



Whole Body Health

WITH DR. SALEEBY

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ITP

Immune
thrombocytopenic
purpura



Not intended as Medical Advice

- This lecture is informational only and not intended to diagnose or suggest treatments to any individual listening to this lecture.
- We advise you to seek medical direction with your licensed primary care provider.

Learning Objectives:

- What is ITP
- Possible Causes
- MSM Treatments
- Alternative Treatments

Definition of ITP

- ITP is immune thrombocytopenic purpura
- An autoimmune disorder
- Affecting Platelets
 - Normal or a bit larger than normal platelet size
 - WBCs and RBCs are normal in morphology
- A much lower number of platelets in a blood smear
- Petechiae
- Bruising
- Purpura

- Bleeding from nose and gums, black blisters in mouth, fatigue and heavy menstrual periods
 - www.cfch.com.sg/immune-thrombocytopenia-itp

Pathophysiology

Cause:

- ITP is an autoimmune disorder where the subject's immune system generates antibodies that attack and destroy platelets (a subtype of cells found in blood)
- Results in low platelet counts and is a cause of bruising and bleeding
- A normal platelet count ranges from 100 - 400 ($\times 10^9/l$). A platelet count lower than 100 is referred to as thrombocytopenia.
- There are patients with ITP that have a very low platelet count, sometimes in single digits.

Cause:

- ITP may be induced by viral illness: HBV/HCV, CMV, VZV, HIV, Zika & SARS-coV-2
- Vaccine-induced immune thrombotic thrombocytopenia (VITT)
 - With J&J, A/Z, Moderna and Pfizer mRNA vaccines:
 - High levels of antibodies to platelet factor 4 (PF4)–polyanion complexes were identified
- Titers of anti-PF4–related antibodies in vaccine recipients may be elevated, especially those who had thrombosis at sites other than those commonly reported to date among patients with VITT
 - www.nejm.org/doi/full/10.1056/NEJMe2106315

Work Up

Immune Thrombocytopenic Purpura (ITP)



Petechiae



Bruising



Purpura

Other Symptoms May Include:

- Bleeding from the nose and gums
- Black blisters in the mouth
- Heavy menstrual periods
- Fatigue

Making the diagnosis:

Most important is a history and physical exam

Make sure you rule out other hematological disorders, cancers, etc.

May need to order some blood work to determine low platelet counts via serology analyzers or microscopic analysis of blood smear.

But no need for any fancy or expensive blood biomarkers or other testing

Treatment

- In mild cases only monitoring of platelets is required
- Severe cases:
 - Steroids (prednisolone or prednisone)
 - IVIG immune globulin
- 2nd line drugs:
 - Eltrombopag / Romiplostim
 - Rituximab
 - Ciclosporin
 - Azathioprine
 - Danazol
 - Dapsone
- 3rd line interventions
 - Splenectomy

For those seeking dental procedures or women with heavy periods the drug tranexamic acid can be used to help with symptomatic bleeding.

Platelet Transfusions in extreme emergencies

Things to avoid

- Avoid some medications and OTC products
 - Aspirin and NSAIDs like ibuprofen
 - Anti platelet agents like clopidogrel
 - Blood thinners like heparin, rivaroxaban and warfarin
 - Herbals/Botanicals that can thin blood
 - HD-Fish Oil, vitamin E, Res, Quercetin, Curcumin, many botanicals
 - Caution with IVM (only 1.54% reported thrombocytopenia on this drug)
 - COVID mRNA (adno-V.) vaccine increases risk of ITP (J&J may be worse)
 - COVID-19 infections increase risk of ITP
 - Caution giving a patient with ITP a mRNA/adneovirus COVID shot
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- www.ehealthme.com/ds/ivermectin/thrombocytopenia
 - www.ncbi.nlm.nih.gov/pmc/articles/PMC7501509/
 - www.nejm.org/doi/full/10.1056/NEJMe2106315
 - www.ashpublications.org/bloodadvances/article/6/6/1637/483246/COVID-19-vaccination-in-patients-with-immune

Natural ITP treatment is a way of managing the low platelet count caused by idiopathic thrombocytopenic purpura, a disorder that affects the immune system and blood clotting:

- Juice of papaya leaves, which is rich in enzymes that help increase platelet production.
- Vitamin C, which boosts the immune system and helps fight infections.
- Aloe vera, which is a natural blood purifier and anti-inflammatory agent.
- Amla juice, which is a source of antioxidants and vitamin C.
- Wheat grass juice, which helps cleanse the blood and improve hemoglobin levels.
- Beet root, which contains iron and folic acid that help in blood formation.
- Giloy, which is an ayurvedic herb that enhances immunity and platelet count.
- Ashwagandha, which is an adaptogenic herb that reduces stress and inflammation.
- Avoiding chemicals and pesticides, which can interfere with the immune system and create free radicals.
- www.foodnhealth.org/natural-tips-for-the-treatment-of-itp-thrombocytopenia

More Alternatives:

LDN [Conditions that are helped by Low Dose Naltrexone \(LDN\)](#) LDN Research Trust - The Low Dose Naltrexone Charity ITP made the list under HemOnc list

Rapamycin a Very Promising Therapy: [Sirolimus as Rescue Therapy for Refractory/Relapsed Immune Thrombocytopenia: Results of a Single-Center, Prospective, Single-Arm Study - PMC \(nih.gov\)](#) and [Rapamycin Inhibits Cytotoxic T Lymphocytes-Mediated Platelet Destruction in Immune Thrombocytopenia | Blood | American Society of Hematology \(ashpublications.org\)](#)

Amlexanox a possibility: [Kinase inhibition in autoimmunity and inflammation - PMC \(nih.gov\)](#)

So, if one of MY patients had ITP and did not want surgery or Pharma Meds; I would select LDN + Rapamycin and possibly Amlexanox (in effort to avoid using HD-prednisone)

References:

- www.ldnresearchtrust.org/conditions
- www.ncbi.nlm.nih.gov/pmc/articles/PMC7136762/
- www.ashpublications.org/blood/article/140/Supplement%201/8404/492439/Rapamycin-Inhibits-Cytotoxic-T-Lymphocytes
- www.ncbi.nlm.nih.gov/pmc/articles/PMC7569567/

The logo for FLCCC Alliance features the letters 'FLCCC' in a large, bold, sans-serif font. The 'F' and the second 'C' are dark blue, while the 'L' and the first 'C' are red. Below this, the word 'ALLIANCE' is written in a smaller, red, spaced-out sans-serif font. The background is a light blue-to-white gradient with a pattern of faint, overlapping hexagons and lines.

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