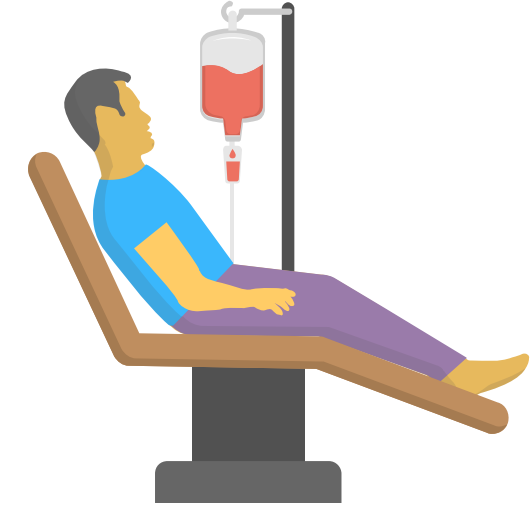


Prevention of Thalassemia

Although thalassemia cannot be prevented, but it can be managed effectively with following key approaches:



Routine medical check-ups help detect complications early and ensure proper management.



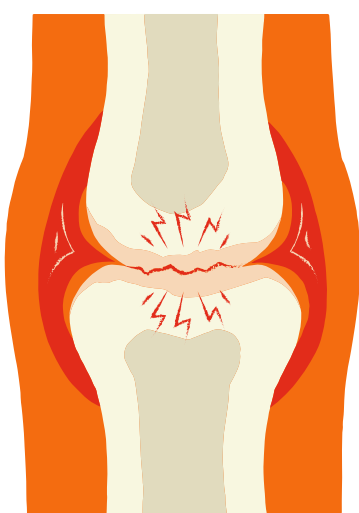
Regular blood transfusions in selected patients help maintain healthy red blood cell levels and prevent severe anaemia.



Iron chelation therapy removes excess iron from the body to prevent damage to vital organs.



A balanced diet and supplements such as folic acid support red blood cell production.



Bone health care with adequate calcium and vitamin D intake strengthens bones and reduces deformities.



Infection prevention through vaccinations and hygiene practices lowers the risk of infections, especially after spleen removal.