



## THALASSEMIAS AND HEMOGLOBINOPATHIES

# Beta Thalassemia Trait / Beta Thalassemia Minor

### What is Beta Thalassemia Trait / Beta Thalassemia Minor?

The child's newborn screening test identified him/her as a possible carrier of Beta Thalassemia, also referred to as Beta Thalassemia Trait/Minor.



### CLINICAL EXPECTATIONS FOR CARRIERS OF BETA THALASSEMIA

Being a carrier of Beta Thalassemia will not have an adverse influence on this child's life expectancy. The trait is basically silent and carriers are not more likely to get sick than any other child. In most cases, children are symptom-free and will have normal growth and development, hence do not need special medical care. Rarely, carriers can manifest with mild anemia.



### REPRODUCTIVE RISKS

The results indicate that the child is a carrier of Beta Thalassemia. It is important to remember that the trait may be transmitted by the child to his/her would-be children. Thus, it is extremely important to have his/her future partner screened for the hemoglobin disorders as their union may result in a baby with a severe form of beta thalassemia. Also, in a population with high incidence of Hemoglobin E disease and alpha thalassemia, co-inheritance with these conditions may present with more severe anemia. Family members of this child may also be at-risk for beta thalassemia.

#### References:

Gepte, MB., Naranjo, ML., Bahjin, RR., De Castro, Jr. R., Fajardo, P., Maceda EB., Paclibar MLF. (2022, October) Disorder[Thalassemias Experts Committee Session]. Newborn Screening Reference Center, National Institutes of Health, University of the Philippines Manila.

### Important Considerations

- Coordination with a pediatric hematologist is advised to evaluate iron status of the patient before giving empiric iron supplements.
- Immunizations are not contraindicated for this condition and may be given as recommended by the Philippine Pediatric Society.

