**Thalassaemia**

**Summary:**

* A condition where a person produces either no, or too little, haemoglobin, which is used by red blood cells to carry oxygen around the body
* This can make them very anaemic (tired, short of breath and pale)
* It mainly affects people of Mediterranean, south Asian, southeast Asian and Middle Eastern origin

**Symptoms:**

* anaemia – severe tiredness, weakness, shortness of breath, pounding, fluttering or irregular heartbeats (palpitations) and pale skin caused by the lack of haemoglobin
* too much iron in the body – this is caused by the regular blood transfusions used to treat anaemia and can cause problems with the heart, liver and hormone levels if untreated
* Some people may also have delayed growth, weak and fragile bones (osteoporosis), and reduced fertility.

**Strategies:**

The nature of the condition means that it is unlikely to have a direct impact on learning. However, if the learner becomes unwell, follow guidance on Cedar or their Medical Management Plan for guidance on what to do.

For further guidance see below.

[NHS Guidance](https://www.nhs.uk/conditions/thalassaemia/)

[UK Thalassaemia Society](https://www.ukts.org/)