



## International Thalassemia Day

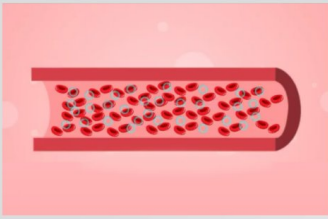
[Source: PIB](#)

Recently, **International Thalassemia Day was celebrated on 8<sup>th</sup> May**, to unite stakeholders to fight thalassemia through prevention, awareness, early diagnosis, and ensuring quality care for patients.

- The 2024 theme, "**Empowering Lives, Embracing Progress: Equitable and Accessible Thalassemia Treatment for All**," emphasizes on equality in access to comprehensive care.
- The need for **integration of compulsory Thalassemia testing** into the **Reproductive and Child Health (RCH)** program as a means to significantly alleviate the burden of Thalassemia was promoted during the celebration.
  - **RCH programme** is a **comprehensive flagship programme** launched in 2005, under the umbrella of the [National Health Mission \(NHM\)](#) to deliver the RCH targets for the **reduction of [maternal and infant mortality](#) and [total fertility rates](#)**.
- The event emphasized that there are nearly **1 lakh Thalassemia patients** in India, with around **10,000 new cases being reported annually**. It is crucial to raise widespread awareness about Thalassemia among the general population.

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# World Thalassemia Day



## Definition

Thalassemia (thal-uh-SEE-me-uh) is an inherited blood disorder. It affects your body's ability to produce normal hemoglobin. If you have thalassemia, your body produces fewer healthy hemoglobin proteins, and your bone marrow produces fewer healthy red blood cells.

## Statistics Around Thalassemia

Thalassemia affects approximately **4.4** out of every **10,000** live births throughout the world.

## Types

→ **Alpha Thalassemia:** Four genes are inherited, two from each parent, that make alpha globin protein chains. When one or more genes are defective, alpha thalassemia is developed.

→ **Beta Thalassemia:** Two beta-globin genes, one from each parent are inherited. Your anemia symptoms and how severe your condition is depends on how many genes are defective and which part of the beta globin protein chain contains the defect.

## Symptoms of Thalassemia

### Asymptomatic

- (no symptoms)

### Mild to Moderate Symptoms

- Growth problems
- Delayed puberty
- Bone abnormalities, such as osteoporosis
- An enlarged spleen

### Severe Symptoms

- Poor appetite.
- Pale or yellowish skin (jaundice).
- Urine that's dark or tea-colored.
- Irregular bone structure in your face.



Read more: [Casgevy Therapy for Sickle Cell Disease and Thalassaemia](#)

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