

Information for adult haemoglobinopathy carriers

You are a **beta thalassaemia carrier**

Your test result shows: β thalassaemia carrier

What is my test result?

The substance in your blood that carries oxygen around your body is called haemoglobin. You had a blood test recently to check your haemoglobin type. **The test result shows that you are healthy** – there is no need to worry about being unwell.

But the result shows that you are a beta thalassaemia carrier (some people call it 'having a trait').

This leaflet gives you information about being a carrier, and what this means for you and your family.

What is a beta thalassaemia carrier?

For everything that you inherit, you get one gene from your biological mother and one gene from your biological father. For example, your genes control the colour of your skin, hair and eyes.

Your genes also control the type of haemoglobin you inherit. The usual type is called 'A'.

You have inherited the usual haemoglobin A from one of your parents, and a gene to make little or no haemoglobin A from the other parent. We call this being a beta thalassaemia carrier.

Because you have inherited usual haemoglobin A from one parent, you are healthy. You will never develop a haemoglobin disorder. But there is a chance that you could pass on beta thalassaemia to your children.

How is my test result written?

The haemoglobin gene you have inherited is written β thalassaemia carrier (or beta thalassaemia carrier).

The Greek letter " β " means beta.

What does this result mean for me?

Being a beta thalassaemia carrier will not generally cause you any health problems. However, the red blood cells are smaller than usual and your haemoglobin level may be slightly lower than normal. This may be confused with iron deficiency anaemia and does not need to be treated. Before taking any iron supplements it is important that you are tested for iron deficiency.

You need to understand about being a beta thalassaemia carrier because you could pass the gene to your children. We explain this below.

What could my result mean for my children?

As a carrier, there is a chance that you could pass on the gene for beta thalassaemia to any children that you have. Only the biological parents can pass this genetic information on to their child.

If you have a child with a partner who has the usual haemoglobin AA, there is a 2 in 4 (50%) chance that your child could be a carrier (like you).

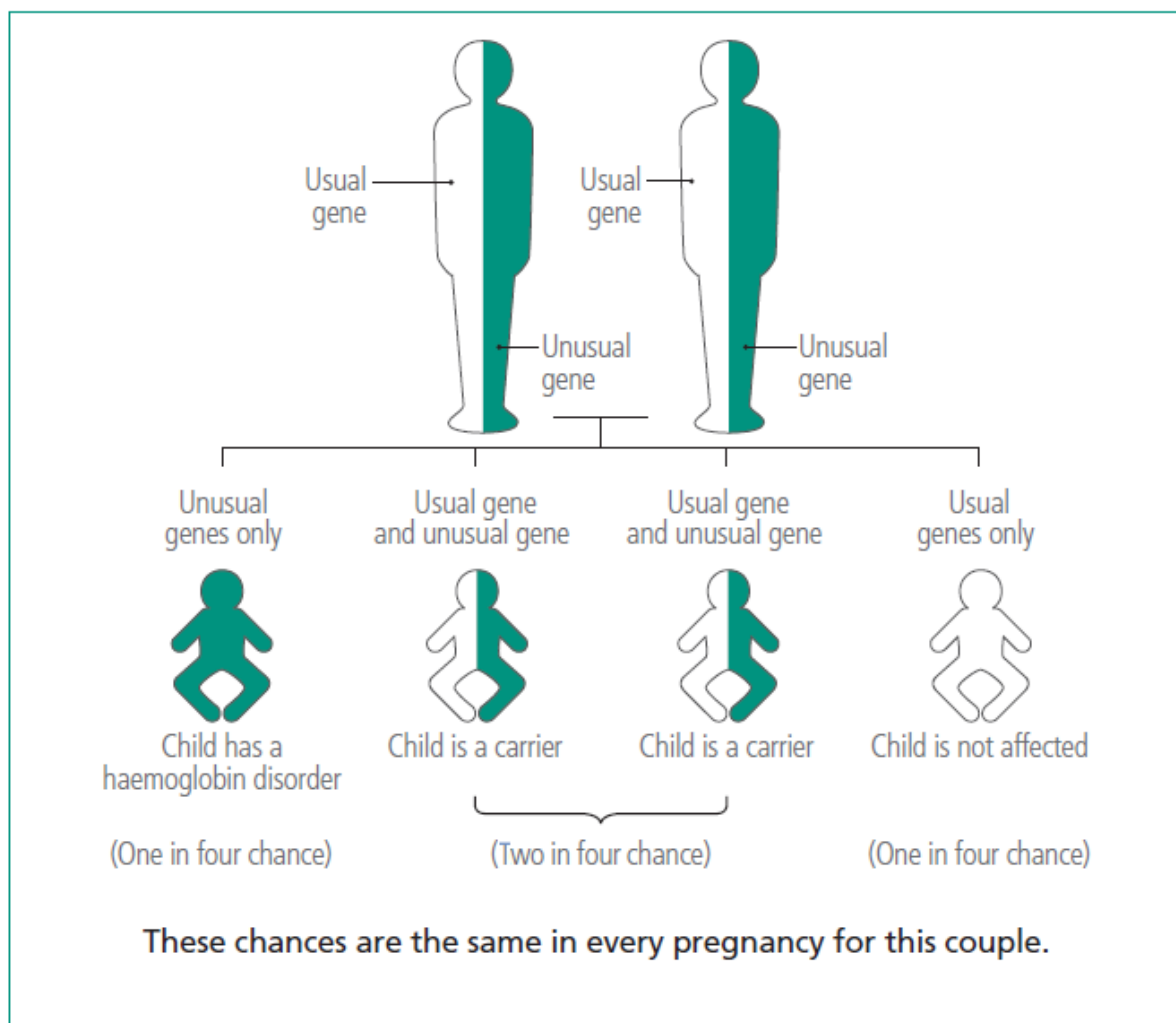
If you have a child with a partner who is also a **beta thalassaemia carrier**, there is a 1 in 4 (25%) chance that your child could inherit beta thalassaemia major. This is a serious health condition which we explain in the following pages.

If you have a child with a partner who carries a gene for **any other type of unusual haemoglobin**, there is a 1 in 4 (25%) chance that your child could inherit unusual haemoglobin from both parents. The type of disorder depends on which genes are inherited.

Your partner will only know they are a carrier if they have had a specific blood test to check their status. We will offer fathers-to-be this test when antenatal screening shows the mother is a carrier. But both men and women can ask for a test at any time from their family doctor (GP) or from their nearest specialist sickle cell and thalassaemia centre.

Below is a diagram showing an example of how haemoglobin inheritance works.

The parents are both carriers. They are drawn in two colours to show that they have one usual haemoglobin gene (white) and one unusual gene (green).



What kind of disorder could my child inherit?

There are a number of haemoglobin disorders. Some are more serious than others. The most serious disorders are called sickle cell disease and thalassaemia major. People who have these conditions will need specialist care throughout their lives.

The type of disorder your child could inherit will depend on what types of haemoglobin both biological parents have. The chart opposite shows a combination of different carriers and the condition a child could inherit. We have only shown the most common types of carrier in England and the more significant conditions. The most serious conditions are shaded green.

You are a beta thalassaemia carrier.

If your partner is a carrier of beta thalassaemia(β thalassaemia carrier)		Thalassaemia major is usually a serious condition which requires regular blood transfusions and medication.
If your partner is a carrier of delta beta thalassaemia($\delta\beta$ thalassaemia carrier)	* There is a 25%(1in4)chance of your baby inheriting a significant form of thalassaemia	Thalassaemia Intermedia is usually a moderate or mild condition.
If your partner is a carrier of haemoglobin E (Hb AE)	Or	
If your partner is a carrier of haemoglobin Lepore (Hb A Lepore)	thalassaemia intermedia	
If your partner is a carrier of haemoglobin O^{Arab} (Hb AO^{Arab})	There is a 25% (1 in 4) chance your child could inherit haemoglobin O^{Arab} /beta thalassaemia	This is a type of thalassaemia intermedia. It is usually moderate or mild.
If your partner is a carrier of haemoglobin S (Hb AS) (sickle cell carrier)	There is a 25% (1 in 4) chance your child could inherit haemoglobin S/beta thalassaemia.	This is a type of sickle cell disease. It can be serious, moderate or mild and needs regular treatment.
*The risk of thalassaemia major compared to thalassaemia intermedia will depend on the type of thalassaemia gene that you or the baby`s father carry, and specific advice can be given to you by the appropriate specialist		

There are many other haemoglobin variants and most do not cause problems interacting with beta thalassaemia. If your partner has one of these you can discuss this with your healthcare professional.

What does my result mean for other people in my family?

The fact that you are a beta thalassaemia carrier means other members of your family could be carriers too.

It is a good idea to talk to your blood relatives (such as your parents, brothers, sisters, uncles, aunts and cousins) and encourage them to get a test before they start a family or have any more children. Showing them this leaflet may help.

Information about the most serious haemoglobin disorders

Please remember that you are a 'carrier'. You do not have any of the haemoglobin disorders described below. The following is for information only.

The most severe haemoglobin disorders are thalassaemia major and sickle cell disease. People who have these conditions will need specialist care throughout their lives. Other types of haemoglobin disorders that may need treatment are shown in the table on page 5.

People with thalassaemia major:

- are very anaemic (their blood has difficulty carrying oxygen);
- need blood transfusions every three to five weeks
- need medicines throughout their lives to stop the iron overload which is a result of the blood transfusions.

People with thalassaemia intermedia:

This condition is very variable and not usually as serious as thalassaemia major, but sometimes does need treatment. Your health professional will be able to give you more advice about this.

People with sickle cell disease:

- can have attacks of very severe pain
- can get serious, life-threatening infections

- are usually anaemic (which means that their blood has difficulty carrying oxygen)
- need medicines and injections when they are children and throughout the rest of their lives to prevent infections

There are also other, less common haemoglobin disorders. Many of these are not serious.

Common questions

Why didn't I know about this? I have had blood tests before.

Some routine blood tests may suggest that you are a beta thalassaemia carrier, but further tests are needed to confirm this.

What's the difference between being a carrier and having a disorder?

Carriers are generally well and are only identified with careful testing. People with a disorder are often ill and need treatment.

As a carrier could I develop a haemoglobin disorder?

No, you cannot develop a haemoglobin disorder because you have one gene which makes the usual haemoglobin, Hb A. But you will always be a carrier.

Is being a carrier infectious?

No, you can only be a carrier if you inherit the gene from one of your biological parents.

Does being a carrier affect my ability to have children?

No, it does not affect your ability to have children.

Am I protected from malaria?

No you are not protected from malaria. It is important that you take all the normal precautions if you are travelling to a country where there is a risk of malaria. This includes taking anti-malaria medication.

What should I do now?

- Let your family doctor (GP) know that you are a beta thalassaemia carrier.
- If you are expecting a baby or planning to have a baby, now or in the future, we strongly recommend that your partner gets tested to see if they are a carrier.
- You can get free information and advice to help you understand the implications of being a beta thalassaemia carrier. Ask your doctor or health professional to refer you to your nearest sickle cell and thalassaemia centre.
- If you already have children, you may want to have them tested as well.
- It is a good idea to talk to other members of your family and encourage them to get a test before they start a family, or have any more children. It is equally important for men and women to be tested.
- The test for unusual haemoglobin is a simple blood test and takes just a few minutes. People can ask for the test at any time in their life.

More Information?

If you have questions about any of the information in this leaflet, please talk to your midwife.

For further information and support contact:

UK Thalassaemia Society

Phone: 020 8882 0011

Email: office@ukts.org

Website: www.ukts.org

The Sickle Cell Society

Phone: 020 8961 7795

Email: info@sicklecellsociety.org

Website: www.sicklecellsociety.org

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