



## Causes, Symptoms, and Treatment Options of Thrombocytopenia

Kojima Murate \*

Department of Pathophysiological Laboratory Sciences, Nagoya University Graduate School of Medicine, Nagoya, Japan

### DESCRIPTION

Low levels of platelets, also known as thrombocytes, which can cause bleeding issues, are a symptom of thrombocytopenia. Blood cells known as platelets play a crucial role in the process of blood clotting.

Their quantity is low if the body is not making enough platelets, if they are being destroyed, or if they are becoming trapped in the spleen. The spleen is an organ that sits in the belly, under the left ribs, and filters the blood. Although it is still extremely rare, thrombocytopenia is more common in children than in adults. In kids, it typically goes away on its own. Although it frequently does not get better in adulthood. Treatment is typically not necessary.

Because the symptoms of thrombocytopenia are so modest, some people may not be aware that they have it. Because of this, medical professionals are unsure of the precise number of patients who have this illness. They are aware that 3 to 4 in 100,000 children and adults suffer from immune thrombocytopenia, a disorder that is associated to it. Just before giving birth, moderate thrombocytopenia occurs in about 5% of pregnant women.

### Thrombocytopenia causes

The spongy substance located inside the bone called bone marrow is where all blood constituents, including platelets, are made.

There are numerous causes for a person's bone marrow to fail to produce enough platelets, including:

- Anaemia aplastic
- Deficiencies in a few vitamins, including iron, folate, and vitamin B12
- Viral illnesses such HIV, Epstein-Barr, mumps, rubella, chickenpox, and rubella Trusted Source
- Exposure to harmful substances, radiation, or chemotherapy Reliable Source
- Abusing booze to excess

- Cirrhosis certain malignancies such lymphoma and leukemia Trusted Source
- Genetic diseases such May-Hegglin and Wiskott-Aldrich syndromes, as well as myelodysplasia

### Reliable source symptoms of thrombocytopenia

These are some possible signs and symptoms of thrombocytopenia

- A rash of pinpoint-sized reddish-purple patches (petechiae), typically on the lower legs, that results from superficial bleeding into the skin.
- Blood in the urine or stools, particularly high monthly flows, persistent bleeding from cuts, bleeding from the nose, gums, or faeces, lethargy, and an enlarged spleen are further symptoms to watch out for.

### Problems with thrombocytopenia

Some illnesses may be more likely to develop in people with severe thrombocytopenia

**Serious internal bleeding:** Thrombocytopenia can result in gastrointestinal bleeding or cerebral bleeding. A life-threatening situation is bleeding into the brain.

**Heart attack:** Thrombocytopenia could make it harder for the heart to get the blood it needs.

To be regarded as normal, adults should contain between 150,000 and 450,000 platelets per microliter of blood. Thrombocytopenia levels are

- Platelet counts per microliter of blood between 101,000 and 140,000 are indicative of mild thrombocytopenia.
- Platelet counts per microliter of blood between 101,000 and 140,000 are indicative of modest thrombocytopenia.
- Severe thrombocytopenia is indicated by blood platelet counts between 51,000 and 21,000 microliters.

**Correspondence to:** Kojima Murate, Department of Pathophysiological Laboratory Sciences, Nagoya University Graduate School of Medicine, Nagoya, Japan, E-mail: kojimamurate@gmail.com

**Received:** 02-Jan-2023, Manuscript No. JTCOA-23-20611; **Editor assigned:** 04-Jan-2023, PreQC No. JTCOA-23-20611 (PQ); **Reviewed:** 18-Jan-2023, QC No. JTCOA-23-20611; **Revised:** 25-Jan-2023, Manuscript No. JTCOA-23-20611 (R); **Published:** 02-Feb-2023, DOI: 10.35248/2572-9462.23.9.207

**Citation:** Murate K (2023) Causes, Symptoms, and Treatment Options of Thrombocytopenia. J Thrombo Cir.9:207.

**Copyright:** © 2023 Murate K. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Thrombocytopenia therapy

If the patient's low platelet count isn't creating any serious problems, treatment may not be necessary. Increasing platelet counts is frequently made possible by treating the underlying cause. This strategy can entail switching drugs. Additional therapies comprise:

**Steroids:** The platelet production may increase as a result of these drugs.

**Blood transfusions:** Blood transfusions may be used by the healthcare professional to temporarily raise the platelet levels if they are extremely low. After transfusions, levels may rise for around three days.

**Splenectomy:** Surgery is being done to remove the spleen. If testing reveal that the spleen is accumulating a lot of platelets, the surgeon might do this procedure. Splenectomies increase the risk of infection. To stop illnesses, they might get immunisations.