

## $\beta$ -Thalassemia and coronary artery disease

**Mohammad Javad Zibaeezhad**  
Shiraz Medical University, Iran

**B**-thalassemia belongs to the group of hemoglobinopathies, which is the most common monogenic disorder in the world population.

Homozygous B-thalassemia is the most severe presentation of the disease. It is estimated that there are at least 20000 individuals with this disorder in Iran; and despite tight screening control, around 400 affected infants are still born annually, which is a major burden on our health system.

Minor Beta-thalassemia is a disorder without any special symptoms, which only causes mild anemia. In thalassemia patients, accelerated erythropoiesis and enhanced cholesterol consumption have been suggested as a dominant mechanism of low level of lipoprotein. Hyperlipidemia is a risk factor for cardiovascular disease, although low level of serum lipids can act as a protective factor.

Several studies show low incidence of myocardial infarction and coronary artery disease in Beta-thalassemia patients.

[zibaem2@gmail.com](mailto:zibaem2@gmail.com)