

# Being adherent to thalassemia treatment has a big payoff – a longer life.

**Studies have shown that people with thalassemia who follow the recommended treatment plans for thalassemia have better health outcomes than people who don't.**

**So even if you can't tell that your treatment is making a difference, your body can!**



Sticking with transfusions, chelation and other treatments can be difficult – but it's worth it.

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**Cooley's Anemia**  
FOUNDATION  
Leading the Fight Against Thalassemia

[www.thalassemia.org](http://www.thalassemia.org)