

Hemoglobin diseases, called hemoglobinopathies, are a group of disorders characterized by abnormal or decreased production of hemoglobin, the molecule that carries oxygen throughout the body. The severity of these diseases ranges from mild to severe, depending on the type of hemoglobin defect.

The [American College of Obstetricians and Gynecologists](#) recommends that screening for hemoglobinopathies be offered to couples where at least one of the partners has an ethnic background that includes any of the following:

- African American
- Mediterranean
- Southeast Asia

There are several different types of hemoglobinopathies, but the most common ones are thought to be:

- [alpha thalassemia](#)
- beta thalassemia
- [sickle cell anemia](#)

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Click [here](#) to learn more about scheduling a genetic counseling appointment for infertility or preconception questions.

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