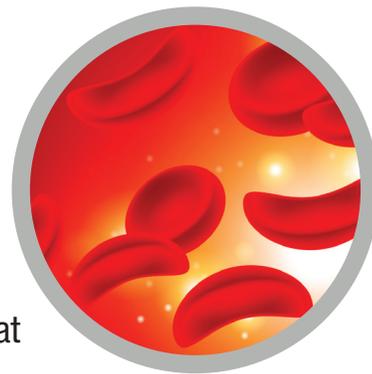


Sickle Cell Disease

Tips for Healthy Living

If you have sickle cell disease, you can live a full life and enjoy the things that most other people do. These tips will help you stay as healthy as possible.



CHECKLIST



Good Health Care

- ✓ Work closely with your doctor to develop your own unique care plan
- ✓ Having a hematologist and a team of specialists is best when possible



Healthy Lifestyle

- ✓ Stay active
- ✓ Drink 8-10 glasses of water daily
- ✓ Eat a well-balanced diet
- ✓ Aim for 7-8 hours of sleep a night



Prevent Infections

- ✓ Children under 5 years old should take penicillin regularly
- ✓ Adults and children should get scheduled vaccinations, including flu shots
- ✓ Wash hands often



TOPICS TO DISCUSS WITH YOUR DOCTOR



Pain Control

- ✓ How has your pain been since your last visit?
- ✓ What do you do to control pain?



Treatment Options

- ✓ Can hydroxyurea help? Are there side effects to using it?
- ✓ Do you need blood transfusions?
- ✓ What lifestyle changes can you make to better manage symptoms?



Emotional and Social Support

- ✓ Are there people you could talk to or groups you could join?
- ✓ Discuss any fears, worries, or stresses you may be having



EMERGENCY GUIDE:

When to Seek Help

It's important to have a plan to get help quickly if there is a problem. Make sure the care facility you choose can obtain your health records, or keep a copy that you can bring.



Call 911 or seek emergency care right away for:

- ✓ Fever above 101°F
- ✓ Difficulty breathing
- ✓ Chest pain
- ✓ Abdominal (belly) swelling
- ✓ Any sudden problem with vision
- ✓ Severe headache
- ✓ Sudden weakness or loss of feeling and movement
- ✓ Seizure
- ✓ Painful erection of the penis that lasts more than 4 hours
- ✓ Pain anywhere in the body that will not go away with treatment at home



National Heart, Lung,
and Blood Institute