

## Thrombocytopenia: A Small Review

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### Abstract

A normal human platelet count ranges from 1.5 lakh to 4.5 lakh blood platelets, Platelets helps in blood clotting during any injuries happens to body. Which stops the bleeding and protect the body from blood loss, But when you face a decrease in platelet count it cause Thrombocytopenia. If your count falls under 150,000 then possibilities is you are suffering from Thrombocytopenia. Its not a big deal for most of the people but in few cases it shows sever form such as spontaneously bleeding from gum, eyes, ear, bladder or too much of bleeding at the time of facing any injuries.

Keywords Thrombocytopenia; Platelet; Bleeding

### Introduction

Thrombocytopenia is derived from "Thrombocytes" means platelets, and "penia" means you not having enough of something. Together it means shortage of enough number of platelets in your blood.

### Causes

It has many causes such as ITP which stands for immune thrombocytopenia it is also known as idiopathic thrombocytopenic purpura the possible reason behind it is weak immune system. When your body can't act strong against certain diseases and your antibodies instead of attack infections started destroying your platelets. Medical treatment may improve ITP. This is the primary ITP.

Secondary ITP happens when a person get infected by virus/ bacteria such as chickenpox, parvovirus, hepatitis C, SLE (Systemic lupus erythematosus), Sepsis, a severe bacterial infection in your blood.

Some medication and drugs also increases the risk. Drugs uses for heart diseases, infections or heparin type of drug which used to prevent blood clotting. Mainly the drugs which cause decrease in platelet count indirectly act as risk factor. Many times major operations such as heart bypass surgery, radiation treatment for cancer etc cause dropping in platelet count too.

### Symptoms of the disease

Usually it doesn't show the symptom if its not severe and it may varies person to person. It includes bleeding from nose or gums most often. It can cause long and heavy blood flow during menstruation cycle in female. Some people experience blood in pee or poop.

Red flat spots may occur on skin and in some cases appear in clumps too, blood bump can appear starting from blue or purple simultaneously changing to yellow or green over time, It happened mostly from leakage of blood vessels/veins. It is medically known as purpura. In severe cases a lot of blood loss happens during a small accident/injury and bleeding never stops.

### Diagnosis of the disease

It can easily be diagnosed from a regular blood test by observing the platelet count as well as by symptoms associated with the diseases. Generally spleen looks bigger in size in this disease. Sometimes doctor suggests to go for complete blood count i.e CBC, Blood smear test to see the platelets under microscope for detailed view. Sometimes they perform bone marrow test to see whether its working properly and to check the types and number of blood cells as well.

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## Treatment

There are so many treatment procedures for the disease but they have cons and pros for each of them, If you have ITP whether it is primary or secondary your treatment may varies accordingly,

Severity of the disease leads to keep a regular track of blood platelet count. Some medicines are prescribed in order to increase the platelet count in blood. For example: Dexamethasone or prednisone which are typically known as Corticosteroids, But there is some side effects associated with it such as sleep problems, weight gain, peeing a lot, lower bone density, acne.

Sometimes they prescribe intravenous immune globulin for patients who can't tolerate Steroids I,e also associated with nausea, vomiting, headache type of side effects, But once the platelet count is normal you are safe, Surgery is also recommended in which your spleen will be removed in order to save your platelets from being destroyed. A healthy life style and regular doctor check up saves you from all the types of diseases.

## References

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