

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

- It stands for **paroxysmal nocturnal hemoglobinuria**.
- It's rare: **it affects literally 1 in a million**.
- **It's caused by a random 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](https://thisisPNH.com).