Source: <http://www.curethalassemia.org/thalpedia/thalassemia-treatment-centers-in-pakistan/>

<http://thalassemia.com.pk/content/thalassemiacenters.html>

List of thalassemia centres in Pakistan^^

Source : <http://thalassaemia.org.pk/faq/>

[Why do Thalassaemics need frequent blood transfusions](http://thalassaemia.org.pk/faq/)

[What is haemoglobin?](http://thalassaemia.org.pk/faq/)

[~~What is Carrier?~~](http://thalassaemia.org.pk/faq/)

[~~Can Thalassaemia be prevented?~~](http://thalassaemia.org.pk/faq/)

[How is it inherited](http://thalassaemia.org.pk/faq/)

[What is blood made of?](http://thalassaemia.org.pk/faq/)

[What does blood do?](http://thalassaemia.org.pk/faq/)

[What is “anaemia”?](http://thalassaemia.org.pk/faq/)

[How do you measure anaemia?](http://thalassaemia.org.pk/faq/)

[~~Thalassaemia~~](http://thalassaemia.org.pk/faq/)

[How is thalassaemia passed on from parents to their children?](http://thalassaemia.org.pk/faq/)

[~~Thalassaemia major~~](http://thalassaemia.org.pk/faq/)

[~~How does thalassaemia major first show itself?~~](http://thalassaemia.org.pk/faq/)

[What happens if thalassaemia major is not treated?](http://thalassaemia.org.pk/faq/)

[~~How do we treat thalassaemia major?~~](http://thalassaemia.org.pk/faq/)

[What happens when thalassaemia is treated correctly?](http://thalassaemia.org.pk/faq/)

[What is the “quality of life” for a thalassamic?](http://thalassaemia.org.pk/faq/)

[Do thalassaemics have to have a special diet?](http://thalassaemia.org.pk/faq/)

[Can thalassaemia take vitamin supplements?](http://thalassaemia.org.pk/faq/)

[Can thalassaemia join in sports?](http://thalassaemia.org.pk/faq/)

[Can thalassaemics take any kind of holiday they want?](http://thalassaemia.org.pk/faq/)

Source: <https://ptpp.punjab.gov.pk/faqs>

* ~~[What is Thalassaemia?](https://ptpp.punjab.gov.pk/faqs" \l "1)~~
* [What causes Thalassaemia?](https://ptpp.punjab.gov.pk/faqs" \l "2)
* ~~[Who is a Thalassaemia Carrier?](https://ptpp.punjab.gov.pk/faqs" \l "3)~~
* ~~[How early is it possible to detect Thalassaemia in a child after the child is born?](https://ptpp.punjab.gov.pk/faqs" \l "4)~~
* [How to get tested?](https://ptpp.punjab.gov.pk/faqs" \l "5)
* [Why is it beneficial to have the whole family of the Thalassaemia affected child to be tested?](https://ptpp.punjab.gov.pk/faqs" \l "6)
* [Which families should have their thalassaemia test done?](https://ptpp.punjab.gov.pk/faqs" \l "7)
* [How can a family apply for Thalassaemia testing whether for their child, extended family members or Thalassaemia Pregnancy test (Chorionic Villus Sampling (CVS) Test)?](https://ptpp.punjab.gov.pk/faqs" \l "8)
* [After how much time can one get tested after blood transfusion?](https://ptpp.punjab.gov.pk/faqs" \l "9)
* [How to tell if your child is thalassaemic](https://ptpp.punjab.gov.pk/faqs" \l "10)
* [Is it necessary to have blood transfused for every thalassaemia child? What will happen if timely transfusions will not be conducted?](https://ptpp.punjab.gov.pk/faqs" \l "11)
* [When is the CVS Test done?](https://ptpp.punjab.gov.pk/faqs" \l "12)
* [Is it necessary for the father to be present for the mother’s CVS test?](https://ptpp.punjab.gov.pk/faqs" \l "13)
* [What is the procedure of the CVS sampling and how long is it?](https://ptpp.punjab.gov.pk/faqs" \l "14)
* [What to do if test results are positive for thalassaemia major and Should this test be conducted during every pregnancy or is it enough to be tested just once?](https://ptpp.punjab.gov.pk/faqs" \l "15)
* [Is there a chance of misdiagnosis in the test results?](https://ptpp.punjab.gov.pk/faqs" \l "16)
* [How long does it take for the test report to be given?](https://ptpp.punjab.gov.pk/faqs" \l "17)
* [How many countries have made the premarital screening test compulsory for marriage?](https://ptpp.punjab.gov.pk/faqs" \l "18)

### **What are the treatments for Thalassaemia Minor?**

### People with thalassaemia minor may have no anaemia or only mild anaemia; hence it is not considered an illness and does not require any medical treatment. . **What are the treatments for Thalassaemia Major?**

**Thalassaemia Major:**

* + **Blood Transfusion**
  + **Bone Marrow / Stem Cell Transplant**
  + **Gene Therapy**

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What is Bone Marrow/Stem Cell Transplant?

* + **:** A bone marrow/stem cell transplant replaces the damaged stem cells with the healthy stem cells from a compatible donor. At present, this is the only treatment that can cure Thalassaemia and eliminate the need for lifelong blood transfusions.

What is Gene Therapy?

Thalassaemia gene therapy is currently undergoing clinical trials. Gene therapy aims to achieve a stable introduction of normal haemoglobin gene into the stem cells in the bone marrow. This will allow people who have thalassaemia to make their own healthy red blood cells and haemoglobin.

**What are the main signs of Thalassemia patients?**

Children born with Thalassemia major usually develop symptom of severe anemia within the first year of life. Symptoms may appear as they grow:

* Paleness of the skin
* Poor Appetite
* Irritability
* Fatigue
* Bone deformity
* Failure to drive
* Delayed puberty

## Thalassemia Treatment and Home Care

If you have thalassemia, follow these habits to stay well:

* Eat a healthy [diet](https://www.webmd.com/diet/default.htm) to keep your bones strong and give you energy.
* If you get a [fever](https://www.webmd.com/lung/what-is-a-fever) or feel ill, see your doctor.
* Stay away from sick people and [wash your hands](https://www.webmd.com/men/video/dirty-truth-handwashing) often.
* Ask your doctor about [supplements](https://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/default.htm) like [calcium](https://www.webmd.com/drugs/2/drug-1575/calcium+oral/details) and [vitamin D](https://www.webmd.com/diet/supplement-guide-vitamin-d).
* Don’t take iron pills

## Thalassemia Complications

If a person’s [anemia](https://www.webmd.com/women/ss/slideshow-anemia-overview) becomes severe, it can cause permanent organ damage and even death. Some people with moderate to severe thalassemia have other health problems. These may include:

* **Iron overload causing damage to**  heart, liver, and [endocrine system](https://www.webmd.com/diabetes/endocrine-system-facts).
* **Thin and brittle** [**Bone**](https://www.webmd.com/osteoporosis/features/building-stronger-bones)**changes.**
* **Slowed growth.**
* **Enlarged spleen that increases risk of infection.**
* **Heart problems.**