

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.

The counselling service in your area is provided by: