

High Incidence of Idiopathic Thrombocytopenic Purpura in Jahra Region of Kuwait

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Objective: To study the incidence of ITP in adults in Jahra region.

Design: A retrospective study of all thrombocytopenic patients admitted to adult medical wards of Al Jahra hospital was performed during two years, (2003-2004 inclusive).

Setting: Adult medical wards of Al Jahra hospital, Kuwait.

Result: Out of the total 81 patients with thrombocytopenia, 34 cases (41.2%) were found to be due to ITP. Jahra hospital is the only referral hospital in Jahra region, catering to a population of 280,000 which makes the incidence of 60 per million populations per year. Thirty ITP patients had first line medical treatment, 3 required splenectomy and one responded to second line treatment of Azathioprine.

Conclusion: Incidence of ITP varies significantly in different parts of the world. The incidence in Kuwait is higher than that seen in other parts of the world.

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