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Complications Survey Related to Thalassemia Biomarkers

Muhammad Mudassar[1*], Muhammad Haris Baig[1], Muhammad Bilal Shahid[1], Maria Rasool[1], Maria Qibtia[2], Sabira Sultana[3], Maimoona Rasool[1], Muhammad Akram[3], Umair Saddique[1], Isha Ajmal[1], Muqaddas Jabeen[1]

1. *College of Allied Health Professionals, Government College University, Faisalabad, Pakistan.*
2. *Department of Public Health, Government College University, Faisalabad, Pakistan.*
3. *Department of Eastern Medicine, Government College University, Faisalabad, Pakistan.*

*Correspondence:

1. Muhammad Mudassar

College of Allied Health Professionals, Government College University Faisalabad. Pakistan 38000.

Email: drmmudassar@gcuf.edu.pk

Abstract

Thalassemia is a genetic blood disease associated by inadequate hemoglobin production that occurs due to mutations in the genes involved in hemoglobin production. This study evaluates the financial and human costs associated with thalassemia patients who undergo chronic red blood cell (RBC) transfusions. Adults, who reported a physician diagnosis of thalassemia and got 1 RBC transfusion within the past six months were contained within this cross-sectional, US-based study. In addition to the Functional Assessment of Cancer Therapy-Anemia (FACT-An), the Patient Health Questionnaire-9, the Generalized Anxiety Disorder-7, treatment experience, treatment costs, results and physiological burden. The survey was completed by 1000 patients in

all, 70% had "moderate" to "extremely high" load from RBC infusions, 81% had iron overload, and 42% had social lives that were affected. Even though patients continuously endured mild to severe sadness and anxiety, significant direct costs, reduced work, and subpar quality of life, health-related quality of life (HRQoL) briefly enhanced after RBC transfusion. Beta globin gene mutation results in the inherited hemoglobinopathies known as beta thalassemia (-thalassemia), which produce minimally functioning hemoglobin, anemia and damage to red blood cells. The Indian subcontinent, the Middle East, South-East Asia, the Mediterranean Sea are where thalassemia is most prevalent.

Key Words: Thalassemia, Transfusion, RBC, Complications, Hemoglobin, Anemia

Introduction

Greek words thalassa (sea) and haima (blood) are the origin of the word thalassemia. There are three main forms of beta-thalassemia: Thalassemia Minor, also known as "heterozygous beta-thalassemia," "beta-thalassemia carrier," or "beta-thalassemia trait," is distinct from Thalassemia Major, who is also known by the abbreviations "Cooley's Anemia" and "Mediterranean in flavor Anemia."(Galanello and Origa 2010)

Thalassemia is a genetic blood disease associated by inadequate hemoglobin production (Lal, 2020). Hemoglobin is the protein supervised for carrying oxygen in red blood cells all over the body (Eldibany & Shaaban, 2010). The shifting of Hb from gamma globin synthesis (HbF) to beta globin synthesis (HbA) initiates before birth (Muncie Jr and Campbell 2009). It occurs due to mutations in the genes involved in hemoglobin production. Alpha and beta thalassemia are

two primary types of thalassemia. Based on their clinical manifestation, beta-thal can be separated into 3 main subgroups: major, intermedia, and minor. This condition requires regular the lifespan blood transfusions. Individuals with thalassemia intermediate, a heterogeneous genetic mutation, have a minor capability to produce the β chain of Hb (B+/B+, B+/B0) (Ali, Mumtaz et al. 2021). During the first years at life, β-thal major can be defined by severe anemia, stunted growth, and abnormalities in the structure (Fibach and Rachmilewitz 2017). β-thal may present clinically as severe anemia in a number of combinations with additional medical conditions that involve defective β-globin, particularly sickle cell disorder, or SCD, and HbE(Fibach and Rachmilewitz 2017). Asia, the Middle East, and Mediterranean Europe are where it is most common. Erythropoiesis is unsuccessful when β-globulin the production becomes diminished or eliminated. By the time an infant is one or two years old, severe anemia typically triggers high-output heart failure with death rates (Auger and Pennell 2016). Reduced hemoglobin group synthesis in chronic leads to an uneven production of alpha and beta globin chains; unpaired chains settle inside red blood cells, resulting in the first sign of obstacles for those with the condition.(Mahdavi, Hojjati et al. 2013).

In Alpha thalassemia one or more of the four genes are responsible for the production of alpha globin, a component of hemoglobin, are mutated or absent (Karimi et al., 2011). The inherited, autosomal recessive condition known as α-thalassemia is typified by a microcytic anemia that is hypochromic. The disorder known as Hb Bart's Hydrops Foetalis Syndrome ranges in severity from nearly asymptomatic through mild microcytic hypochromic because of a deadly pernicious illness (Farashi and Harteveld 2018). There are currently over 100 different types of α-thalassemia known to exist. Because of their geographic distribution and the difficulties in

diagnosis, treatment, and screening, α-thalassemia should be prioritized more highly on international public health agendas (Piel and Weatherall 2014). On the other hand, in beta thalassemia one or both two genes are managed for beta globin production, are mutated or absent (Sundd et al., 2021). These conditions can also result in anemia and related complications. The primary cause of major thalassemia and delayed puberty is iron excess. Assessing excessive iron can be done in part through the assessment of transferrin saturation.(Batubara, Akib et al. 2004). Before of the twentieth century, α-Thalassemia instigated in Africa, the Middle East, China, India. β-Thalassemia arose in the Mediterranean Sea, Middle East, South and Southeast Asia, and southern China (Cunningham 2010).Over ninety percent of those with thalassemic syndrome who underwent adequate chelation therapy from childhood onward proceeded to puberty adequately (Batubara, Akib et al. 2004). It serves to screen the population for at-risk couples. Severe difficulties for both the mother and the fetus develop due to affected pregnancies (Vichinsky 2013).

Thalassemia is a group of disorders of blood that are inherited that affect the alpha and beta globulins of hemoglobin (Lal, 2020). Alpha thalassemia is a condition of reduction in alpha globulins, while beta globulin reduction results in beta thalassemia. Both types of thalassemia can result in varying degrees of anemia and extramedullary hematopoiesis. Pathogenicity of thalassemia can be avoided by only knowing the parents status of childs.(Prathyusha, Venkataswamy et al. 2019). Males had a considerably higher risk of heart disease than females having thalassemia (BORGNA-PIGNATTI, Cappellini et al. 2005).

The population may have up to 40% genetic carriers in the South Asian region, where thalassemia affects between 3 and 10% of the population. In Sub-Saharan Africa, there are no

cases of thalassemia and up to 50% of the population may be hereditary carriers. 9.8 million People in the population are carriers, with a carrier rate of 5-7% (Sundd et al., 2021). There are around 10 million carriers of the -thalassemia (-Thal) trait in Pakistan, where the prevalence of -Thal major (-TM) has a frequency of 5.0–7.0%. Each year, over 5000 children are identified as carriers in Pakistan (Cao & Kan, 2021). The most commonly encountered genetic condition in the world, a condition known as has been designated to be a significant health threat in the Mediterranean region.(Ansari, Baghersalimi et al. 2014)

The symptoms of thalassemia range in severity, with mild cases being asymptomatic, and severe symptoms like fatigue, weakness, shortness of breath, pale skin, jaundice, and bone deformities. People with thalassemia may experience symptoms such as impaired growth and development, skeletal deformities, blood clot, headaches, back and leg pain, decreased heart function, enlarged liver and spleen, non-transfusion iron overload, and in severe cases, a condition called hydrops fetalis. In severe cases, thalassemia can lead to complications such as heart failure, liver disease, and increased susceptibility to infections (Eldibany & Shaaban, 2010). Blood transfusions may be necessary to replace the defective or deficient hemoglobin, along with medications to manage symptoms such as iron overload (Karimi et al., 2011). In some cases, bone marrow transplantation may be recommended. For individuals requiring frequent transfusions, the development of alloantibodies remains a notable source of concern. Research has shown that alloimmunization rates among thalassemia patients can range from 11.4% to 42.5%, which are influenced by patient's ethnic background and production of different types of alloantibodies produced (Marwaha, 2014). Generally, alloantibodies linked to blood of RH and Kell groups are most frequently detected thalassemia patients (Sundd et al., 2021).Overload of iron in patients

can lead to significant complications, primarily affecting the cardiovascular system (Sundd et al., 2021). The purpose of this study is to investigate the complications of blood transfusions in thalassemia patients, with particular attention to the challenges faced by patients with β-thalassemia who rely on transfusions, as well as the complications associated with heart failure. Additionally, this study aimed to evaluate splenectomies of long-term efficiency with in reducing the requirement for red blood cell transfusions and examine.

Material and Methods

Participating centers

This is a consequence of an online thalassemia vault conducted in Thailand. The library is worked with the assistance of Red Platelet Messes and Aplastic Sickliness Advisory group, supported by the backing of the Thai Society of Hematology (TSH). Eight college emergency clinics including

(1) Siraj emergency clinic, Bangkok,

(2) Ramathibodi Medical clinic, Bangkok

(3) Chiang Mai college emergency clinic, Chiang Mai

(4) Srinagarind Medical clinic Khon Kaen

(5) Songklanagarind Emergency clinic, Songkla

(6) Chulalongkorn Emergency clinic, Bangkok

(7) Thammasat Emergency clinic, Pathumthani

(8) Phramongkutklao Medical clinic, Bangkok selected the patients and collected the information.

Thalassemia infection analysis was affirmed by Hb composing, either by superior execution fluid slim electrophoresis or chromatography methods, or DNA investigation. Main seven focuses are present in California (San Francisco, Oakland, Palo, San Diego, Orange, Madera, Sacramento, and Alto), furthermore, remaining are in Portland (Oregon), Seattle (Washington), Phoenix (Arizona), and Las Vegas (Nevada). Mashhad College of Clinical Sciences Ethic Board of trustees provided moral endorsement. 140 bonding subordinates with the age between 8-18 years who had thalassemia, were enlisted into a particular hematology focus in Mashhad. Anthropometric methods were used to measure the subject's weight, height, triceps, and thickness of skin, upper arm circumference and waist circumference. Determine the body weight profile, body mass index and arm muscle area of upper arm (AMA) of these individuals. Analysis was performed by the same person for each subject according to international guidelines (Arshi et al., 2019). T-test still used to relate mean of ages and quality of life in two groups and Chi-square test compared nominal illustrative variables. A Hologic Digital Absorptiometer was used to perform Bone density indices (BMD and BMC) of the spine and hip to assess bone condition (OSTEOCORE CE0120, France). Bone relate biomarkers such as Serum osteocalcin, C-telopeptide, phosphorus, serum calcium, alkaline phosphatase (AP), 25(OH) vitamin D, parathyroid hormone (PTH), and others were determined. Associations between common variables were examined using Pearson's correlation. Spear correlation is used to show the relationship between non-normally distributed data. Effective summaries and ongoing meta-research are evaluated as a whole. A binomial distribution is used to calculate the

standard deviation for this study. In this study, we use Meta-prop to perform proportional meta-analyses at or near 0% or 100% margins. Accordingly, meta-analysis collects data using random effects models. To address heterogeneity, subgroup analyzes were conducted by global study area. In this study, we used the Egger and Bag test to examine potential publication bias.

Laboratory investigations

Laboratory results for past six months were obtained as the mean per transfusion Hb level. Recent mean ferritin levels in serum and presence of Types of alloantibodies and autoantibodies

Statistical analysis

The 10-variable STATA program (StataCorp, School Station, and TX) was used to perform all the tests. Direct factors are calculated based on repetition and speed. Continuous factors are expressed as mean ± SD. Factors associated with alloantibody were separated using the logistic regression tests. A value of $P < 0.05$ was considered statistically significant (Kanathur et al., 2018).

Results

Out of 1000 analyzed patients, 449 (44.9%) were homosexual. 113 (11.3%) patients had severe beta thalassemia and several patients had chronic thalassemia, including 738 (73.8%) patients who had Hb E/beta thalassemia. The mean age of these partners was 23.9 ± 15.4. Urethrectomy was performed in 264 patients (26.4%).

Characteristics Patients (n = 1000)

Mean age ± SD, years 23.9 ± 15.4

Mean age at initial blood transfusion ± SD, years

All subjects 5.9 ± 10.8

Hb E/beta-thalassemia 5.8 ± 10.0

Beta-thalassemia major 2.4 ± 4.6

Other 9.1 ± 15.6

Mean pre-transfused Hb ± SD, g/dl 8.1 ± 1.4

Mean serum ferritin ± SD, ng/ml 2161 ± 2179

The risk factors for pulmonary hypertension in NTDT participants include splenectomy, thrombosis the past, count of platelets ≥500 × 106/L, nucleated red blood cells with counts ≥300 × 106/L, and an overload of iron (liver iron content > 5 mg Fe/g dry weight.(Taher and Cappellini 2018).

Splenectomy, n (%)

No 736 (73.6)

Yes 264 (26.4) as shown in Fig.1

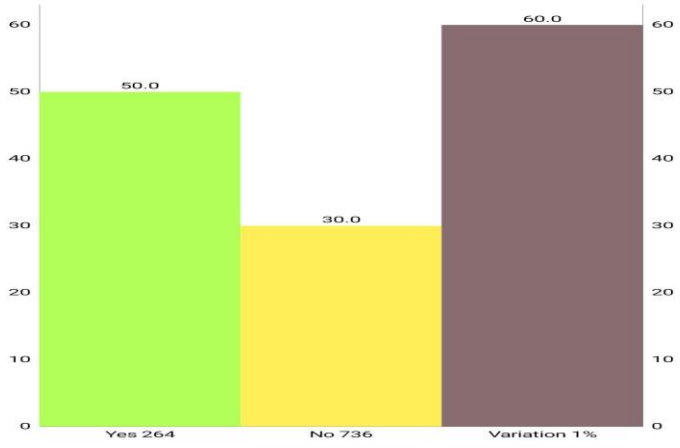

Fig 1. Represents that about 264 patients out of 1000 target population had performed splenectomy and rest of the 736 were normal.

Combined Effect:

Combining multiple chelators might boost the rate of chelation. Deferiprone may therefore move iron from tissues into the bloodstream, where deferoxamine binds to it thus making it easier for the human system to dispose of it in the urine as shown in table 1.

Table 1: Different medicines show their therapeutic effects for iron chelation among thalassemia patients.

Current iron chelation	**N (%)**
None	62 (6.2%)
Deferiprone monotherapy	485 (48.5%)
Deferasirox monotherapy	237 (23.7%)
Combined	78 (7.8%)
Deferoxamine monotherapy	12 (1.2%)

Table 2: Indication of varying ratio of thalassemia category related to different side Hb% disease and abnormalities.

Phenotype group,	**N (%)**
Hb E/beta-thalassemia	738 (73.8%)
Beta-thalassemia major	113 (11.3%)
Hb H disease with Hb CS	65 (6.5%)
EABart's disease	23 (2.3%)
EABart's disease with Hb CS	44 (4.4%)
EFBart's disease	3 (0.3%)
EFBart's disease with Hb CS	3 (0.3%)
Other	11 (1.1%)

Deferoxamine + Deferasirox

56 (5.6%)

Deferiprone + Deferasirox (Combined effect)

71 (7.1%) as shown in Fig.2 & 3

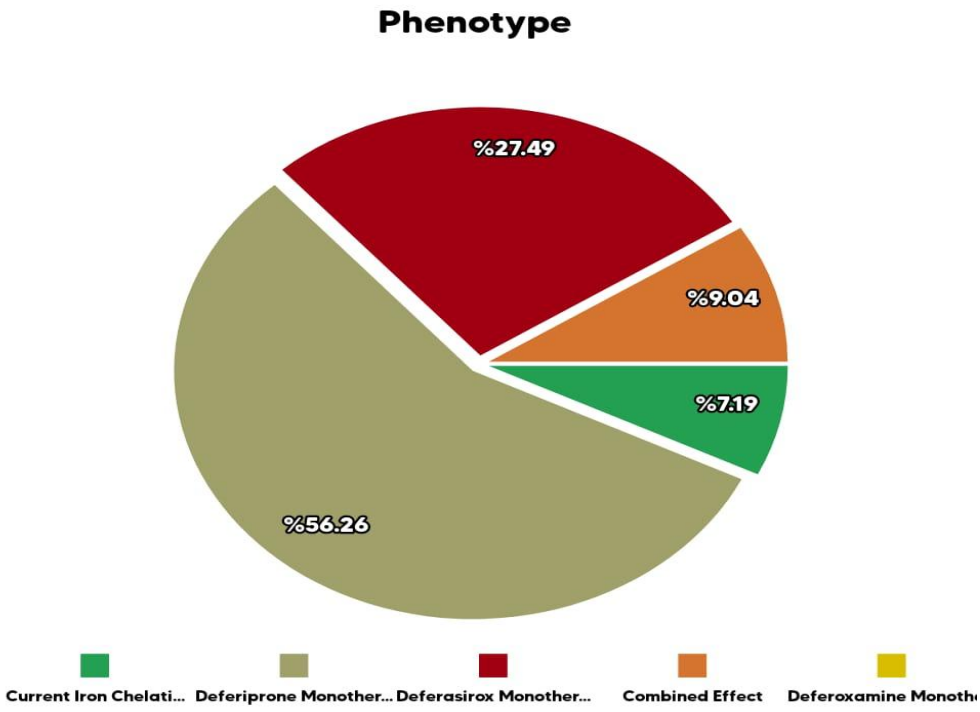

Fig 2. This pie graph is indicating about effects of Deferiprone and Deferasirox and Deferoxamine on patients and their combined effects on patients in hybrid conditions.

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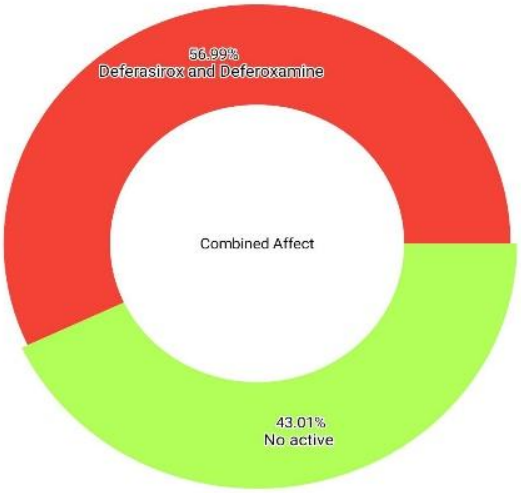

Fig 3. Shows 56.9 % patients were affected and positively influenced by combined effect of Deferasirox and Deferoxamine and about 43% was not positively influenced by it.

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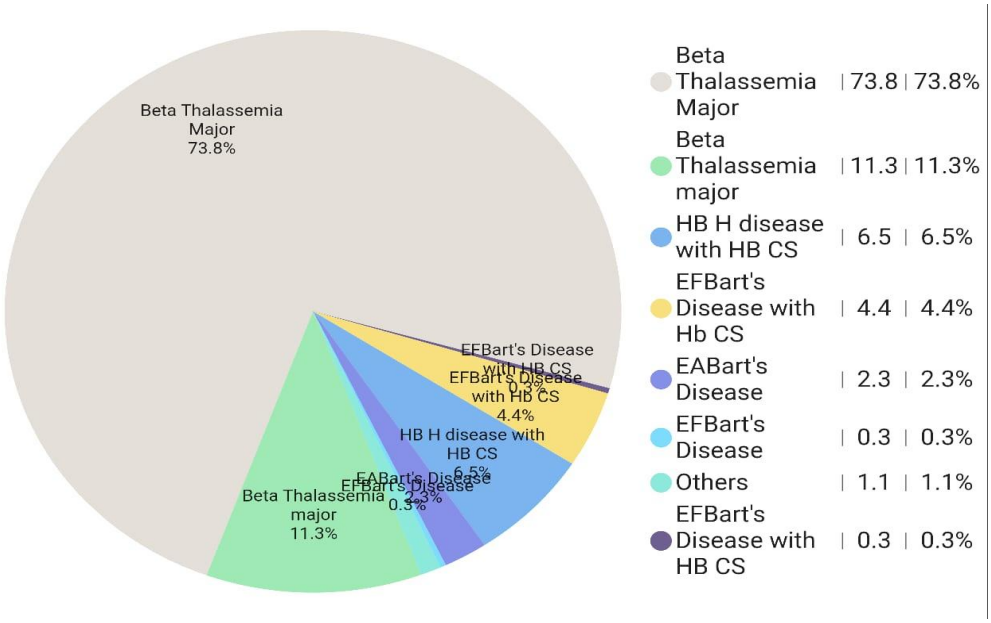

Fig 4. It's indicating about ratio and percentage of beta thalassemia major and minor and some Hb disorders relate with other ones, EFBart's disease affliated with other distributed hemoglobin disorders.

Discussion

Thalassemia is the most frequent single-gene disorder in the world. More than 60000 are affected with thalassemia each year in the world (Cao & Kan, 2021). Thalassemia is not preventable since they are inherited; "inherited" implies that they are passed down from parents to children. However, these bleeding abnormalities can be detected before birth with pre-birth diagnostics. From no symptoms to severe complications, we classify thalassemia into thalassemia minor, intermedia and major. In Pakistan, thalassemia major is one of the most widely recognized with an estimated 100,000 active cases (Kanat Hur et al., 2018). Thalassemia causes a variety of consequences, including growth retardation, endocrine malfunction, gradual liver failure, and

heart failure. Thalassemia is treated with regular blood transfusions and then iron chelation therapy is needed to reduce transfusion-related complications. Therefore, it is critical to consider this disease because it has the potential to be fatal (Karimi et al., 2011). Prenatal diagnosis and preventive interventions can reduce the severity of this condition. The current study summarizes thalassemia, its types, epidemiology, causes, and complications (Cao & Kan, 2021). Kids with persistent hematological issues can be inclined towards nervousness and a burdensome mindset due to social issues like partition from family, confined social exercises, physical and facial distortions, demise tension, and constraints in school and play exercises (Karimi et al., 2011). In 1975, Administration of deferoxamine through IM route became obtainable to the majority of Italian patient role, otherwise regular subcutaneous infusions was started between 1979 to 1981 (BORGNA-PIGNATTI, Rugolotto et al. 1998)

It is conceivable that uninformed, poor and socially mal-adjusted guardians are more impacted in contrast with the people who are taught, financially sound and socially composed. Kids should be hospitalized more than once, swear off tutoring and can't perform day-to-day exercises, including playing like different offspring of their equivalent age bunch. In the article, it has been accounted for that providing mental or mental guidance to patients is valuable for their development in both adherence to treatment and mental personal satisfaction. These counselling sessions can influence personal satisfaction in patients with BTM. Correspondence among family and wel l-being colleagues additionally enhances personal satisfaction. Patients and family should collaborate with a variety of healthcare professionals to improve their care (Musallam & Taher, 2017). The clinical variety of thalassemia in the developed world has been evolved vividly in the 3 decades since the introduction of deferoxamine chelation (Cunningham 2010).

Conclusion

This study was completed on 1000 patients and 717 patients 34.7% of important terms. No one decreased by 96.2% compared to 9.1%, the population% (43%) β-tale and 495% (55%) of class α. This reflects different models from different countries. Most residents are made up of 6% (5.8), Africa (4.8%), other yards (no other houses) and other yards (up to 0.8%). The pretransfusion hemoglobin concentration was consistently greater than 8.0 g/dL in one case, greater than 9 g/dL in four cases, and greater than 9.5 g/dL in three cases compared with 10 g/dL in three cases.

140 participants out of all the subjects (56.4% male and 43.6% female) having beta-thalassemia mutations finished the investigation. The participants were divided into teenagers (42%) and children (58%). Considering the sexual characteristics described by the caretakers, 22% of the participants are the opposite sex. Youth was found in 16.5% and 29.5% of the young. 96% of patients were recommended iron therapy. Deferoxamine is the best iron chelator that more than 64% of subjects used 3-6 times a week. 25.7% of the study participants had osteoporosis at a young age, which was more common in young men (31.6%) than in young women (18%). Thalassemia was diagnosed in 41.4 % of patients in this review. Weight loss and height were more common in adolescents (44.3, 58%) than in pregnant women (19.7, 35.5%). Analyzes of dietary intake show that energy intake is 57% of the Recommended Dietary Allowance (RDA), equivalent to half of a person's basic needs. The ADA's response to minerals associated to health of bone, like phosphorus, calcium, zinc and vitamin D was not complete. Hyper-glycemia was found in 25.5 % of the young women. 11.9% have a high TSH level and 2.5% a low TSH level.

All have elevated serum ferritin levels. Low sensitivity (Hb\ 10 g/dl) was found in 75.8% of subjects. Young men are more vulnerable than women. Arrhythmias, myocardial insufficiency, and pericarditis are heart conditions that result from an elevated iron burden in people with thalasseemia.19 With a ratio of 22.4%, cardiac conditions were the second foremost concerns in the research we performed.(Yaman, Pamir et al. 2013).

The study found that more than 90% of people with thalassemia were deficient in vitamin D as shown in Fig.5

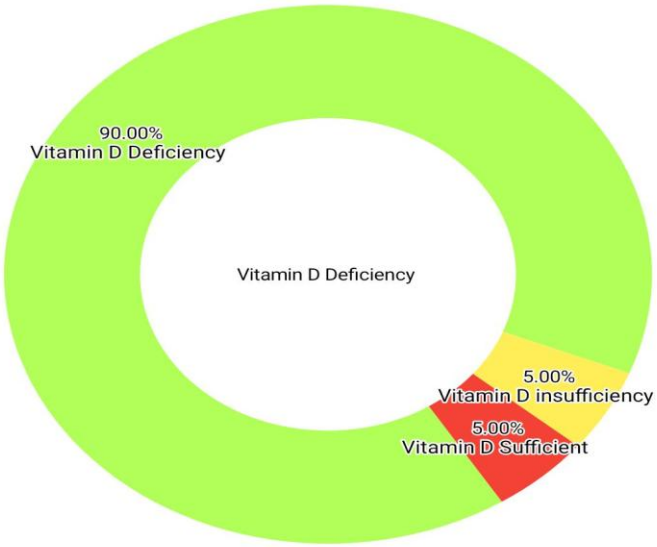

Fig 5. Pie Graph is showing about Vitamin D sufficiency, insufficiency and deficiency in related patients of Thalassemia majorly.

Bone mineral density (BMD) was determined by using age and orientation data from the Indian stable data. Considering these levels, only 82% of subjects had low BMD in the lumbar spine, while 52% had low BMD in the femur. Diet and macronutrients such as zinc, iron and vitamin E are directly associated with BMD. The two subgroups' means for each quality of life categories and age were compared utilizing the T-test, and each of the nominal explanatory variables then

compared using the Chi-square test.(Ansari, Baghersalimi et al. 2014). The sole curative treatment for patients with TM is the procedure of bone marrow transplantation, which has been associated to the reversal of metabolic bone disease in TM patients as measured by DEXA, blood osteocalcin, osteo-specific alkaline phosphatase enzyme, and urinary deoxypyridinoline concentrations (Haidar, Musallam et al. 2011). The idea of curing beta-thalassemia patients through gene-editing of bone marrow cells to produce β-globin was first introduced in 1978 at the University of California, Los Angeles (UCLA) (El-Beshlawy, El-Ghamrawy et al. 2019).

Patients with thalassemia are known to have liver illness as a common cause of death after the age of 15. A second side effect of transfusions that causes iron-induced liver damage is hepatitis C virus infection, which is the most prevalent cause of hepatitis in children with thalassemia (Olivieri and Brittenham 1997).

Blood transfusion and iron chelation therapy are standard treatments of thalassemia. Bone marrow and stem cell transplant are the only known cure for beta thalassemia. According to some studies people with thalassemia are found to be deficient in vitamin B12. Supplements with this vitamin may help. Deferiprone is used as a chelating agent, which is often prescribed for thalassemia. Penicillin V is the drug of choice (DOC) in thalassemia patients for prophylaxis who have undergone a splenectomy. Folic acid supplements may also help patients with anemia.

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