

got
anemia?

IT COULD BE
THALASSEMIA TRAIT

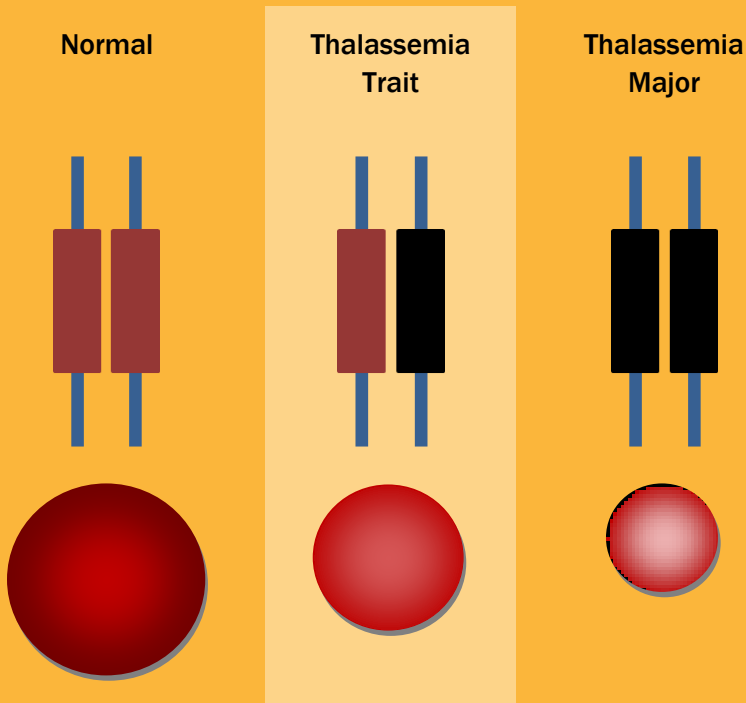
1 in 20 people worldwide carry some type of thalassemia trait

You are especially at risk of carrying the thalassemia trait if you have ancestry from:

- Southeast and South Asia, China, the Pacific Islands
- Middle Eastern or Arab regions
- Mediterranean regions
- Northern and Central African regions



What is Thalassemia Trait?



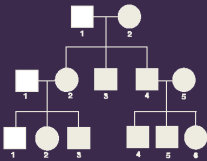
Thalassemia is a group of genetic blood disorders that results in the inability to make enough hemoglobin, the protein that carries oxygen in red blood cells.

A person with the **thalassemia trait** carries one thalassemia gene and one normal gene on their chromosome. This can cause smaller red blood cells and very slight anemia. Thalassemia trait is not a disease; individuals with thalassemia trait do not need medical treatment.

Knowing your trait status is important for...



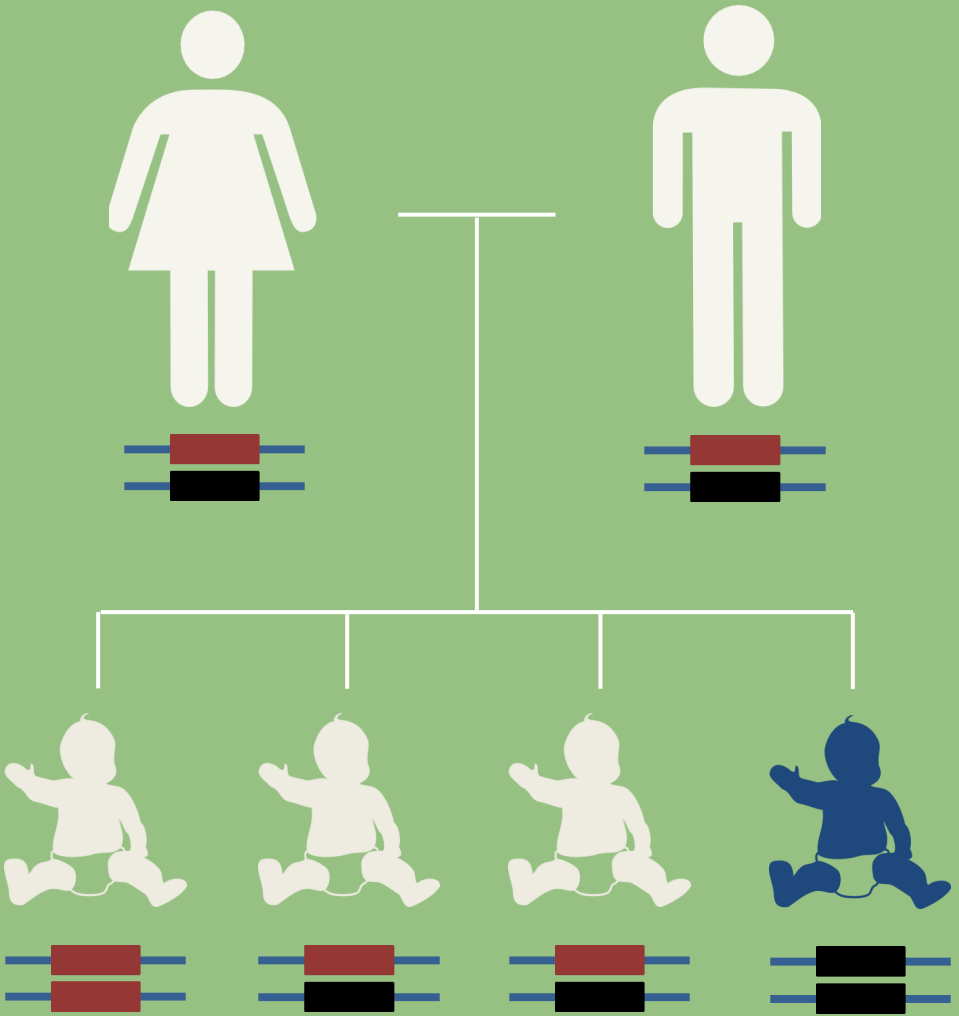
YOUR HEALTH. Thalassemia trait does not cause medical problems, but it can cause slight anemia which is often confused with iron-deficiency anemia. Finding out your trait status can make sure you don't get the wrong diagnosis or treatment.



YOUR FAMILY. If you have thalassemia trait, it's likely that thalassemia runs in your family, so your relatives should get screened, as well.



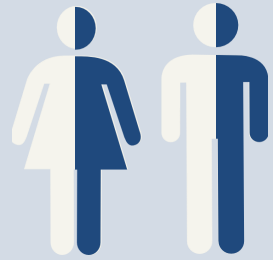
YOUR CHILDREN. If you and your partner carry the thalassemia trait, your children have an increased chance of having a severe form of thalassemia, like **alpha or beta thalassemia major**.



If both parents carry the same type of thalassemia trait, they have a **1 in 4** chance of having a child with **thalassemia major**

What Does it Mean to H

Individuals with beta thalassemia major are born from parents who each carry the beta thalassemia trait.



Beta thalassemia major is the most severe form of beta thalassemia. Individuals with beta thalassemia major require lifelong medical treatment



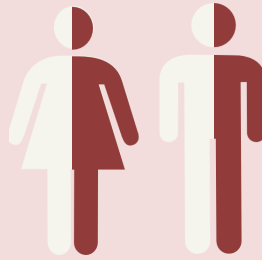
Infants with beta thalassemia major begin experiencing severe anemia when they are around 6 months of age. They may appear tired, pale, irritable, and have a decreased appetite.

Individuals with beta thalassemia major require lifelong treatment with frequent blood transfusions and daily medication to treat iron overload.



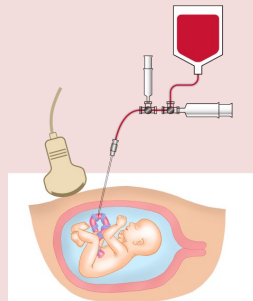
Have Thalassemia Major?

Individuals with alpha thalassemia major have parents who each carry the alpha-0 thalassemia trait.



Fetuses with alpha thalassemia major begin experiencing severe anemia while in the womb. This can lead to both the fetus and the mother becoming extremely ill.

Families have the choice to pursue many pregnancy management options. One option is intrauterine blood transfusions, which treat anemia while the fetus is still in the womb.



Japan Perinatal Therapy Group 2013

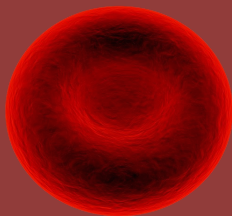


Individuals born with alpha thalassemia major require lifelong treatment with frequent blood transfusions and daily medication to treat iron overload.

Alpha thalassemia major is the most severe form of alpha thalassemia. This can require lifelong medical treatment starting before the baby is born.

Getting Screened for Thalassemia Trait is EASY

You can get started with one simple blood draw!



STEP 1. Talk to your doctor about checking if your red blood cells are smaller than usual. They can do this by ordering a complete blood count (CBC) and checking your **mean corpuscular volume. (MCV).**

STEP 2. Your doctor can confirm your thalassemia trait status with the following tests:

- **Iron studies**
- **Hemoglobin electrophoresis (HbA2 levels)**
- **DNA testing**

Bring this brochure to your doctor. They can find more information about thalassemia trait testing at:
THALASSEMIA.COM/GENETICS-TRAIT.ASPX