

## Low Platelet Count

Platelets develop from megakaryocytes, which are produced in the bone marrow. Once in the circulation, platelets survive about 10 days. Normally, about one third are stored in the spleen. A low platelet count is the most common cause of abnormal clotting in pregnancy.

The low platelet count in most cases is due to inadequate production or an increased consumption or destruction of platelets. Many drugs (notably salicylic acid, which is aspirin) chemicals and radiation (which may include exposure to computers) can cause low platelets. All over the counter medications many commercial cough and cold remedies contain compounds that lower platelets. All over the counter medications should be avoided during pregnancy and in general, labels should be read thoroughly. Ibuprofen and some soft drinks (those that contain quinine-read labels!) can be responsible for low platelets. All possible exposures should be reviewed. If the low count is due to an external agent, removal of the agent should reverse the problem.

Recommended diet for pregnant women with low platelet counts:

- 5-10 days of eating increased fried foods (prepared with olive oil or sesame oil)
- Fish (carp or trout)
- Vegetable soup
- Egg drop soup

These foods should be eaten 3-4 times within 10 days

Blood building herbs as Nettle or Red Clover blossoms prepared as an infusion, 1-2 daily may also be helpful. AS well, B-complex supplements and addition Folic Acid 4 mg daily