

Yog li ntawd, Kab Mob Hemoglobin H yog dab tsi?

Cov neeg uas muaj kab mob Hemoglobin H yog cov neeg uas tsuas muaj 1 tug gene los tsim yam khoom hu ua alpha globin nyob hauv cov ntshav liab. Vim li ntawd, nws thiaj li tsim tau cov alpha globin tsawg dua qhov ib txwm muaj. Qhov no ua rau muaj cov keeb ntshav liab tsawg dua, thiab kuj tseem muaj npe hu ua teeb meem muaj ntshav liab tsawg dua qhov ib txwm muaj (anemia).

Ntau tus neeg uas muaj kab mob Hemoglobin H yeej tsis muaj teeb meem loj rau ntawm txoj kev noj qab nyob zoo. Tiam sis, vim yog lawv muaj cov keeb ntshav liab tsawg dua, lawv yeej nquag muaj qhov teeb meem muaj ntshav liab tsawg mus txog li ib nrab, uas yeej ua tau rau lawv nkees nkees. Muaj tej cov sij hawm, qhov teeb meem muaj ntshav liab tsawg yeej pauv tau mus ua ib qhov teeb meem loj los sis yeej ua tau kom muaj lwm yam teeb meem.

Kev ua npaws hnyav yeej ua tau rau qhov teeb meem muaj ntshav liab tsawg mob loj ntxiv. Tsis tas li ntawd, nws kuj tseem muaj tej yam tshuaj kho mob thiab tshuaj siv rau lwm yam uas yeej ua tau rau ib tus neeg mob qhov teeb meem muaj ntshav liab tsawg mob loj tuaj. Tej cov tshuaj ntawm cov tshuaj kho mob thiab cov tshuaj siv rau lwm yam uas yuav tsim tau teeb meem zoo li hais los no yog cov uas peb tau muab teev tseg rau hauv phau me nyuam ntawv ntawm no. Koj tus kws kho mob los sis tus kws pab tswv yim los yeej qhia tau rau koj hais tias saib cov tshuaj kho mob thiab lwm cov tshuaj siv rau lwm yam twg yog cov uas koj yuav tsum tsis txhob siv.

Kab Mob Hemoglobin H – Constant Spring Yog Dab Tsi?

Hemoglobin H – Constant Spring yog ib yam kab mob uas tshwm sim los ntawm ib cov alpha globin uas pheej pauv tsis tseg. Qhov no yeej ua rau cov keeb ntshav liab tawg sai tshaj li qhov ib txwm muaj, yog li ntawd, nws thiaj ua rau muaj cov keeb ntshav liab tsawg dua nyob hauv lub cev. Qhov no yeej ua rau qhov teeb meem muaj ntshav liab tsawg mob loj ntxiv tuaj. Lwm cov teeb meem uas nquag muaj yog ua rau tus po loj tuaj, muaj pob zeb nyob hauv lub tsib, ntxim yuav kis tau kab mob, daj ntseg thiab muaj qhov txhab rau ntawm tej kav ceg. Cov neeg no los kuj tseem yuav tsum tau mus ntxiv ntshav nyob rau tej lub sij hawm, los sis mus ntxiv ntshav tsis tseg.



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Tus Kab Mob Hemoglobin H Yog Dab Tsi?

Yuav kom nkag siab txog Hemoglobin H, peb yuav tsum tau paub me ntsis txog peb cov ntshav. Hemoglobin H yog ib hom alpha thalassemia, ib tus kab mob nyob hauv cov ntshav uas muaj los ntawm caj ceg thiab muaj kev cuam tshuam rau ib feem ntawm cov ntshav hu ua hemoglobin.

Hemoglobin

Ib txoj hauj lwm ntawm cov ntshav yog muab cov pa oxygen uas tus neeg nqus mus rau hauv lub ntsws xa mus rau txhua qhov chaw nyob thoob plaws hauv lub cev. Feem ntshav uas khiav txoj hauj lwm ntawm no yog cov keeb ntshav liab. Hemoglobin yog feem keeb ntshav liab uas xa oxygen.

Yam hemoglobin uas tus me nyuam lub cev yuav tsim tau yeej yog nyob ntawm saib tus me nyuam tau cov genes zoo li cas ntawm tus me nyuam leej niam thiab leej txiv los xwb. Genes yog cov khoom uas muaj lus qhia hais tias saib yuav tsim txhua yam khoom ntawm ib tus tib neeg zoo li cas. Txhua tus gene yeej muaj cov lus qhia txawv.

Cov genes uas peb tau ntawm peb niam peb txiv los yeej yog cov uas nyob ua khub. Txhua txhua ib khub twg yeej yog tau ib nrab los ntawm leej niam thiab ib nrab los ntawm leej txiv. Vim qhov no, ib tus me nyuam yeej yog xeeb raws li cov lus qhia uas tau ntawm leej niam thiab leej txiv sib npaug zos los. Txhua tus me nyuam yeej tau cov genes ntawm leej txiv thiab cov genes ntawm leej niam los uas yuav qhia lub cev los mus tsim hemoglobin.

Nws muaj ob yam protein nyob rau hauv cov neeg laus cov hemoglobin uas tsis muaj teeb meem dab tsi: alpha globin thiab beta globin. Cov neeg laus cov Hemoglobin uas tsis muaj teeb meem dab tsi yeej muaj 2 tus alpha globins thiab 2 tus beta globins. Qhov hais tias yuav muaj alpha globin ntau thiab tsawg yeej yog nyob ntawm saib muaj cov genes uas tseem ua hauj lwm ntau npaum li cas xwb. Cov neeg feem ntau yeej muaj plaub khub genes uas tseem ua hauj lwm los mus tsim cov alpha globin.

Alpha Thalassemia Yog Dab Tsi?

Nws yeej muaj ntau hom Alpha thalassemia. Cov alpha thalassemia uas tsis zoo ib yam ntawm no yeej yog cov uas cov alpha globin genes uas tseem ua hauj lwm tsim. Yog ib tug neeg muaj cov genes uas tseem ua hauj lwm tsawg dua, nws cov alpha thalassemia yuav muaj teeb meem loj dua. Cov neeg uas muaj 3 khub genes ua hauj lwm yog cov neeg uas peb muab hu ua cov neeg nyob ntsiag to uas muaj qhov teeb meem. Feem ntau ntawm cov tib neeg ntawm no yuav tsis paub hais tias lawv yeej muaj 1 khub gene uas twb tsis ua hauj lwm lawm. Cov tib neeg uas muaj 2 khub genes ua hauj lwm yeej muaj qhov qhia hais tias lawv muaj alpha thalassemia. Cov tib neeg uas muaj qhov qhia hais tias lawv muaj alpha thalassemia yeej tsis muaj teeb meem rau ntawm txoj kev noj qab nyob zoo thiab yeej tsis paub hais tias lawv tsuas muaj 2 khub genes uas tseem ua hauj lwm xwb. Nws muaj zoo li qhov no vim hais tias 2 khub genes ntawm no yeej tsim tau cov alpha globin protein ntau txaus coj los ua rau tus neeg ntawd tsis muaj mob muaj nkeeg. Cov tib neeg uas tsuas muaj 1 khub gene ua hauj lwm nkaus xwb yeej muaj kab mob Hemoglobin H. Nws los kuj tseem muaj cov tib neeg uas lawv yeej tsis muaj ib tus gene uas tseem ua hauj lwm hlo li. Lawv yog cov neeg uas muaj teeb meem alpha thalassemia loj.

Alpha thalassemia yog ib yam teeb meem uas nquag muaj ntau rau cov tib neeg uas lawv pog lawv yawg yog cov neeg tau nyob Teb Chaws Suav, Teb Chaws Fis Lis Peej, Teb Chaws Thaib, Teb Chaws Nyab Laj, Teb Chaws Qhab Meem, Teb Chaws Nplog, thiab lwm lub teb chaws Esxias los. Nws los kuj tseem yog ib yam teeb meem uas nquag muaj nyob hauv cov tib neeg uas yog caj ces Africa, suav nrog rau cov neeg West Indian thiab African Americans. Tiam sis, txhua txhua ib pab pawg tib neeg twg yeej muaj qhov hais tias lawv yuav muaj tau ib yam teeb meem ntawm alpha thalassemia.

Hemoglobin H Yog Dab Tsi?

Kuv Yuav Saib Xyuas Kuv Tus Me Nyuam Li Cas?

Tus kws kho mob thiab cov neeg ua hauj lwm ntawm lub chaw kuaj ntshav yuav nrog koj sib tham hais tias siab koj yuav ua li cas es koj thiaj li yuav saib xyuas tau koj tus me nyuam zoo tshaj. Yog siv cov kev kho uas ib txwm siv, cov tib neeg uas muaj kab mob hemoglobin H feem ntau yeej ua tau ib lub neej zoo ib yam li cov tib neeg uas tsis muaj tus kab mob no. Tiam sis, cov me nyuam yaus uas muaj kab mob hemoglobin H yeej ntxim yuav kis tau kab mob ntau dua lwm cov me nyuam. Thaum kis tau cov kab mob ntawm no thiab thaum ua npaws, tus me nyuam cov keeb ntshav liab yuav tawg sai dua, uas yuav ua rau tus me nyuam muaj qhov teeb meem muaj ntshav liab tsawg.

Yog koj tus me nyuam muaj ib cov tsos mob ntawm cov tsos mob no uas yog tsos mob muaj ntshav liab tsawg, hu xov tooj mus rau koj tus kws kho mob los sis lub chaw kuaj ntshav sai sai.

- Pom tej tawv nqaij nphob los sis daj daj
- Pom ob lub qhov muag daj daj
- Qaug zog heev
- Mob plab los sis mob nraub qaum
- Tso quav dub los sis doog
- Tso zis tsis tshiab los sis daj daj

Los mus ua kom tsis txhob muaj cov teeb meem saum no, hu xov tooj mus rau koj tus me nyuam tus kws kho mob los sis lub chaw kuaj ntshav txhua zaus thaum koj tus me nyuam muaj mob.

Cov tib neeg uas muaj kab mob hemoglobin H yuav tsum tsis txhob siv tej cov tshuaj, tej cov khoom siv hauv tsev, thiab yuav tsum tsis txhob noj tej cov zaub mov. Cov tshuaj los sis khoom siv ntawm no yeej ua tau kom koj tus me nyuam qhov teeb meem muaj tshuaj liab tsawg mob loj tuaj yog koj tus me nyuam ho siv los sis ho mus kov tau cov khoom ntawm no. Ntau tus neeg uas muaj kab mob Hemoglobin H los yeej tseem noj tau cov tshuaj ntxiv viv tas meem B uas muab hu ua folic acid thiab. Yog koj tus me nyuam ho mus ntxiv ntshav, koj tus me nyuam los kuj yuav muaj cov tshuaj iron ntau dhau nyob hauv nws lub cev thiab. Koj tus me nyuam yuav tsum tsis txhob noj cov tshuaj ntxiv iron, tshwj hais tias nws yeej muaj ib qhov kev kuaj ntshav uas qhia hais tias nws tsis muaj iron txaus. Thov nug koj lub chaw kuaj ntshav ua ntej koj yuav muab ib yam tshuaj ntxiv iron twg rau koj tus me nyuam noj.

Cov Tshuaj los sis Khoom Siv Twg Yog Cov Uas Kuv Tus Me Nyuam Yuav Tsum Tsis Txhob Siv?



Phab ntawv nram qab no yog ib phab ntawv uas teev cov npe tshuaj thiab cov khoom siv hauv tsev uas koj tus me nyuam yuav tsum tsis txhob siv. Nqa phab ntawv no nrog koj mus thaum koj mus ntsib kws kho mob los sis mus rau ntawm lub chaw kho cov mob uas yuav tsum tau kho tam sim ntawd thiab qhia rau cov kws kho mob hais tias koj tus me nyuam muaj kab mob hemoglobin H. Thiab muab phab ntawv ntawm no qhia rau tus kws muab tshuaj uas yuav muab tshuaj rau koj tus me nyuam siv. Tsis txhob muab ib yam tshuaj uas tsis muaj ntawv siv rau koj tus me nyuam siv ua ntej koj nrog koj tus kws kho mob tham.

COV TSHUAJ KHO MOB THIAB COV TSHUAJ SIV RAU LWM YAM UAS YUAV TSUM TSIS TXHOB SIV

TSHUA SULFA (TSHUAJ TUA KAB MOB)

Sulfacetamide (tshuaj rau qhov muag)
Sulfapyridine
Suflasalazine
(Salicylazosulfapyridine)
Sulfanilamide
Dapsone

TSHUA ANTIMALARIALS (TSHUAJ UA NPAWS YOOV)

Primaquine
Chloroquine
Hydrozychloroquine sulfate

LWM COV TSHUAJ TUA BACTERIA

Nalidixic acid (Negram)
Nitrofurantonin
Furazolidone
Chloramphenicol
Beta-amniosalicylic acid
Ciprofloxacin
Doxycycline

TSHUAJ SIV KOM TXHOB HNOV MOB

Aspirin*
Phenacetin
Acetanilide

TSHUAJ MOB NTSWS

Isoniazid
Rifampin
Folic Acid Antagonists
Pyrimethamine

LWM YAM TSHUAJ

Iron Supplements (Tshuaj Ntxiv Iron)
Cov tshuaj zoo li Tshuaj Viv Tas Meem K
Quinidine Gluconate
Phenazopyridine (pyridium)
Toluidine Blue (tshuaj zas)
Methylene Blue (tshuaj zas)
Naphthalene (Mothballs)

Taum Fava

* (Acetaminophen yog yam tshuaj uas muab siv tau coj los pauv yam tshuaj no)

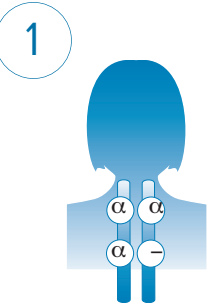
Koj tus me nyuam los kuj yuav tsum tsis txhob kov cov taum fava thiab cov tshuaj mothballs. Ob yam khoom los sis tshuaj ntawm no yeej ua tau kom muaj teeb meem loj rau kev muaj ntshav liab tsawg. Lwm yam taum yeej tsis muaj teeb meem dab tsi. Nqos los sis nqus tau cov tshuaj mothballs yeej yog ib qhov uas yuav tsim tau teeb meem loj heev rau koj tus me nyuam. Hu xov tooj mus rau koj tus kws kho mob sai sai yog koj tus me nyuam nqos tau ib qhov tshuaj mothball.

Kuv Yuav Ua Li Cas Es Kuv Thiaj Li Yuav Paub Hais Tias Saib Kuv Puas Yog Ib Tus Neeg Uas Ntxim Yuav Muaj Ib Tus Me Nyuam Uas Muaj Kab Mob Hemoglobin H?

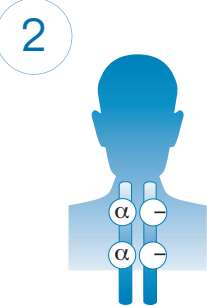
Thawj kauj ruam yog mus kuaj seb koj puas muaj ib qhov uas qhia hais tias koj muaj alpha thalassemia. Hais kom koj tus kws kho mob kuaj qhov loj thiab qhov ntau ntawm koj cov keeb ntshav liab. Ob qho no yeej yog ib cov kev kuaj uas ib txwm muaj thaum koj muaj ib Qhov Kev Kuaj Uas Suav Tag Nrho Cov Ntshav (CBC).

Tej zaum tom qab ntawd koj tus kws kho mob yuav thov ib cov kev kuaj tshwj xeeb ntxiv, zoo li ib qhov kev kuaj ntshav hu ua hemoglobin electrophoresis thiab ib qhov kev kuaj uas ntsuas

Qhov uas qhia hais tias muaj alpha thalassemia yog muaj ob hom:



Tus neeg nyob ntsiag to uas muaj qhov teeb meem:
Qhov teeb meem no yeej tsis tsim teeb meem dab tsi rau txoj kev noj qab nyob zoo thiab tsuas kuaj tau rau thaum siv qhov kev kuaj tshwj xeeb uas kuaj DNA xwb.



Qhov uas qhia hais tias muaj alpha thalassemia:
Feem ntau, qhov teeb meem no los yeej tsis tsim teeb meem dab tsi rau txoj kev noj qab nyob zoo li, yog tsis suav qhov uas ntxim yuav muaj ib qhov teeb meem me rau txoj kev muaj ntshav liab tsawg. Cov keeb ntshav liab yuav me tshaj li cov keeb ntshav liab uas neeg ib txwm muaj. Ntau zaus, cov kws kho mob yeej muab qhov uas qhia hais tias tus neeg muaj **alpha thalassemia** xav tau yuam kev hais tias yog tus neeg tsis muaj iron txaus.

Qhia rau koj tus kws kho mob paub yog koj muaj ib qhov uas qhia hais tias koj yeej muaj alpha thalassemia. Nrog koj tus kws kho mob sib tham saib qhov teeb meem no yuav ua tau dab tsi rau koj tus me nyuam uas tseem nyob hauv plab. Nws yeej muaj cov kev kuaj uas yuav qhia tau rau koj hais tias saib cov genes twg yog cov uas koj tus me nyuam hauv plab tau ntawm koj thiab koj tus txij nkawm los thiab saib yam alpha thalassemia twg yog yam uas tus me nyuam muaj. Koj yeej nrog koj tus kws kho mob sib tham tau hais txog cov kev kuaj ntawm no yog koj xav paub ntau tshaj qhov no.



Yog xav paub ntau tshaj qhov no hais txog thalassemia, thov nug mus rau:

Cooley's Anemia Foundation ntawm (212) 279-8090 los sis info@thalassemia.org.

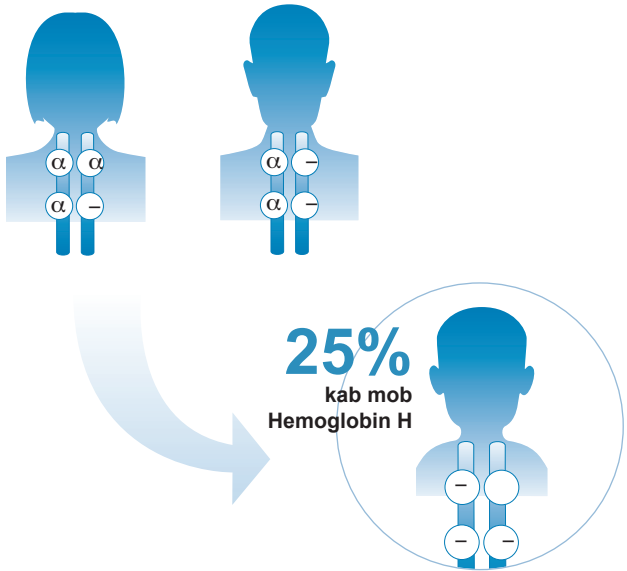
Koj los yeej tseem mus saib tau hauv peb lub vas sab nyob ntawm www.thalassemia.org.

saib muaj iron ntau npaum li cas nyob hauv cov ntshav.

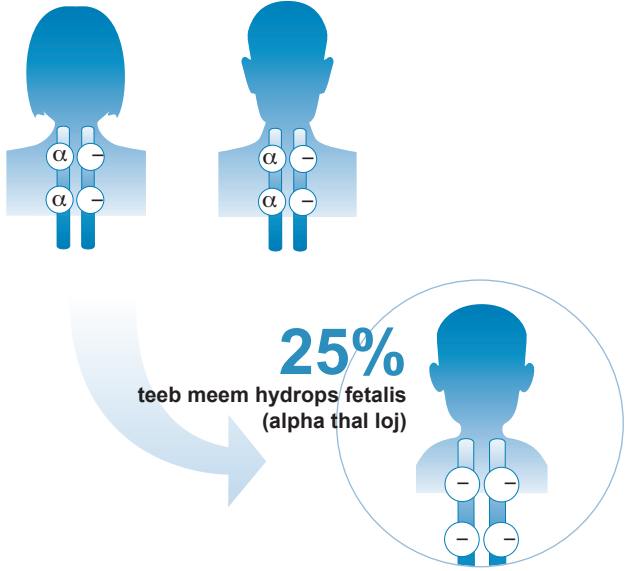
Cov kev kuaj ntawm no yuav qhia rau koj tus kws kho mob hais tias saib koj puas muaj ib qhov uas qhia hais tias koj muaj alpha thalassemia.

Yog koj muaj ib qhov uas qhia hais tias koj yeej muaj alpha thalassemia thiab tab tom npaj yuav muaj me nyuam los sis lub cev twb tsis tab seeb lawm, koj tus txij nkawm yuav tsum tau mus kuaj saib nws puas muaj ib qhov uas qhia hais tias

Yog ib leeg ntawm ob niam txiv yeej muaj ib qhov uas qhia hais tias nws muaj **alpha thalassemia** thiab leej niam los sis leej txiv sab tom ho yog ib tus neeg nyob ntsiag to uas muaj qhov teeb meem, nws yeej muaj li ntawm **25%** uas **txhua txhua ib zaug twg** thaum tus poj niam cev tsis tab seeb yuav yog ib tus me nyuam uas muaj **kab mob Hemoglobin H**. Qhov teeb meem no yeej ua tau kom muaj teeb meem loj rau txoj kev noj qab nyob zoo, zoo li ua rau tus po loj tuaj, ua rau tej pob txha tsis loj hlob zoo, thiab qaug zog.



Yog leej niam thiab leej txiv yeej muaj ib qhov uas qhia hais tias nkawv muaj **alpha thalassemia**, nws yeej muaj li ntawm **25%** uas **txhua txhua ib zaug twg** thaum tus poj niam cev tsis tab seeb yuav yog ib tus me nyuam muaj qhov teeb meem hydrops fetalis, thiab kuj tseem muaj npe hu ua **alpha thalassemia loj** no thiab Qhov teeb meem no yog ib qhov uas yuav tsum tau kho thaum tus me nyuam tseem nyob hauv plab es tus me nyuam thiaj li yuav muaj txoj sia nyob.



Yog koj mus kuaj thiab qhov kev kuaj yeej qhia hais tias koj yog ib tus neeg nyob ntsiag to uas muaj **alpha thalassemia**, koj tus txij nkawm los kuj yuav tsum tau mus kuaj saib nws puas muaj ib qhov uas qhia hais tias nws muaj **alpha thalassemia** thiab.
Yog koj thiab koj tus txij nkawm yeej muaj ib qhov uas qhia hais tias neb muaj **alpha thalassemia** tib si thiab neb yeej npaj yuav muaj me nyuam, neb yuav tsum tau mus nrog ib tus kws pab tswv yim rau kev muaj kab mob caj ceg sib tham.