

**Genetic Counseling Resources for Hemoglobin Disorders and Traits**

**Western Washington**

Eastside Maternal Fetal Medicine  
1135 116<sup>th</sup> Ave E, Suite 320  
**Bellevue, WA 98004**  
Phone: (425)-688-8111  
Fax: (425)-688-8110

Evergreen Hospital Medical Center  
Maternal-Fetal Medicine  
12333 NE 130<sup>th</sup> Ln, # 230  
**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) 987-2495

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

Group Health Cooperative  
Genetic Services  
201 16<sup>th</sup> 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

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# Hemoglobin C Trait

Information for parents  
about Hemoglobin C

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## 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 C trait?

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

## What if a person has two hemoglobin C genes?

When a child inherits the gene for hemoglobin C from both parents rather than hemoglobin A, that child has hemoglobin C disease. People with hemoglobin C disease usually have no serious health problems, but it may cause a mild to moderate anemia (low number of red blood cells). However, this should be followed by a doctor because sometimes other health problems may occur.

## Why was my child tested for hemoglobin C?

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 C does 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 C status because future children in your family, or other family members, may be at risk for having hemoglobin sickle C disease, a very serious disease described on the next page. People with hemoglobin C trait or disease can pass the gene to their children.

## What is hemoglobin sickle C disease?

Your child does not have hemoglobin sickle C disease, but future children and other family members may be at risk for having it. When a person has hemoglobin sickle C disease, they do not inherit any of the usual hemoglobin A; they inherit a hemoglobin S gene (sickle hemoglobin) from one parent and a hemoglobin C gene from the other parent. This is a form of sickle cell disease. Hemoglobin sickle C disease is a serious illness requiring regular medical care. There is currently no universal cure.

## 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 C disease or hemoglobin sickle C 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. 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](mailto:NBS.Prog@doh.wa.gov)  
Internet: [www.doh.wa.gov/nbs](http://www.doh.wa.gov/nbs)

