

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 Sickle 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 Sickle 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

Hemoglobin E Trait

Information for parents
about Hemoglobin E

Revised 06/08

What is hemoglobin?

Hemoglobin is the part of blood that carries oxygen to all parts of the body. The usual type of hemoglobin is called hemoglobin A. Genes that we inherit from our parents determine what type of hemoglobin we have.

What is hemoglobin E trait?

Hemoglobin E trait means that your child has inherited one gene for the usual hemoglobin (A) from one parent and one gene for hemoglobin E from the other parent. **Hemoglobin E trait is not a disease and does not cause any serious health problems.**

What if a person has two hemoglobin E genes?

When a child inherits the gene for hemoglobin E from both parents rather than hemoglobin A, the child has homozygous (the same genes for) hemoglobin E. People with homozygous hemoglobin E have no serious health problems, but it may cause a mild anemia (low number of red blood cells).

Why was my child tested for hemoglobin E?

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. Other abnormal hemoglobin types are also detected.

If hemoglobin E trait and homozygous hemoglobin E do not cause any health problems, why do I need to know that my child has it?

It is important to know about your child's hemoglobin E status because future children in your family, or other family members, may be at risk for having hemoglobin E-beta thalassemia, a serious disease described on the next page. People with hemoglobin E trait or homozygous hemoglobin E can pass the gene to their children.

What is hemoglobin E-beta thalassemia?

Your child does not have hemoglobin E-beta thalassemia, but future children and other family members may be at risk for having it. When a person has hemoglobin E-beta thalassemia, they inherit one gene for hemoglobin E from one parent and one gene for "beta thalassemia" (low production of hemoglobin) from the other parent. These two genes together cause a life-threatening disease with no known universal cure. There are some therapies, like blood transfusions, that are necessary to help prevent complications, but hemoglobin E-beta thalassemia is a serious life-long disease requiring medical care.

What do I do now?

We recommend that you and your partner have testing to determine your hemoglobin status. This would provide you with information on your chances of having a future child with hemoglobin E-beta 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

