

I have a rare
blood disease
called **PNH**.

- It's rare: **it affects literally 1 in a million.**
- **It's caused by a change in my genes:** no one gave it to me, and I can't give it to someone else.
- It means **my body can't deliver enough oxygen** to my organs.
- **This can make me incredibly tired.**
- I can also get **headaches and stomach aches, have trouble breathing** and worry about **blood clots.**
- **These symptoms can be hard to see** but are very real for me.

To learn more, visit ThisisPNH.com.