

Hemoglobin C Trait:



What You Need to Know...

Hemoglobin C trait is common and can occur in any race or ethnicity. It is most common in individuals of African American or West African descent. You may have heard of sickle cell trait before, while not exactly the same, sickle cell trait and hemoglobin C trait are similar.

What is hemoglobin C trait?

Hemoglobin C trait (AC) is an inherited condition which affects the hemoglobin in your red blood cells.

- Hemoglobin is a protein in red blood cells. The job of hemoglobin is to carry oxygen throughout the body.
- Each person inherits two hemoglobin genes – one from each parent. A normal gene will make normal hemoglobin (A). A specific change in the hemoglobin gene will make hemoglobin C (C).
 - » Red blood cells with normal hemoglobin (A) are flexible and doughnut shaped;
 - » Red blood cells with hemoglobin C (C) are more rigid than normal.
- People with hemoglobin C trait have both normal hemoglobin (A) and hemoglobin C (C) in their red blood cells.

What is a gene?

Genes are the instructions in our DNA that tell our bodies how to function. For example, genes determine eye color, hair color, and height. We inherit half of our genes from our mother and half from our father.



How do you know if you have hemoglobin C trait (AC)?

A simple blood test called a hemoglobin electrophoresis can tell your hemoglobin type. Talk with your healthcare provider if you have more questions about hemoglobin trait or if you want to be tested.

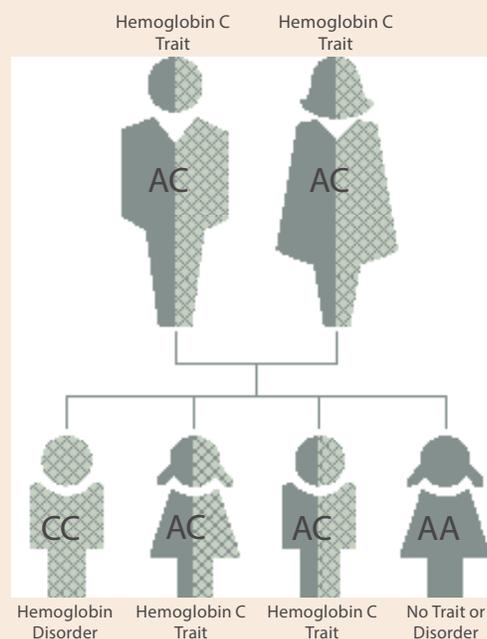
It is important to know if you have hemoglobin C trait.

Hemoglobin C is inherited from your parents, like hair or eye color. If one parent has hemoglobin C trait, there is a 50% (1 in 2) chance with each pregnancy of having a child with hemoglobin C trait.

Hemoglobin C trait is not a disease, and usually has no symptoms. You may have hemoglobin C trait and not know it.

If both parents have an abnormal hemoglobin trait, like hemoglobin C trait, there is a 25% (1 in 4) chance with each pregnancy of having a child with hemoglobin disorder. Hemoglobin disorders are life-long illnesses that can result in serious health problems.

Chance with each pregnancy



What you should know if you have hemoglobin C trait...

1. You will always have trait
2. It is not a disease and can never become a disease
3. Hemoglobin C trait does not cause health problems
4. Hemoglobin C trait will not cause anemia (low blood cell count, low hemoglobin) if this happens, talk to your provider
5. It is important to know your hemoglobin trait status for future family planning for yourself and your family



Contact your local hemoglobin specialist at:

Minnesota Department of Health
Trait Educator
(651) 201-3548

Children's Hospitals & Clinics of MN - MPLS
(612) 813-5940

Duluth Clinic - Duluth
(218) 786-3625

Mayo Clinic - Rochester
(507) 284-2695

U of M Masonic Children's Hospital - MPLS
(612) 365-8100

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MDH Minnesota Department of Health

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