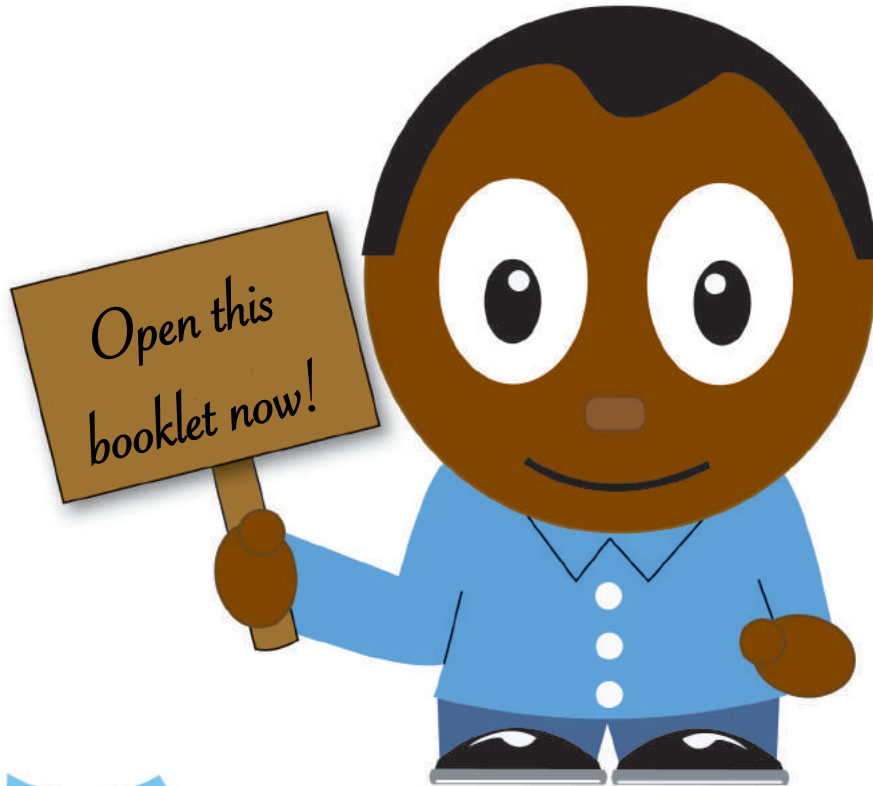


*12 tips from Tommy on
Sickle Cell Disease*



What is sickle cell anemia?

Sickle cell disease is a genetic disease of the blood, also called sickle cell anemia. It results in an abnormality in the oxygen-carrying protein haemoglobin found in red blood cells.

Sickle cell disease is the presence of abnormal hemoglobin **S**, instead of normal hemoglobin **A**. Hemoglobin **S** deforms the red blood cell which circulates less well in the blood vessels and can create kinds of plugs.

What are the symptoms?

Sickle cell disease results in anemia (lack of hemoglobin) caused by the destruction of red blood cells, and complications can occur in the form of painful crises accompanied by severe hemolysis and vaso-occlusive disorders (the blood vessels become blocked).

The main symptoms of the disease are:

- Anemia
- Edema of the hands and feet in infants
- Susceptibility to infections
- Splenomegaly (swelling of the spleen)
- Painful vaso-occlusive crises

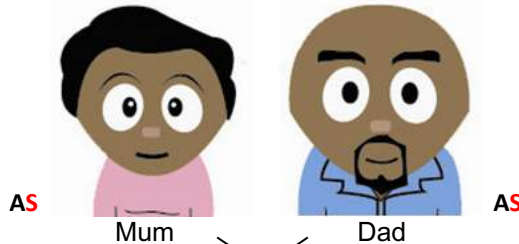
Sickle cell disease is not contagious, it is an inherited disease transmitted by the father and the mother.

Take the example of Tommy's family:

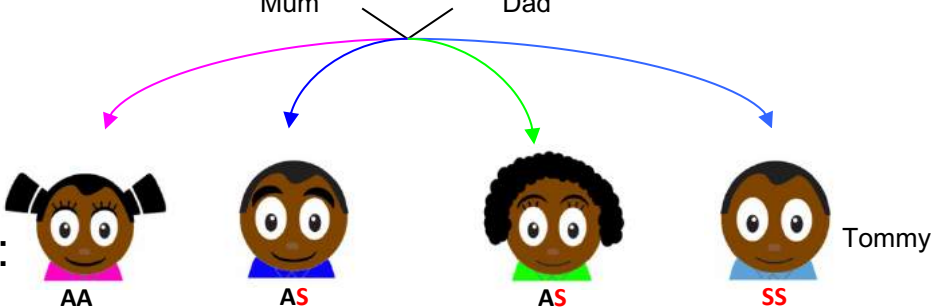
Tommy has sickle cell disease (**SS**) because he received a sickle cell trait (**S**) from his mum and dad. If Tommy has brothers and sisters, they can be:

A/A, **A/S** or **S/S**.

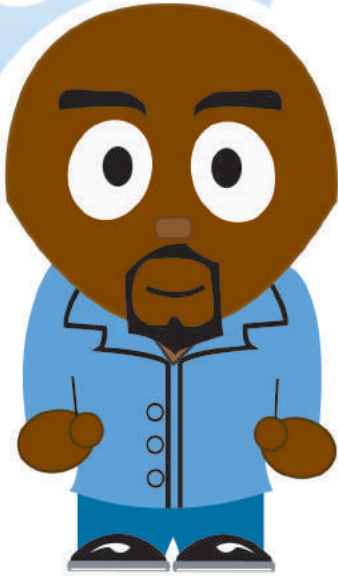
Parents:



Children:



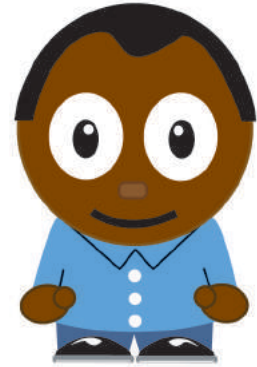
Dad



Mum



Tommy



Little Tommy has sickle cell anemia. Here are some tips he should follow to avoid seizures.

TIP 1: HYGIENE



1. Brush your teeth well.





2. Wash your body well.



3. Wash hands before
each meal.



TIP 2: WATCH FOR FEVER



If the fever exceeds 38° C:
consult your doctor.

If the fever exceeds 38.5° C, go to hospital urgently.





TIP 3:



X 3 liters (water)

1 . Drink about 3 liters per day. For a child, it depends on his weight.

TO DRINK A LOT OF WATER



2. In hot weather, drink more water to avoid dehydration.





TIP 4:



NEVER LACK OF OXYGEN

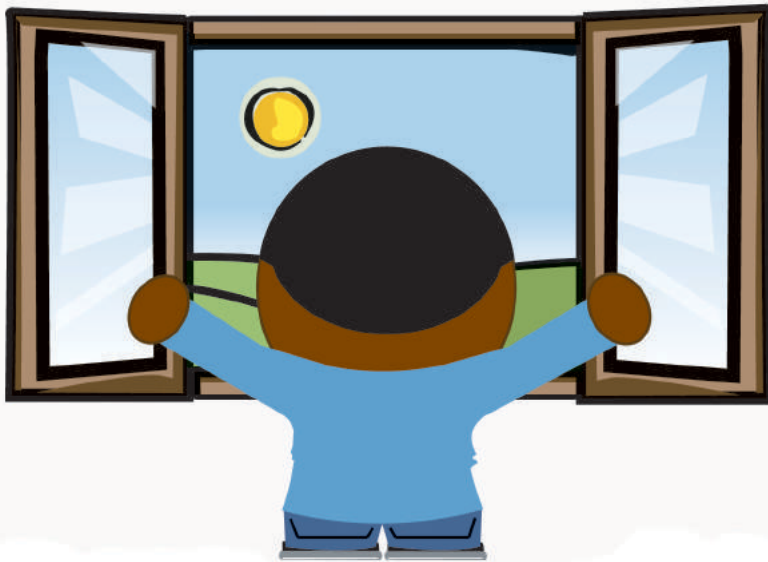


+1500 M



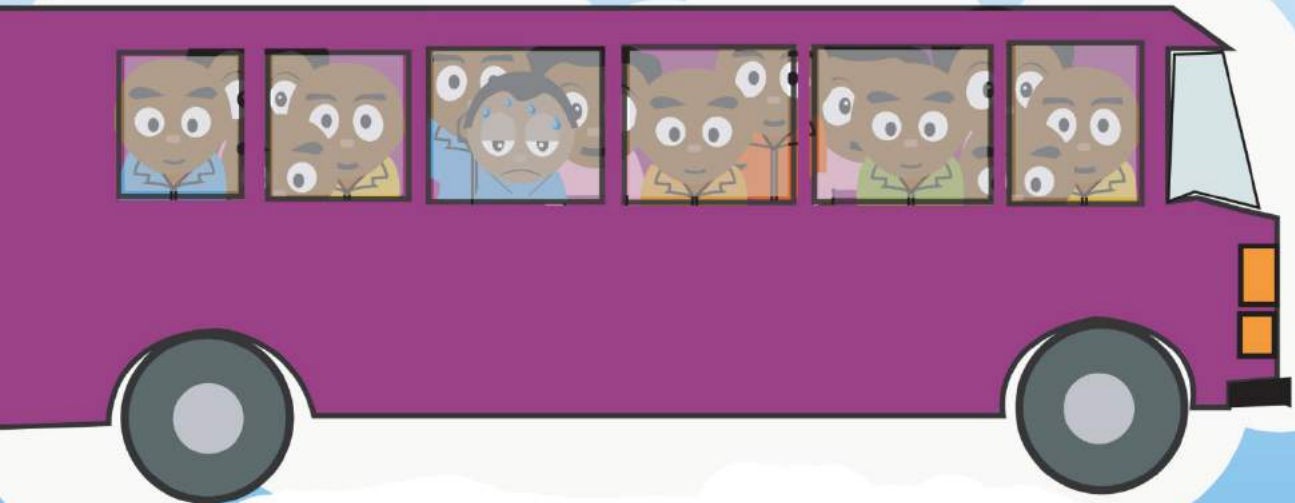
No stay at altitude above 1500 meters.

TIP 5:



1 . Always ventilate well at home.

AVOID POORLY AIR CONDITIONED SITES



2 . Avoid uncomfortable and long distance means of transport.



TIP 6:



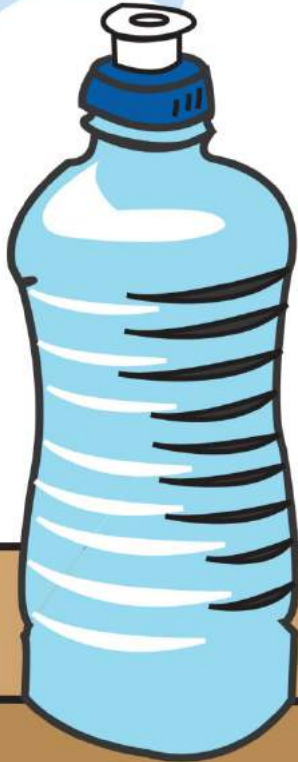
Avoid air travel that is poorly or not pressurized and warn your doctor several weeks before departure.

TRAVEL PRECAUTIONS





TIP 7: FOOD



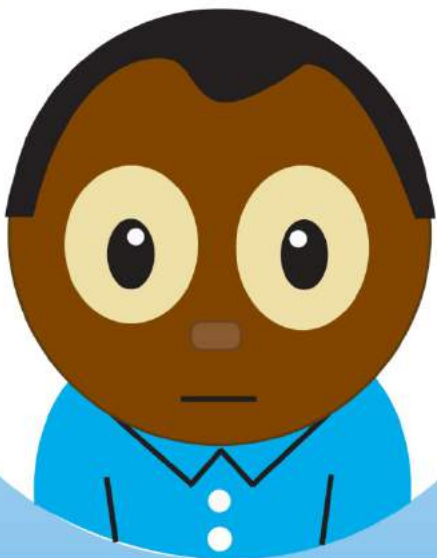
Eat a healthy and balanced diet.







TIP 8:



1. If the eyes get much yellow, drink more water and go to the hospital.

MONITOR EYE AND URINE COLOR

2. If the urine turns reddish-brown, especially after a transfusion, go to the hospital.





TIP 9:



1. Avoid anything that can slow down or block the flow of blood (tight clothing, crossed legs).

BLOOD CIRCULATION

2. Drink 2-3 liters per day, depending on the weight of the child.

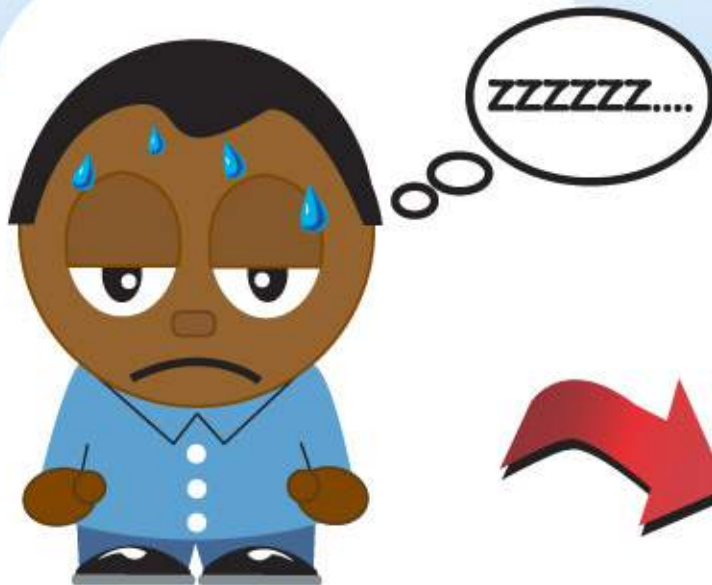


X 3 liters





TIP 10:



1. Going to hospital urgently if you become very pale or suddenly tired, this could be acute splenic sequestration.

IN CASE OF EMERGENCY

2. Go urgently to the hospital if you have very severe pain, resistance to pain medication, or if your erection has been painful for more than an hour.



z z
z z

TIP 11: LIFESTYLE



1. Respect a healthy lifestyle: rest well!

2. Play sports, but not violent physical exertion, nor competitive sport.





TIP 12: CONSULT



You have to see your doctor regularly,
even when everything is going well.

YOUR DOCTOR



NOTES

NOTES

