



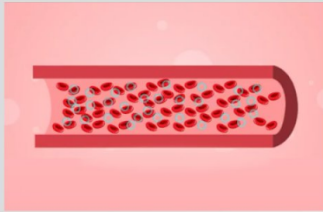
International Thalassemia Day

[Source: ITD](#)

International Thalassemia Day is observed every year on **8th May** as a global effort for prevention, awareness and early diagnosis for **inherited blood disorder** disease **Thalassemia**.

- The theme for **2025** is "***Together for Thalassemia: Uniting Communities, Prioritizing Patients***".
- **About Thalassemia:**





World Thalassemia Day



Definition

Thalassemia (thal-uh-SEE-me-uh) is an inherited blood disorder. It affects your body's ability to produce normal hemoglobin. If you have thalassemia, your body produces fewer healthy hemoglobin proteins, and your bone marrow produces fewer healthy red blood cells.

Statistics Around Thalassemia

Thalassemia affects approximately **4.4** out of every **10,000** live births throughout the world.

Types

→ **Alpha Thalassemia:** Four genes are inherited, two from each parent, that make alpha globin protein chains. When one or more genes are defective, alpha thalassemia is developed.

→ **Beta Thalassemia:** Two beta-globin genes, one from each parent are inherited. Your anemia symptoms and how severe your condition is depends on how many genes are defective and which part of the beta globin protein chain contains the defect.

Symptoms of Thalassemia

Asymptomatic

- (no symptoms)

Mild to Moderate Symptoms

- Growth problems
- Delayed puberty
- Bone abnormalities, such as osteoporosis
- An enlarged spleen

Severe Symptoms

- Poor appetite.
- Pale or yellowish skin (jaundice).
- Urine that's dark or tea-colored.
- Irregular bone structure in your face.



- **Burden: India**, termed the "**Thalassemia capital**," has **50 million beta thalassemia carriers** and contributes to **25% of global cases**.
- **Treatment:** It includes **regular blood transfusions** to maintain **healthy red cell levels**, managed with **iron chelation therapy** to prevent iron overload.
 - In severe cases, **bone marrow** or **stem cell transplant** offers a potential cure.
- **Initiatives for Eradication:**
 - Under the **National Health Mission (NHM)**, States/UTs receive support for **thalassemia screening, treatment**, and related infrastructure.
 - The government recommends integrating **thalassemia testing** into the **Reproductive and Child Health (RCH)** program for early **carrier detection** and **genetic counseling** to reduce the disease burden.
 - **National Program for Prevention and Control of Hemoglobinopathies (NPPCH)** to **raise awareness, offer counseling and testing services** for affected individuals.
 - **Thalassemia Bal Sewa Yojana (TBSY)** provides financial aid for Bone Marrow Transplants through **Coal India Ltd.'s CSR** in **17 empanelled hospitals** nationwide.

Read More: [International Thalassemia Day](#)

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