

# Why Should You Care About Thalassemia?



**For Your Baby's Sake**



**Cooley's Anemia**  
FOUNDATION

Leading the Fight Against Thalassemia



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## **WHY SHOULD YOU CARE ABOUT THALASSEMIA?**

- Thalassemia is a blood disorder that disproportionately affects people of Asian descent.
- If you and your partner both carry the thalassemia trait, there's a 1-in-4 chance that your baby will have a severe form of the disorder.

## **TRAIT TESTING IS SIMPLE**

- Ask your doctor if you have a Complete Blood Count (CBC) on file. If you do not, ask to get one.
- Ask your doctor to look at the Mean Corpuscular Volume (MCV) of your CBC. If the MCV reading is less than 75, and if you are **NOT** iron deficient, you may be a trait carrier.
- You should then ask your doctor to perform additional tests - a hemoglobin electrophoresis and quantification of hemoglobin A<sup>2</sup> and hemoglobin F - to determine whether you carry the thalassemia trait.

## **WHERE TO GO FOR HELP**

- Call the Cooley's Anemia Foundation for more information at 800-522-7222. Multi-lingual information available at (800) 899-3578.
- Visit our website [www.cooleysanemia.org](http://www.cooleysanemia.org).