

**DNA diagnosis:**

### **Carrying alpha plus thalassaemia**

**(also known as having alpha plus thalassaemia trait, or alpha-2 thalassaemia trait)...**

... is not an illness, and will never become an illness. It was passed to you by one of your parents and you could pass it on to your children.

It is a variation of the blood.

Very occasionally a carrier of alpha plus thalassaemia, whose partner also carries alpha thalassaemia, can have a child with a mild form of anaemia.

- If you are thinking of having children, your partner should have a blood test “for haemoglobin disorders”, to confirm that there is nothing to worry about.
- If you have children or brothers and sisters, they could carry alpha plus thalassaemia like you.

To find out more, see your GP or a specialist counsellor.

The counselling service in your area is provided by:

## **Carrying haemoglobin D (not Punjab)**

**(also known as being AD, or having haemoglobin D trait)...**

... is not an illness, and will never become an illness. It was passed to you by one of your parents and you could pass it on to your children.

It is a variation of the blood.

It will not affect the health of your children, even if your partner is also a carrier.

- If you are thinking of having children, your partner should have a blood test “for haemoglobin disorders”, to confirm that there is nothing to worry about.
- If you have children or brothers and sisters, they could carry haemoglobin D (not Punjab) like you.

To find out more, see your GP or a specialist counsellor.

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## **Carrying HPFH**

### **(hereditary persistence of fetal haemoglobin)...**

... is not an illness, and will never become an illness. It was passed to you by one of your parents and you could pass it on to your children.

It is a variation of the blood.

It will not affect the health of your children, even if your partner is also a carrier.

- If you are thinking of having children, your partner should have a blood test “for haemoglobin disorders”, to confirm that there is nothing to worry about.
- If you have children or brothers and sisters, they could carry HPFH like you.

To find out more, see your GP or a specialist counsellor.

The counselling service in your area is provided by: