THE BEAR NECESSITIES OF SICKLE CELL
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UT HEALTH, SAN ANTONIO, TEXAS

AND

LEXIE MUTCH
WHAT MAKES ME SPECIAL?
I HAVE SICKLE CELL!
RED CELLS ARE **SOFT AND SQUISHY**
SICKLE CELLS ARE **HARD AND STICKY**
SICKLE CELL WON'T GET ME DOWN
'CUZ I HAVE MY TEAM AROUND
SICKLE CELL WON'T MAKE ME BLUE
'CUZ I KNOW JUST WHAT TO DO

WHAT'S YOUR RHYME?
(MILITARY CADENCE)
HOW ARE YOU FEELING?
ARE YOU FEELING BAD?

TELL SOMEONE!
TAKE YOUR PAIN MEDICINE

USE THE RACE TRACK TO MARK EACH DOSE YOU TAKE

MY MEDS ARE:

1: ____________________

2: ____________________

3: ____________________
WIN THE PAIN GAME

INSTRUCTIONS
- Color in the spaces for each medication you take
- Start with med 1
- If you are not feeling better within 2 hours, add med 2
- Alternate med 1 and 2 every _____ hours
- After _____ hours if you are still having pain, add med 3 and call your nurse. Phone: ____________

Always follow the pain management plan that your sickle cell team has made for you.
REMEMBER TO

DRINK LOTS OF FLUIDS
USE A WARM BATH OR HEATING PAD TO APPLY HEAT WHERE IT HURTS
REST AND TAKE IT EASY
WHERE DO YOU HURT?
Review

What can you do?

☐ ______________________

☐ ______________________

☐ ______________________

☐ ______________________

☐ ______________________
ABOUT

AARON ARDOIN FOUNDATION

The Aaron Ardoin Foundation for Sickle Cell Research and Education stands as a vehicle of hope for the courageous children, adults and families that suffer with the disease.

Find more info at: www.aaronardoinfoundation.org

LEXIE LEIGH / ILLUSTRATOR AND FOUNDER OF THE FICKLE JAR

Lexie is an illustrator based in Rolla, Missouri who works in ink and watercolor. She finds inspiration daily on her family farm with her husband, two basset hounds, five ducks and three pigs.

Find more work at: www.theficklejar.com / Contact: hello@theficklejar.com

DONNA M. DOULTON, RN / UT HEALTH, SAN ANTONIO, TEXAS

How lucky am I to absolutely love what I do! I have been blessed to be able to nurse children and their families with sickle cell disease for over thirty years.

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YOU'RE A WINNER!