For People Who Have Sickle Cell Trait (AS)

BE INFORMED:
Here are 5 things to know

1. You have one Sickle gene (S).
   - Genes are what cause parents to pass traits (like eye color) or health conditions (like Diabetes) along to their children. The Sickle gene (S) affects the red blood cells.
   - Sickle Cell Trait (AS) occurs when a person inherits a Normal gene (A) from one parent, and a Sickle gene (S) from the other.

2. Sickle Cell Trait is usually a very mild condition.
   - Sickle Cell Disease is a serious blood disease that can be very painful.
   - Sickle Cell Trait is NOT Sickle Cell Disease. It does not make people sick the way Sickle Cell Disease does.

3. Problems with Sickle Cell Trait are RARE.
   - Most people with Sickle Cell Trait (AS) cannot tell that they have it. Millions of people have Sickle Cell Trait (AS). They are fine, and they lead active lives.
   - A few people with the Trait (AS) may have:
     - Blood in the urine, from time to time
     - Some pain and discomfort at high altitudes (like in the mountains or in certain cities that are high above sea level)
     - Problems with extreme exercise in hot, humid weather, when not drinking enough water

   IMPORTANT: See other side