



THALASSEMIAS & HEMOGLOBINOPATHIES

What is Thalassemia Trait/Minor?

These are mild disorders of the red cells which may result in a slight anemia. In most cases, children are symptom free and will have normal growth and development.

Does this mean that my child will lead a normal life?

Yes. It is important to remember that your baby will only have the trait but will not exhibit the disease as well as the signs of the disease. As an adult, this trait may be transmitted by the patient to their would-be children. So it is extremely important to have their future partners screened for the trait as their union may result in a baby with a severe case of thalassemia or even fetal death. Severe cases of thalassemia will require frequent transfusion for their entire life.

Are there any precautions that I need to do or medications I have to avoid giving my baby?

You should refrain from giving iron supplements.

Vitamin C, Folic acid, Vitamin E and D are recommended. These are available in most multivitamin preparations.

Which doctor or specialist should I bring my baby for regular check ups?

Since the trait is basically silent, your pediatrician may take care of their health needs. Occasionally you may need to visit a pediatric hematologist depending on your pediatrician's clinical assessment.

What immunizations should they receive?

They need to receive the usual recommendations of the Philippine Pediatric Society. It is recommended though that they also be given Pneumococcal, influenza and HIB vaccines.