



## Hemoglobin E yog dab tsi?

Hemoglobin yog ib feem ntawm koj cov ntshav, thiab hemoglobin E yog ib hom ntawm hemoglobin. Yuav kom nkag siab txog hemoglobin E, nws yog qhov zoo uas yuav tau nkag siab me ntsis ntxiv hais txog peb cov ntshav.

## Ntshav thiab Hemoglobin

Ib lub luag hauj lwm ntawm cov ntshav yog muab oxygen (cua lossis auv xij) los ntawm cov pa uas ua pa mus rau hauv cov ntsws thiab xa mus rau lub cev. Feem ntawm cov ntshav uas ua qhov no yog tus keeb ntshav liab. Hemoglobin yog feem ntawm keeb ntshav liab uas xa cua.

Hom hemoglobin uas ib tug neeg tsim yog nyob ntawm seb tus keeb (genes) uas nws tau los ntawm leej niam leej txiv yog zoo li cas. Keeb xa kev qhia txog kev tsim muaj ntau feem sib txawv ntawm tus neeg. Txhua tus keeb xa kev qhia sib txawv.

Peb tau peb li keeb los ntawm peb niam peb txiv ob leeg tib si. Ib tug keeb los ntawm ib nkawm twg yog tau los ntawm ib leej niam lossis txiv twg. Ib tug me nyuam twg uas tau keeb los ntawm leej txiv thiab keeb los ntawm leej niam uas qhia lub cev txog kev ua li cas tsim cov hemoglobin.

Cov neeg uas muaj hemoglobin E tshwj xeeb feem ntau tsis pom muaj yam ntxwv mob li.

Tej zaum yus muaj hemoglobin E tshwj xeeb los yus twb tsis paub txog nws.



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Hemoglobin E (hes  
mos nklos npis E)  
yog dab tsi?

## Hemoglobin E Tshwj Xeeb

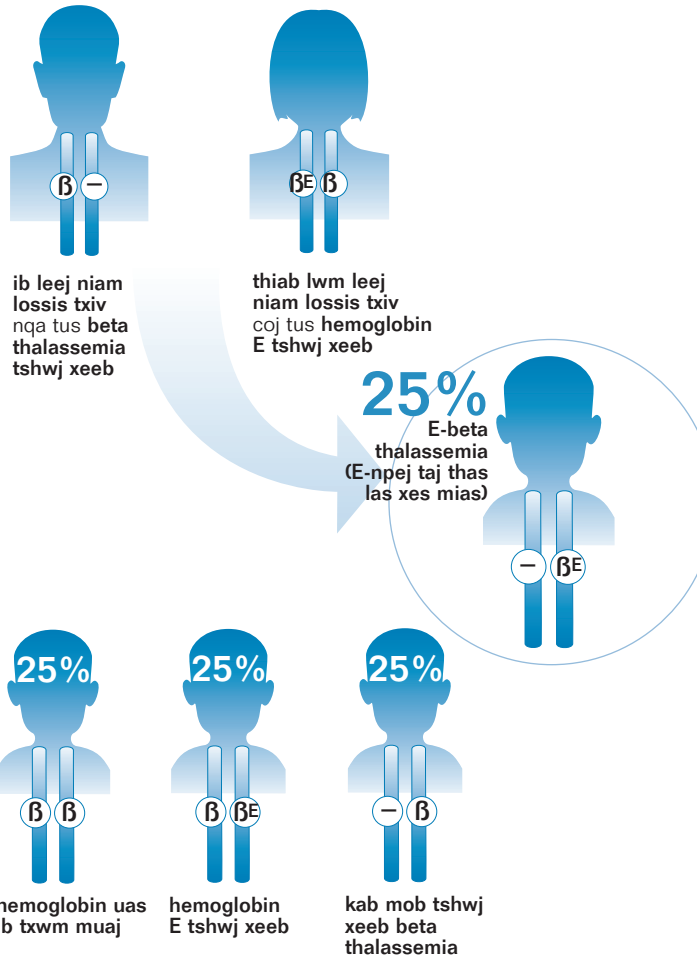
Ib tug me nyuam twg uas tau ib tug keeb ntawm hemoglobin uas ib txwm muaj thiab ib tug keeb ntawm hemoglobin E, cov ntawd lawv muab hu ua hemoglobin E tshwj xeeb. Hemoglobin E tshwj xeeb TSIS yog ib tug kab mob thiab TSIS ua rau muaj teeb meem txog siab ntsws los yog lub cev dab tsi rau tus me nyuam li.

Hemoglobin E tshwj xeeb ua rau cov keeb ntshav liab me dua qub. Yog tias ib tug neeg twg uas muaj hemoglobin uas ib txwm muaj cov keeb ntshav liab me, tus kws kho mob kuj yuav qhia rau tias kom nws noj tshuaj ntsiav hlau (iron) mus ua kom cov keeb loj dua tuaj. Tab sis qhov nov yuav pab tsis tau yog tias ib tug neeg twg muaj hemoglobin E tshwj xeeb, vim tias nws lub cev tias paub yuav ua li cas kom cov keeb ntawv loj dua tuaj.

Cov neeg uas muaj hemoglobin E tshwj xeeb kuj yuav xa tus keeb hemoglobin E mus rau lawv cov me nyuam. Yog tias tsuas yog ib leej niam los yog txiv thiaj muaj hemoglobin E tshwj xeeb xwb, muaj feem li 50/50 hauv kev xeeb tub txhua zaus uas tus me nyuam yuav tau tus keeb tshwj xeeb.

## Vim li cas nws thiaj tseem ceeb uas kom paub tias kuv puas muaj tus keeb tshwj xeeb?

Yog tias koj muaj tus hemoglobin E tshwj xeeb thiab muaj ib tug me nyuam nrog tus neeg uas muaj beta thalassemia tshwj xeeb, muaj feem 25% uas koj tus me nyuam yuav yug los muaj ib tug kab mob hauv ntshav phem heev uas yuav tsum hloov ntshav thiab siv tshuaj kho mob mus tag lub neej.



## Kuv yuav tshawb nrhiav li cas thiaj paub tias kuv puas muaj Hemoglobin E Tshwj Xeeb?

Kev tshawb nrhiav kom paub tias koj puas muaj hemoglobin E tshwj xeeb yog ib qho yooj yim.

Thawj qib uas mus tshawb nrhiav tias koj puas muaj hemoglobin E tshwj xeeb yog mus thov kom koj tus kws kho mob saib qhov loj me ntawm koj cov keeb ntshav liab. Qhov loj me ntawm koj cov keeb ntshav liab yog pom tau los ntawm lub Cheeb Corpuscular Nruab Nrab (los yog MCV). Nov yog ib txoj kev nyeem uas siv heev thaum koj muaj ib qho Kev Suav Ntshav Txhij Txhua (CBC).

Yog tias koj li kev nyeem MCV tsawg dua 75, tej zaum qhov ntawd yuav yog thawj yam qhia tias koj muaj hemoglobin E tshwj xeeb.

Tom qab ntawd koj tus kws kho mob kuj yuav xav thov kev sim uas siv kev txawj ntau dua qub, xws li cuab yeej hluav taws xob tsom hemoglobin thiab kev soj saib txog hlau. Cov kev sim no yuav qhia koj tus kws kho mob tias koj puas muaj lwm hom hemoglobin.

Yog tias koj los yog koj tus txij nkawm muaj hemoglobin E tshwj xeeb thiab npaj siab yuav muaj me nyuam, tsim nyog koj yuav tau nrog ib tug kws sab laj tham txog keeb kwm mob.

## E-Beta Thalassemia

E-beta thalassemia tshwm sim thaum ib tug me nyuam tau ib tug keeb ntawm hemoglobin E los ntawm ib leej niam lossis txiv thiab ib tug keeb beta thalassemia los ntawm lwm leej niam lossis txiv. Tus keeb beta thalassemia qhia lub cev kom tsim hemoglobin tsawg dua cov uas ib txwm muaj. Thaum ob tug keeb no los ua ke rau hauv ib tug me nyuam, yuav ua rau muaj ib tug kab mob uas ua rau cov keeb ntshav liab raug rhuav tshem.

Cov neeg uas muaj E-beta thalassemia feem ntau xav tau kev tso ntshav tawm yam tsis tu ncuu kom muaj txoj sia nyob. Kev tau txais kev hloov ntshav tawm tuaj

yeem ua rau muaj teeb meem vim cov hlau tshaj uas tsim tawm hauv lub cev. Tej zaum kuj tseem muaj kev voos nyob rau hauv cov ntshav uas ua rau muaj teeb meem. Kev kho mob siv tshuaj tau muab siv mus tswj cov iron uas nyob hauv lub cev.



Xav paub xov xwm ntau ntxiv hais txog thalassemia, caw tiv tauj rau: Cooley's Anemia Foundation at (800) 899-3578 lossis [info@cooleysanemia.org](mailto:info@cooleysanemia.org)

Koj kuj mus saib tau peb lub vev xaib ntawm [www.cooleysanemia.org](http://www.cooleysanemia.org)

## Kuv yuav ua li cas yog tias kuv muaj Hemoglobin E Tshwj Xeeb thiab xav muaj me nyuam?

Yog tias koj muaj hemoglobin E tshwj xeeb thiab saib rau kev yuav muaj ib tug me nyuam los yog twb xeeb tub lawm, koj tus txij nkawm tsim nyog mus kuaj kom paub seb nws puas muaj lwm hom hemoglobin.

Qhia koj tus kws kho mob paub yog tias koj muaj hemoglobin E tshwj xeeb. Sab laj txog yam uas nws yuav raug rau koj tus me nyuam uas tsis tau yug. Muaj kev sim uas qhia tau rau koj txog cov keeb uas koj tus me nyuam tsis tau yug yuav tau los ntawm koj thiab koj tus txij nkawm.