

Managing Thalassemia

Robert Mannino, PhD

Thalassemia patient

Robert: The major way my life is different than other young adults who don't have a blood condition is just that I have to think about a little bit more than most people do. For instance, a healthy young adult my age doesn't really see the doctor all that often. Maybe once a year. Whereas I have to constantly be thinking about when do I need to schedule my appointments and whether or not I'm getting the treatment I need, in addition to the fact that blood transfusions caused me to have to miss work and school. It just requires a lot more planning.