

Thalassaemia
Society of NSW



Thalassaemia and sickle cell
anaemia awareness campaign

Know My
Trait

Follow the campaign online at
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#KnowMyTrait



Don't wait, you may be a genetic carrier
and not know it! Take a test with your
local doctor.

Know My
Trait

What is it?

Know My Trait is an awareness campaign to encourage young people and couples to find out whether they are carriers of a genetic trait that causes thalassaemia and other blood disorders.

Thalassaemia and sickle cell anaemia are the most common single gene disorders worldwide and the common cause of hereditary anaemia.

NSW has seen increasing numbers of patients and carriers in recent years. By getting a simple blood test at your doctor, you can find out whether you carry the trait or not.

The campaign is run by the [Thalassaemia Society of NSW](#). It is a not-for-profit supporting families living with thalassaemia, sickle cell anaemia and other blood disorders and educating the community about genetic inheritance.

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Why Get Tested

Thalassaemia and sickle cell anaemia are inherited genetic blood disorders that affect red blood cells, causing severe anaemia.

It is most common in people whose family or ancestral history are from countries around

the Mediterranean Sea, the Middle East,
India & South Asia, South east Asia & China,
North & Sub-Saharan Africa

If you have **ancestral history** from any of these countries or have a **history of anaemia**, you may have a higher risk of being a genetic carrier.

If either **you or your partner** is a genetic carrier, the trait can be passed on to your children. **If both of you are carriers**, then there is chance it can cause life-long health implications for your children.

Know My
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How-to Guide to

Know My Trait



01 Be Aware

Talk to your local doctor or head to thalnsw.org.au for info.



02 Take a Test

Get your doctor to take a simple blood test for haemoglobin disorders.

Ask to test for:

- + Hb EPG (Haemoglobin electrophoresis)
- + Full blood count
- + Ferritin/Iron studies



03 Be Informed

If you carry the trait:
Talk to doctor about seeing a haematologist.

If you do not carry:
Stay healthy, grow awareness by telling family and friends



04 Take Control

Monitor your health with your doctor. Discuss with family & current or future partners.