague please use this link

<https://www.justgiving.com/page/montagewalks>

In Loving Memory

IN LOVING Memory

This has been a sad period for the ITP family, we sadly lost a good friend of the Association:

Mr Gordon Allen

Skydiving for ITP

Do you fancy doing something different to support the ITP Support Association?

Now you can!

For more information use the link or scan the QR code
<https://bit.ly/3qJ5Lsc>



HOW SKYDIVING WORKS CHARITY GUIDE

SKYLINE SKYDIVING

How it works is the individuals agree to raise a minimum sponsorship of £395 for a tandem skydive. This covers their deposit, jump costs and average sponsorship of \$125 to the charity. Anything raised above the minimum amount means a larger donation towards yourselves.

- \$70 Deposit paid to Skyline at the time of booking.
- \$200 approx. jump cost (varies between airfields) will be invoiced to you a week of the jump.
- \$125 approx. charity sponsorship money.

If the participant does not reach their target, you will not be invoiced and they will be told to pay for the jump on the day.

We will send you email alerts when you receive enquiries and bookings. As well as on the week of your supporter's jump so you can let us know if they have sent any sponsorship directly to you, as this will ultimately affect the amount the airfield asks for on the day.

NO COSTS & NO COMMITMENTS!
That's right. It's as good as it sounds.

HOW SKYDIVING WORKS CHARITY GUIDE

SKYLINE SKYDIVING

What Skyline Provides:

- We add you to www.skylineparachuting.co.uk and that gets 17,000+ visitors per month.
- We have a dedicated email address where participants can contact us directly with any skydiving questions.
- We and our airfields manage the event for you and your supporters so you can concentrate on your inhouse events and/or other major donor gifts.
- We send all confirmation details from here bespoke to each airfield.

You will receive a bespoke booking link provided by Skyline to use on your website/social media to get people signed up to skydiving.

We cover all administration of the event including rescheduling if bad weather or cancellations.

NO COSTS & NO COMMITMENTS!
That's right. It's as good as it sounds.

Plasma Donation



Your plasma can treat 50 diseases

Join us at blood.co.uk/plasma



The NHS needs more plasma donors but many people don't realise they could donate.

The amazing donors come from all walks of life and plasma is used to treat more than 50 diseases including ITP (Immune thrombocytopenia).

Book an appointment at www.blood.co.uk/plasma

Leaving a Legacy



Thank you for considering leaving a gift to the ITP Support Association in your will and helping to fund the work of the ITP Support Association and research into Immune thrombocytopenia.

There are 3 main types of gift you can make:

- residuary – a share in, or all of, what's left of the value of your estate after family and friends have been taken care of
- pecuniary – a specific sum of money
- specific – an item such as jewellery or a piece of art

The advantage of leaving a share (also known as a residuary gift) is that it stays the same over time and you won't need to change your will to keep up with inflation.

This planning form guides you through the steps you need to consider when you write your will and it helps you gather your thoughts and plans in one place.

Visit www.itpsupport.org.uk and download our Making a Will Planner Form

If you already have a will and you want to include a gift to the ITP Support Association (sometimes called a legacy), there may not be any need to rewrite it.

You can ask a qualified professional such as a solicitor to add an amendment (called a codicil). As a general rule, if the change you wish to make is quite small or simple, you can use a codicil, and if the change is more significant or complex you should

make a new will.

Visit www.itpsupport.org.uk and download the Codicil Form for the ITP Support Association.

Suggested wording for making your gift to the ITP Support Association

This suggested legal wording will assist your solicitor in drawing up or amending your will to include your gift to help our vital work.

Wording for a residuary gift

I give the residue of my estate to The ITP Support Association, The Platelet Mission, Kimbolton Road, Bolnhurst, Beds, MK44 2EL Registered Charity Number 1064480 * for its general charitable purposes (which includes research). I further direct that the receipt of the Chief Executive (CEO) or other proper officer of the said charity for the time being shall be a full and sufficient discharge for the said gift.

Wording for a gift of money or an item

I give the sum of £_____ (or the item specified) to The ITP Support Association, The Platelet Mission, Kimbolton Road, Bolnhurst, Beds, MK44 2EL Registered Charity Number 1064480 for its general charitable purposes (which includes research). I further direct that the receipt of the Chief Executive (CEO) or other proper officer of the said charity for the time being shall be a full and sufficient discharge for the said gift.

Note

We can not recommend a particular solicitor to make your will but we suggest you contact the Law Society who can provide details of solicitors in your area, including those who specialise in wills. We always recommend that your will is drafted by a qualified professional such as a solicitor as their businesses are regulated by law.

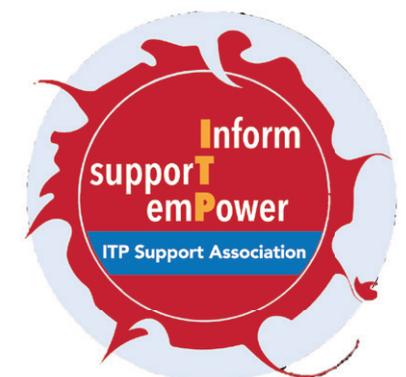
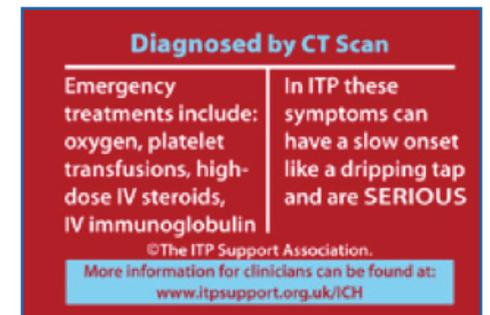
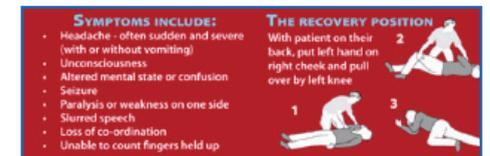
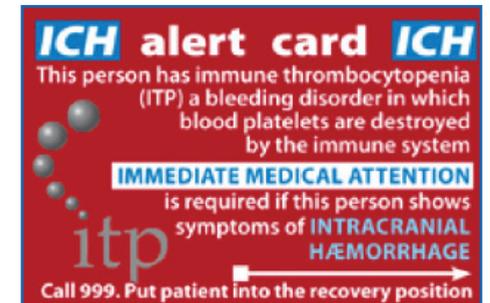
Order a free ICH alert card

Having an ICH alert card is rather like taking out travel insurance. You hope you'll not have to ever use it but it is there to give you peace of mind in case the worst happens.

It is very rare for anyone with ITP to have a brain haemorrhage (ICH), but if it should happen to you, fast action by you or those around you, plus prompt scans and specific treatment by emergency doctors can help prevent a serious situation becoming a disaster. The ITP Support Association's ICH alert card was developed in 2012 with assistance from Professor Adrian Newland, who said 'ICH is very rare in patients with counts over 10, and even in those under 10 is only usually seen if there are other complicating factors.'

The card's purpose is to make patients aware of the early warning signs of ICH and to alert paramedics or A&E staff that these signs in ITP patients must be taken seriously. We have sent batches of ICH alert cards for distribution at ITP Clinical Centres and other interested hospitals. Our medical advisors strongly suggest that ITP patients should carry one just as people on steroids carry steroid information cards, and people with epilepsy carry alert cards to help in the event of a seizure.

If you or your child have ITP and don't already have one of these folded red plastic alert cards, you can order yours now by sending your request with an SAE to: The ITP Support Association, The Platelet Mission, Kimbolton Rd, Bolnhurst, Beds, MK44 2EL. The cards are free but donations are appreciated.



Ways To Donate

The ITP Support Association is on JustGiving
Please visit our page at <https://www.justgiving.com/itpsupportassociation> and make a donation.



Facebook



Since the end of 2018 many friends of the ITP Support Association have used Facebook as a platform to help raise donations for the Association. It has raised over £20,000 in support of the ITP Support Association. Facebook has 'no fees' which means 100% of the contributions are donated to the ITP Support Association. Visit our Facebook page for details.

RAISE MONEY FOR ITP WHEN YOU SHOP ON LINE at no extra cost to you!



You shop directly with the retailer, same goods, same prices, but by signing up (for free) on Easy Fundraising.

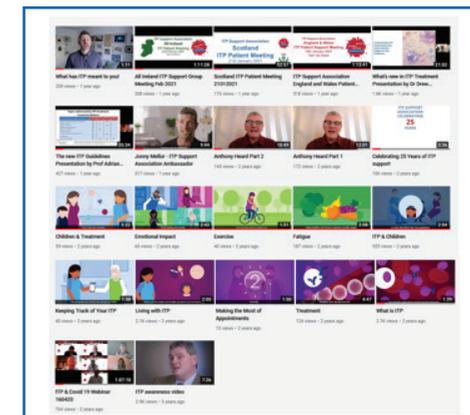
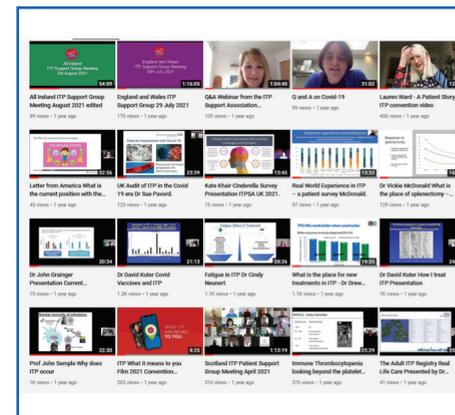
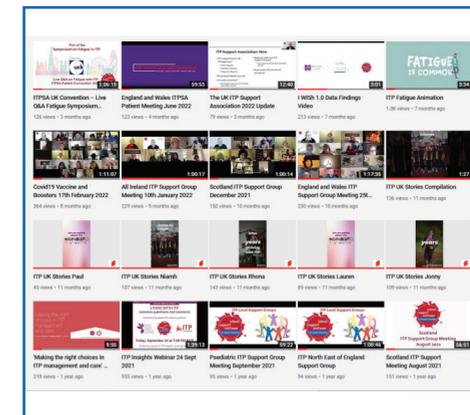
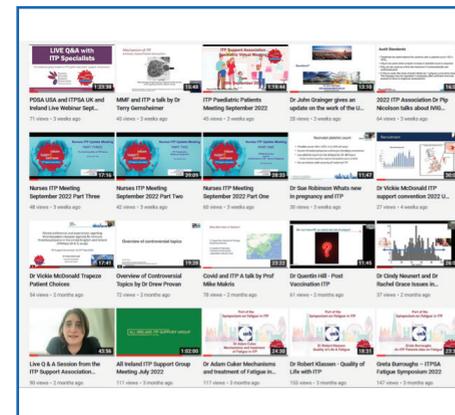
Go to www.easyfundraising.org.uk/causes/itpsupportassociation and use the links on the easyfundraising site to take you to your chosen retailer. You'll get access to hundreds of exclusive discounts and voucher codes. Join the increasing number of supporters who have raised hundreds of pounds for the Association.

Visit our YouTube Channel



The ITP Support Association YouTube Channel has almost 140 videos covering ITP. Plus, with now over 1,000 YouTube subscribers, thank you to everyone for helping to reach this milestone.

Go to our YouTube Channel and press subscribe <https://www.youtube.com/@ITPSAUK/videos>



Publications List

BOOKLETS

Please note these booklets and articles are now available, free to download from our website, visit www.itpsupport.org.uk and click on the Membership tab, then Membership resources.

Shared Decision Making 'Making the right choices in ITP management and care' – A ground-breaking booklet mapping the process from diagnosis to treatment. This document has been endorsed by a number of Royal Colleges and the BSH.

ITP Discussion Guide – produced in conjunction with Sobi, this is a questionnaire type guide that you complete prior to your clinical appointment, helps you ask the right questions during your appointment.

ITP Discussion Guide patient explainer – helps you understand the ITP discussion guide.

ITP Discussion Guide Clinician explainer – take a copy with you for your Doctor or Consultant.

Know about ITP – core information booklet.

Fatigue in ITP – about this hidden symptom of ITP with suggestions on how to cope.

What did you call it? – question & answers about adult ITP.

What did you call it? – question & answers about childhood ITP.

ITP 'n stuff – question & answers about ITP for teenagers.

ITP and pregnancy – what to expect with a low platelet count in pregnancy.

Drugs that cause or aggravate thrombocytopenia – drugs to avoid with ITP.

Splenectomy – About open and keyhole surgery, indium labelled spleen scan, and aftercare.

Holiday insurance & travel guide – advice on travelling, flying, vaccinations & insurance.

Protocol for dentists treating patients with ITP – to give to your dentist.

Guidelines for schools, clubs, and playgroups – to give to a child's school.

Choosing your sport – which sports are safe with ITP?

James/Jessica tells his/her story – a book about ITP for newly diagnosed children.

'I have chronic ITP' – a follow-on booklet for children whose ITP doesn't remit.

FACTSHEETS

Treatment table – a list of drugs used to treat ITP and their possible side effects (download from website)

Holiday factsheet – ITP information and patient emergency details with English translation: available in Dutch, French, German, Greek, Italian, Russian, Spanish, Turkish or Romanian.

Pupil's factsheet – ITP information with space for child's emergency details and photo (download from website)

Employer's factsheet – ITP information with space for employee's emergency details.

ARTICLES PUBLISHED IN PREVIOUS ISSUES OF THE PLATELET

1. Colds and 'flu
2. ITP and skin irritation
3. MMR vaccine and ITP
4. Needlephobia in children
5. Hayfever and ITP
6. ITP & school attendance
7. ITP investigation & treatment procedures
8. Insurance issues
9. Accessing drug information
10. Is drug treatment a risk worth taking?
11. → e ITP pupil moving to senior school
12. Alert medical cards and jewellery
13. Healthy eating with ITP
14. H-pylori (stomach bacteria) & ITP
15. Causes of excess infections in ITP
16. A summary of low platelet disorders
17. Night calls – when to call the doctor
18. Service recruitment & ITP
19. Dentistry and ITP (questions & answers)
20. Women & ITP (questions & answers)
21. New insights on what causes ITP
22. Neonatal → thrombocytopenia
23. Post Transfusion Purpura
24. Must I mention my ITP at a job interview?
25. → e versatility of platelets

Publications List cont...

26. How is ITP diagnosed?
27. ITP – in dogs!
28. Complications of ITP
29. Flying & ITP
30. Who needs Vitamin D supplements
31. Why don't we see an immunologist
32. What does the ITP Support Association do?
33. Sustained responses with TPO drugs
34. Is splenectomy still a valid treatment today?
35. Where are we with ITP today?
36. Are young platelets better?

AMERICAN PERSPECTIVES

1. A history of ITP
2. ITP in pregnancy
3. What is a platelet?
4. How is ITP diagnosed?
5. Non-intervention in childhood ITP
6. Activity restrictions in ITP children
7. How many platelets are enough?
8. Splenectomy and ITP
9. Can I die from ITP
10. → The child newly diagnosed with ITP
11. Surgery in the patient with ITP
12. Are alternative & herbal remedies safe?
13. Use of steroids – a boon and a bane
14. Immunoglobulin – good and bad news
15. Intravenous Anti-D – another treatment
16. Chronic ITP – disease or risk factor?
17. Platelet counts – how useful are they?
18. ITP, sports, and sports injuries
19. After failure of splenectomy & steroids
20. ITP in the elderly
21. Rituximab for ITP
22. ITP and tiredness
23. Viruses and childhood ITP
24. Increasing platelet production
25. What happens to adults with ITP
26. ITP and 'cure'
27. What is a clinical trial?
28. → The relationship between ITP and lupus
29. ITP in adolescents
30. → The development of new ITP drugs
31. Menstrual periods in women with ITP
32. Coping with prednisolone – book review
33. Assessment of bleeding severity in ITP
34. Steroid side effects
35. Splenectomy for children with ITP?
36. What happens after a child recovers?
37. Prevention of infections in asplenic
38. Who cares for patients with ITP
39. Who needs the new TPO drugs for ITP
40. TPO drugs in children & adolescents
41. Platelets & walnuts (food intolerance case)
42. Let's let ITP kids be normal

43. Silent haemorrhage in ITP
44. When bad bleeding happens
45. How often does ITP occur
46. How do haematologists treat ITP patients
47. Low platelets in children- is it always ITP?
48. Low platelets in adults- is it always ITP?
49. ITP: It's not only about bleeding
50. Vitamins, alcohol & ITP
51. Familial (hereditary) thrombocytopenia
52. → The full blood count – what does it tell us?
53. Abnormal blood clots in ITP
54. Treatment of ITP children, Who and when
55. Immuno suppressive therapy
56. Platelet counts during pregnancy
57. Vaccinations – An ounce of prevention
58. Spinal anaesthesia, and childbirth
59. ITP and Depression
60. Adherence to ITP therapy
61. Bone marrow biopsy and ITP
62. Don't forget splenectomy (in adults)
63. Splenectomy for children with ITP
64. I have ITP. Should I be taking this blood thinner?
65. ITP, Platelet Counts, and Pregnancy
66. ITP and New Treatments: The view from your side of the pond
67. New Drugs for ITP- Why wait?
68. How do ITP patients know what's the right thing to do?
69. Understanding the Immune System
70. New Drugs for an "Old" Disease
71. Different Bleeding Symptoms Despite Similar Platelet Counts
72. COVID-19 and ITP
73. Teaching a New Dog a New Trick
74. COVID-19 Vaccination: What you Need to Know
75. Participating in Research in ITP
76. What is vaccine-induced immune thrombotic thrombocytopenia (VITT) and is there a connection with ITP?
77. Are people with ITP immunocompromised?
78. Revisiting Splenectomy for Treating ITP
79. Fatigue

To order any of these items (free to members), send a stamped addressed envelope to: **The ITP Support Association, The Platelet Mission, Kimbolton Road, Bolnhurst, Beds, MK44 2EL.**

MEMBERSHIP SUBSCRIPTION FORM:

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

YOU CAN PAY ONLINE AT WWW.ITPSUPPORT.ORG.UK

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		
EMAIL						
Let us keep in touch	Opt in <input type="checkbox"/>	<i>Please tick the box</i>		<input type="checkbox"/> Email	<input type="checkbox"/> Post	<input type="checkbox"/> Phone

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 if you haven't sent us one before)
- I wish to pay by standing order (Please complete the standing order form)
- I wish to pay by cheque (Please complete the section below. We are grateful for added donations)

MEMBERSHIP	*After 31 st January 2020 *£15 UK *£20 Overseas	FOR OFFICE USE
GENERAL DONATION		
RESEARCH DONATION		
TOTAL ENCLOSED		

Please return this form with your cheque or standing order form to:-

The ITP Support Association, The Platelet Mission, Kimbolton Road, Bolnhurst, Beds MK44 2EL

The associations privacy policy is available at: www.itpsupport.org.uk

To join or renew your membership of the ITP Support Association, you can complete the form above, visit <https://bit.ly/ITPSAJoin> and scan the QR Code and click join. Please note that if you are renewing membership please still click join as the CRM system will automatically add to your existing membership.



Send this form to: The ITP Support Association,
The Platelet Mission, Kimbolton Rd, Bolnhurst, Beds, MK44 2EL

