

Genetic Counseling Resources for Hemoglobin Disorders and Traits

Western Washington

Eastside Maternal Fetal Medicine

1135 116th Ave E, Suite 320
Bellevue, WA 98004
Phone: (425)-688-8111
Fax: (425)-688-8110

Evergreen Hospital Medical Center

Maternal-Fetal Medicine
12333 NE 130th Ln, # 230
Kirkland, WA 98034
Phone: (425) 899-2200
Fax: (425) 899-2210

Children's Hospital and Regional Medical Center – Medical Genetics Clinic

4800 Sand Point Way NE/
PO Box 5371, M2-9
Seattle, WA 98105-0371
Phone: (206) 987-2056
Fax: (206) 987-2495

Columbia Health Center

4400 - 37th South
Seattle, WA 98118
Phone: (206) 296-4650
Fax: (206) 205-6075

Group Health Cooperative Genetic Services

201 16th Ave E Mailstop CMB-5
Seattle, WA 98112
Phone: (206) 326-3111
Fax: (206) 326-2010
(For members only)

Odessa Brown Sickie Cell Clinic

2101 E. Yesler Way
Seattle, WA 98122
Message: (206) 987-7290
Appointment: (206) 987-7232
Fax: (206) 329-9764

Swedish Medical Center

Perinatal Medicine
1229 Madison
Nordstrom Tower, Ste. 750
Seattle, WA 98104
Phone: (206)-386-2101

University of Washington Medical Center Medical Genetics Clinic

Box 357720
1959 NE Pacific Street
Seattle, WA 98195-7720
Phone: (206) 598-4030
Fax: (206) 598-3269

University of Washington Medical Center

Prenatal Genetics and Fetal Therapy
Box 356159
1959 NE Pacific Street
Seattle, WA 98195
Phone: (206) 598-8130
Fax: (206) 598-2359

Madigan Army Medical Center

Developmental Pediatrics
Bldg 9040 Fitzsimmons Drive
Tacoma, WA 98432
Scheduling Phone: (253) 968-3043
Genetic Counselor's phone: (253) 968-1389
Fax: (253) 968-0384
*(Services limited to Armed Services personnel
and their dependents)*

Mary Bridge Sickie Cell Clinic

P.O. Box 5299
Tacoma, WA 98415-0299
Phone: (253) 403-3476
Fax: (253) 403-8674

MultiCare Regional Maternal-Fetal Medicine

314 Martin Luther King Jr. Way Suite # 402
Tacoma, WA 98405
Phone: (253) 403-9205
Fax: (253) 403-9201

Eastern Washington

Inland NW Genetics Clinic in the Tri-Cities

7221 W. Deschutes, Suite D
Kennewick, WA 99336
Phone: (509)-535-2278
Fax: (509)-535-7502

Inland NW Genetics Clinic in Moses Lake

1550 South Pioneer Way
Moses Lake, WA 90937
Phone: (509) 535-2278
Fax: (509) 535-7502

Kadlec Medical Center

712 Swift Blvd, Suite 1
Richland, WA 99352
Phone: (509) 942-2821
Fax: (509) 943-1497

Inland Northwest Genetics Clinic

2607 Southeast Blvd #A100
Spokane, WA 99223
Phone: (509) 535-2278
Fax: (509) 535-7502

Blue Mountain Genetics Clinic

320 Willow Street
Walla Walla, WA 99362
Phone: (509) 525-1302
Fax: (509) 522-9448

Central Washington Hospital-

Genetics Program
1201 South Miller
Wenatchee, WA 98807-1887
Phone: (509) 667-3350
Fax: (509) 665-6259

Central Washington Genetics Program

Children's Village
3801 Kern Rd
Yakima, WA 98902
Phone: (509) 574-3260
Fax: (509) 574-3210

Oregon

Center for Genetics & Maternal –

Fetal Medicine
1200 Hilyard, Ste 510
Eugene, OR 97401
Phone: (541) 349-7600

Kaiser Permanente

Department of Genetics
3325 N. Interstate Ave.
Portland, OR 97227
Phone: (503) 331-6593
Toll Free: 1-800-813-2000 ext 16-6593
(For members only)

Legacy Emanuel Hospital & Health Center

Center for Maternal-Fetal Medicine
300 N. Graham Street, Ste 100
Portland, OR 97227
Phone: (503) 413-1122
Toll Free: 1-800-452-7032 ext 31122

Northwest Perinatal Center

9701 SW Barnes Road, Ste 299
Portland, OR 97225
Phone: (503) 297-3660

Oregon Health Sciences University

Prenatal Diagnosis and Counseling
3181 SW Sam Jackson Park Road
Portland, OR 97239
Phone: (503) 418-4200

Alpha Thalassemia



Information for parents about hemoglobin Bart's and alpha thalassemia

Revised 06/08

What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. Genes that we inherit from our parents determine what type of and how much hemoglobin we have.

What is alpha thalassemia?

Hemoglobin is made up of many different parts, including alpha globin. Alpha globin is produced by four genes and when any of those genes are not working properly the body makes less hemoglobin. This is called alpha thalassemia and occurs in four different forms, depending on the number of genes not working. One form of alpha thalassemia cannot turn into another kind. Your child will have that form for his or her entire life.

Why was my child screened for alpha thalassemia?

The Newborn Screening Program screens all infants born in Washington State for certain disorders, including hemoglobin disorders. A small amount of blood was collected from your infant's heel and sent to the State Laboratory for testing. That testing found a higher than normal level of hemoglobin Bart's, a protein that is made when alpha globin genes are not working properly.

What happens when one gene for alpha globin is not working?

A person who has one of the four alpha globin genes not working is called a silent carrier. This form of alpha thalassemia does not cause any major changes in the hemoglobin or any health problems.

What happens when two genes for alpha globin are not working?

A person who has two of the four alpha globin genes not working has alpha thalassemia trait. This form of alpha thalassemia causes only small changes in the hemoglobin and does not cause any health problems.

If one or two non-working genes for alpha globin do not cause any health problems, why do I need to know that my child has alpha thalassemia?

Although one or two non-working alpha globin genes do not cause any health problems, you and your baby's doctor should know that it can cause a mild anemia (low number of red blood cells). It is also important to know about your child's alpha thalassemia status because future children in your family, or other family members, may be at risk for more serious forms of alpha thalassemia, which are described on the next page. Also, people with the silent carrier form or alpha thalassemia trait can pass the gene(s) to their children.

What happens when three or four genes for alpha globin are not working?

If a person has three non-working genes, it will result in hemoglobin H disease. Hemoglobin H disease can sometimes cause serious health problems due to moderate or marked anemia and should be followed regularly by a doctor. People with four non-working genes are unable to produce the hemoglobin needed to live. This is called alpha thalassemia major. This is not what your child has. This form causes death in the affected individual before or soon after birth. If your doctor or genetic counselor feels that you are at risk for having a baby with either of these forms of alpha thalassemia, they will provide you with more information.

What do I do now?

Your baby's doctor may do more testing on your baby to clarify which form of alpha thalassemia your baby has (whether one or two genes are not working). This will involve drawing a small amount of blood from your baby. It is also recommended that you and your partner have testing done to determine your hemoglobin status. This would provide information on your chances of having a future child with a more serious form of alpha thalassemia. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. You may also want to share this information with the rest of your family. They may be interested in finding out their hemoglobin status as well.

What can I do if I have more questions?

If you have more questions, you can talk to your child's health care provider or you can contact the Newborn Screening Program using the information below.

Newborn Screening Program
1610 NE 150th Street
Shoreline, WA 98155
Phone: (206) 418-5410
Toll Free: 1-866-660-9050
Email: NBS.Prog@doh.wa.gov
Internet: www.doh.wa.gov/nbs

