

Cov neeg tuaj ntau qhov
chaw hauv qab ntuj tuaj
xws li Suav qab teb, Nyab
Laj, Kas Pus Cias, Los
Tsuas, thiab Thaib nquag
muaj alpha thalassemia
(a fa thas las xes mias)
tshwj xeeb.

Cov neeg uas muaj alpha
thalassemia tshwj xeeb
feem ntau tsis muaj yam
ntxwv mob.

Tej zaum yus muaj alpha
thalassemia tshwj xeeb
los yuav tsis paub txog
tias muaj.



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Koj Puas Tau Raug Sim
Alpha Thalassemia
Tshwj Xeeb?

Thalassemia yog lub npe tis rau ib pawg mob uas ntshav keeb yug los tsis tus. Ntau dua ob vam leej neeg nyob hauv Mes Kas Teb muaj keeb tshwj xeeb ntawm thalassemia.

Tej zaum koj kuj yuav yog ib leeg ntawm cov ntawd.

Muaj ob qho paus ntsis uas tseem ceeb heev rau koj mus tshawb nrhiav tias koj puas muaj **alpha thalassemia tshwj xeeb**:

Qhov ib, thaum ob tug neeg uas puav leej muaj **alpha thalassemia tshwj xeeb** muaj ib tug me nyuam, nws muaj feem ib ntawm plaub (25%) uas nkawv tus me nyuam yuav yug los nrog ib tug **kab mob ntshav phem heev** uas yuav tsum tau hloov ntshav thiab siv tshuaj kho mob mus tag lub neej.

Qhov ob, qee leej kws kho mob kuj yuav ntaus nqi yuam kev tias koj muaj mob **alpha thalassemia tshwj xeeb** thiab muab hom kev kho tsis thwj rau koj.

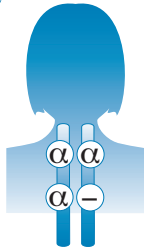
Kev tshawb nrhiav kom paub tias koj puas muaj **alpha thalassemia tshwj xeeb** yog ib qho yooj yim.

Thawj qib uas mus tshawb nrhiav tias koj puas muaj **alpha thalassemia tshwj xeeb** yog mus thov kom koj tus kws kho mob saib qhov loj me ntawm koj cov keeb ntshav liab. Qhov nov yog pom tau los ntawm lub Cheeb Corpuscular Nruab Nrab (los yog MCV) ntawm koj li Kev Suav Ntshav Txhij Txhua (CBC). Tej zaum koj tus kws kho mob twb muaj daim ntawv tuav tseg txog ntawm koj li CBC lawm.

Yog tias koj tus lej MCV tsawg dua 75, ces tej zaum yog koj muaj **thalassemia tshwj xeeb**. Kev sim ntxiv, xws li sim ib lub cuab yeej hluav taws xob tsum hemoglobin thiab ib lub ntsuas keeb hlau ntshav dej, yuav tsum tau ua kom thiaj paub txiav txim tias koj puas muaj **alpha thalassemia tshwj xeeb**. Cov kev sim no koj tus kws kho mob xaj kom ua los tau.

Muaj ob hom mob **alpha thalassemia tshwj xeeb**:

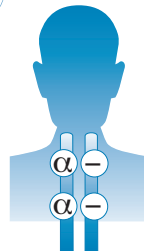
1



Mob nqa ntsiag to:

Qhov xwm txheej no ua rau tsis muaj teeb meem kev mob nkeeg thiab tsuas tshawb nrhiav tau yog tias sim DNA tshwj xeeb nkaus xwb.

2



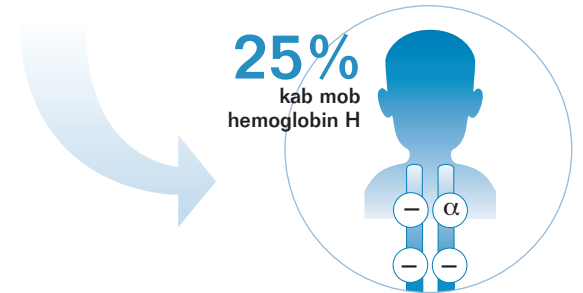
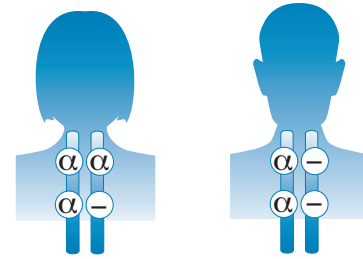
Alpha thalassemia tshwj xeeb:

Qhov xwm txheej no feem ntau kuj tseem ua rau tsis muaj teeb meem kev mob nkeeg dhau ntawm ntshav tsis txaus nruab nrab uas yuav muaj tau. Cov keeb ntshav liab me dua qub. Feem ntau cov kws kho mob ntaus nqi yuam kev tias **alpha thalassemia tshwj xeeb** yog ntshav iron tsis txaus xwb.

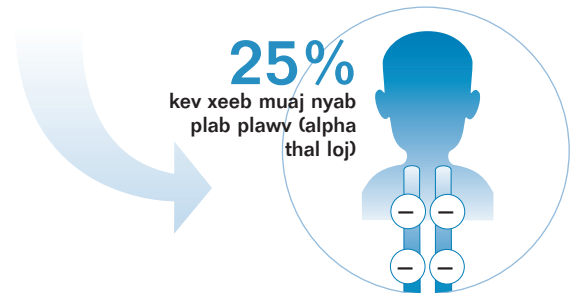
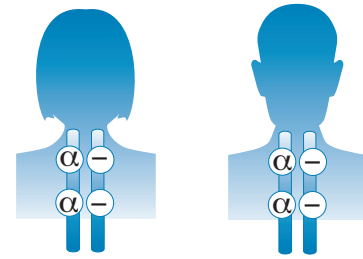
Yog xav paub xov xwm ntau ntxiv hais txog thalassemia, caw tiv tauj: Cooley's Anemia Foundation at (800) 899-3578 lossis info@cooleysanemia.org Koj kuj mus saib tau peb lub vev xaib ntawm www.cooleysanemia.org.



Yog tias ib leej niam lossis txiv muaj keeb tshwj xeeb ntawm **alpha thalassemia** lwm leej niam lossis txiv yog ib tug nqa ntsiag to, muaj feem 25% uas yuav muaj kev xeeb tub **txhua zaus** uas nkawv tus me nyuam yuav yug los muaj **kab mob hemoglobin H**. Qhov xwm txheej no ua tau rau muaj teeb meem kev mob nkeeg phem heev, xws li ua rau tus po loj ntxiv, pob txha puas, thiab qaug zog.



Yog tias niam thiab txiv puav leej muaj mob **alpha thalassemia tshwj xeeb**, muaj feem 25% ntawm txhua zaus xeeb uas tus me nyuam hauv plab yuav raug kev txheem dej tag sim neej, uas kuj hu tias yog raug **alpha thalassemia loj**. Qhov xwm txheej no yuav tsum tau kev kho mob thaum tseem xeeb tub kom thiaj pab tus me nyuam muaj txoj sia nyob.



Yog tias koj mus kuaj **alpha thalassemia tshwj xeeb** thiab nrhiav tau tias koj muaj tus nqa keeb tshwj xeeb, ces tsim nyog koj tus txij nkawm mus kuaj **alpha thalassemia trait** thiab.

Yog tias koj thiab koj tus txij nkawm puav leej muaj **alpha thalassemia tshwj xeeb** thiab npaj siab yuav muaj me nyuam, tsim nyog koj yuav tau nrog ib tug kws sab laj tham txog keeb kwm mob.