

Understanding Glanzmann's thrombasthenia

Patient brochure

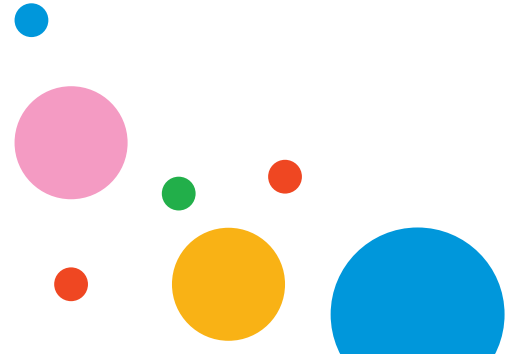
JASMINE GARCIA

Jasmine lives in the USA and has
Glanzmann's thrombasthenia



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**JASMINE AND
JIMENA GARCIA**
Jasmine and Jimena
live in the USA and
have Glanzmann's
thrombasthenia

What is Glanzmann's thrombasthenia (TG)?

In the case of people suffering from TG, blood coagulation does not work properly. In order for the blood to clot, different blood components are required, of which platelets are the most important. Platelets pool together to form a blood clot and they require certain proteins, known as glycoproteins. If you suffer from TG, glycoprotein 2B/3A (also known as GPIIb/IIIa), is either missing or does not work properly. This means that the platelets do not form a strong clot and therefore cannot stop the bleeding.

How does GT occur?

GT is a rare genetic disorder that affects approximately 1 in 1 million people. It is inherited from both parents and occurs in both men and women.

Signs and symptoms

- Rapid appearance of blue spots
- Frequent bleeding from nose and gums
- Bleeding under the skin leading to red or purple spots on the skin (petechia)
- Tissue bleeding leading to swelling (haematoma)
- Persistent bleeding after injury, trauma or surgery (including dental treatment)
- Unusually heavy menstrual bleeding
- Increased risk of major blood loss during pregnancy and birth



JASMINE AND JIMENA GARCIA
Jasmine and Jimena live in the USA and have Glanzmann's thrombasthenia

Stay safe and sound

Health-promoting measures

How you can prevent further health problems:

- Get your bleeding treated and inform your doctor about the frequency of your bleeding, even if only a small amount of blood is lost. Loss of only 5 ml of blood per day removes 2.5 mg of iron from the blood and can lead to anaemia.
- Maintain good dental hygiene.
- Avoid anti-inflammatory agents (e.g. aspirin, ibuprofen, naproxen) that affect platelets.
- Avoid intramuscular injections.
- Discuss sports activities with your doctor and avoid any kinds of sports with a risk of injury.

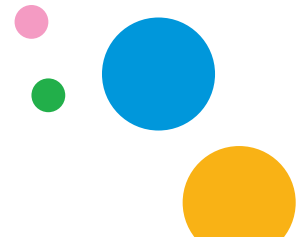
Advice from your doctor

It helps to maintain your health. GT can be a serious illness, but with the right treatment and support, it can be treated well.

- If iron deficiency occurs, take your medication as long as prescribed.

Special information for women

- Hormone therapy can help control heavy menstrual bleeding.
- Discuss ways to prevent bleeding during and after pregnancy/birth with your healthcare team.





JIMENA GARCIA

Jimena lives in the USA and has
Glanzmann's thrombasthenia



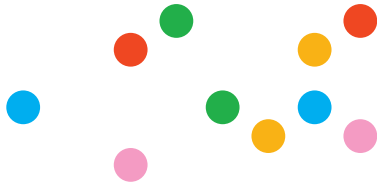
Inform others

Because GT is a rare disease, it is often not diagnosed. Unlike other rare coagulation disorders, there is not much information available to help people with GT understand their disease. With a better understanding of your disease, you can help yourself and other patients with GT.

For more information and literature on GT and haemophilia, visit the World Federation of Haemophilia (WFH) website at www.WFH.org.

In emergencies, remember that GT is rare, so not every doctor may be familiar with it.

- Make sure that you always carry an emergency card with you that shows your diagnosis.
- Tell doctors, healthcare professionals and relatives about your illness.
- In cooperation with your haemophilia centre, inform your school (e.g. supervisors and teachers).



Treatment options

Treatment depends on the type of bleeding event.

For minor injuries, gum or nose bleeding local interventions such as pressure, a nasal tamponade or locally applied medications (e.g. fibrin glues) are sufficient. The treatment options for severe bleeding and surgery are platelet transfusions or drugs that can support the coagulation process.

Remember that: A better understanding of GT can help to stop lighter bleeding. In case of severe bleeding or injury, you should go to the nearest haemophilia centre.



What's the latest?

haemcare.de is your portal for everything you need to know about blood coagulation disorders, sports, nutrition, travel ... and what's happening right now.



haemcare.de

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