

To
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Member of:



Never give up!

Aplastic Anaemia (AA)

**Paroxysmal Nocturnal
Haemoglobinuria (PNH)**

- Information
- Consultation
- Communication
- Support
- Research support

Foto: istockphoto.com, Bartosz Hadyński, Gestaltung: degagee.de - 01/2021



<https://aa-pnh.org>





? What is aplastic anaemia?

In **aplastic anaemia (AA)**, blood development in the bone marrow is impaired. This leads to reduced or even completely absent blood development, which may result in anaemia, a high risk of infection and bleeding.

? What is paroxysmal nocturnal haemoglobinuria?

Paroxysmal nocturnal haemoglobinuria (PNH) may occur together with AA. Its main characteristics are the destruction of red blood cells by the body's immune system, an increased risk of thrombosis and – as with aplastic anaemia – reduced blood development.

Treatment

The treatment of AA and PNH depends on various factors and is decided individually for each patient, taking into account the appropriate guidelines. Treatment can target the disease directly and can also play a supportive role, for example with transfusions. **Treatment** options are described in detail on our website and in our information brochure. We will be happy to send you the brochure on request.

➔ Our tasks and goals

Patients with aplastic anaemia and/or PNH have to deal with a variety of problems and limitations in everyday life, such as exhaustion, frequent infections and the feeling of not being understood.

We're here for you and can help you and your relatives to cope with your ailment.

We work with specialised clinics and inform the public about these very rare diseases. We also support research as much as possible within our means.

We support and inform you with

- ➔ An informative website **<https://aa-pnh.org>**
- ➔ Our latest news on our **Facebook page** <https://facebook.com/AAundPNHeV> and on **Twitter**: <https://twitter.com/AAundPNHeV>
- ➔ An **information brochure** for patients and relatives
- ➔ **Newsletter** and our annual **booklet, „AA & PNH e.V. berichtet“**
- ➔ Option for personal discussions and getting to know patients and relatives at our **regional group** meetings
 - Rhine-Main (various locations)
 - North Rhine-Westphalia (Essen)
 - North (Hamburg)
 - East (Berlin)
- ➔ Virtual **chat**
- ➔ Personal **advice**



Please send me the following items:

- Brochure** (English)
Information for patients and relatives
- booklet** AA & PNH e.V. berichtet (German)
- Membership application** (German)

Sender:

Name _____

Street _____

Area code/City _____

Country _____

Telephone _____

Email _____