

## **Carrying haemoglobin D Punjab**

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

There is nothing to worry about, unless your partner is also a carrier.

- If your partner is also a carrier, together you could have children with a serious inherited illness. However, with medical help, a couple who are both carriers can have healthy children.
- If you are thinking of having children, your partner should have a blood test “for haemoglobin disorders”.
- If you have children or brothers and sisters, they could carry haemoglobin D Punjab like you. Encourage them to have the same blood test.

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

The counselling service in your area is provided by: