### Genetic Counseling Resources for Hemoglobin Disorders and Traits

#### Western Washington

- **Eastside Maternal Fetal Medicine**
  - 1415 117th Ave NE, Suite 520
  - Bellevue, WA 98004
  - Phone: (425) 688-8111
  - Fax: (425) 688-8110

- **Evergreen Hospital Medical Center**
  - 12333 NE 130th Ln, Suite 320
  - Kirkland, WA 98034
  - Phone: (425) 899-2200
  - Fax: (425) 889-2210

- **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) 987-9764

#### Columbia Health Center

- **Columbia Health Center**
  - 1440 37th South
  - Seattle, WA 98118
  - Phone: (206) 296-4650
  - Fax: (206) 329-9764

#### Group Health Cooperative

- **Group Health Cooperative**
  - Genetic Services
  - 201 16th Ave E Mailstop CMB-5
  - Seattle, WA 98112
  - Phone: (206) 326-3111
  - Fax: (206) 26-2010
  - (For members only)

#### Odessa Brown Sickle Cell Clinic

- **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

- **Swedish Medical Center**
  - Prenatal Medicine
  - 1229 Madison
  - Nordstrom Tower, Ste. 750
  - Seattle, WA 98104
  - Phone: (206) 730-2101

#### University of Washington Medical Center

- **University of Washington Medical Center**
  - Prenatal Genetics and Fetal Therapy
  - Box 356139
  - 1959 NE Pacific Street
  - Seattle, WA 98105
  - Phone: (206) 598-8130
  - Fax: (206) 598-2359

- **Mary Bridge Sickle Cell Clinic**
  - PO Box 5299
  - Tacoma, WA 98418-0299
  - Phone: (253) 403-3476
  - Fax: (253) 403-6764

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  - P.O. Box 5299
  - Tacoma, WA 98418-0299
  - Phone: (253) 403-3476
  - Fax: (253) 403-6764

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

- **University of Washington Medical Center**
  - Prenatal Genetics and Fetal Therapy
  - Box 356139
  - 1959 NE Pacific Street
  - Seattle, WA 98105
  - Phone: (206) 598-8130
  - Fax: (206) 598-2359

- **Inland Northwest Genetics Clinic in the Tri-Cities**
  - 7221 W. Deschutes, Suite D
  - Kennewick, WA 99336
  - 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**
  - 3021 I-90 East
  - Spokane, WA 99202
  - Phone: (509) 535-2278
  - Fax: (509) 535-7502

- **Cascade Valley Pediatrics**
  - 1235 4th St
  - Sultan, WA 98294
  - Phone: (360) 854-9331
  - Fax: (360) 854-9330

- **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)

- **Northwest Perinatal Center**
  - 9701 SW Barnes Road, Ste 200
  - Portland, OR 97225
  - Phone: (503) 297-3160

- **University of Washington Medical Center**
  - Prenatal Genetics and Fetal Therapy
  - Box 356139
  - 1959 NE Pacific Street
  - Seattle, WA 98105
  - Phone: (206) 598-8130
  - Fax: (206) 598-2359

#### Oregon

- **Center for Genetics & Maternal – Fetal Medicine**
  - 1200 Hilyard, Ste 510
  - Eugene, OR 97401
  - Phone: (541) 349-7600

- **Legacy Emanuel Hospital & Health Center**
  - Center for Maternal- Neonatal Medicine
  - 300 N. Graham Street, Ste 100
  - Portland, OR 97227
  - Phone: (503) 431-1122
  - Toll Free: 1-800-452-7032 ext 31122

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

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**Information for parents about sickle cell trait**

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**Revision:** 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 S trait?

Hemoglobin S trait, also known as sickle cell trait, means that your child has inherited one gene for the usual hemoglobin (A) from one parent and one gene for hemoglobin S from the other parent. **Hemoglobin S or sickle cell trait is very common and does not cause any health problems.** Your child will not need any medicine or treatment for S trait. S trait is not contagious and can never turn into sickle cell disease.

Why was my child tested for S trait?

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 S trait does not cause any health problems, why do I need to know that my child has it?

It is important to know about hemoglobin S trait because future children in your family, or other family members, may be at risk for having sickle cell disease, a very serious disease described on the next page. People with sickle cell trait can pass the sickle cell gene to their children.

What is sickle cell disease?

Your child does not have sickle cell disease, but future children and other family members may be at risk for having it. When a person has sickle cell disease, they do not inherit any of the usual hemoglobin A; they inherit two S hemoglobin genes, one from each parent. There are other types of sickle cell disease, but this is the most common type. Sickle cell disease is a very serious illness requiring medical care. There is currently no universal cure.

What do I do now?

We strongly recommend that you and your partner have testing to determine your sickle cell status. This would provide you with information on your chances of having a future child with sickle cell disease. To have this testing done, talk to your health care provider or one of the genetic counselors listed on the back of this pamphlet. We also recommend that you share this information with the rest of your family. They may be interested in finding out their sickle cell 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