

# Introducing the Immune Thrombocytopenia (ITP) Pocket Log

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Novartis in association with The ITP Support Association, is delighted to launch the ITP Pocket Log designed to help people manage their ITP on the move, track symptoms and have better discussions with their Doctor. ITP Pocket Log is available on [Google Play](#) and [Apple App Store](#).

## Living with Immune Thrombocytopenia

For people with immune thrombocytopenia (ITP), keeping track of their symptoms can be challenging, but telling their doctor about the symptoms they experience is important.

The ITP pocket log allows people to record symptoms and rate their severity. It also allows people to store other useful information such as their blood test results (platelet count), the medications they are taking and important contact details – all in one easily accessible place.

The ITP Pocket Log was supported by Novartis, and developed in partnership with The ITP Support Association. The app is designed to help people manage their ITP, and should be used only as part of an overall treatment plan created by their clinician. It should not be used to make treatment decisions or replace a Doctor's advice.

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