

System	Investigation	Age to Start	Frequency
Iron Load	1. Serum Ferritin 2. Liver MRI 3. Cardiac MRI	• Pre-Transfusion	1. q 3 months 2. q 6-24 months 3. q 6-24 months
Chelation associated	Refer to table 5 for chelator specific side effects and monitoring		
Liver Function	Liver enzymes	• Pre-Transfusion	q 3 months
Cardiac Function	1. Physical Examination 2. Echo, MUGA scan or T2*MRI Holter PRN	• At diagnosis	1. q 6 months 2. Annually
Endocrine Function	1. Growth chart, sitting and standing height 2. Hypogonadism (Puberty staging) 3. Hypothyroidism (TSH) 4. Hypoparathyroidism (Ca, PO4, PTH) 5. Diabetes (OGTT, Fructosamine if available)	• At diagnosis • 10 years • 10 years • 10 years • 10 years	1. q 6 months until reached final growth? 2. Annually until complete puberty 3. Annually 4. Annually 5. Annually
Bone	Osteopenia/Osteoporosis (DEXA scan)	• 10 years	1. q 3-5 years
Infections	1. Hepatitis B sAg, sAb 2. Hepatitis C serology 3. HIV serology	• Pre-Transfusion	1. q 2-3 years

*unless ferritin is low, serum ferritin monitoring is indicated every month

Table 6: Recommended Monitoring for Complications of β Thalassemia