ADVICE At-a-Glance

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

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IMPORTANT: See other side
Contact your local sickle cell disease clinic.

To find one:
1. Ask your doctor.
2. Ask your local health department.
3. Visit the website of the American Red Cross.
4. Contact your local United Way.
5. Contact your local blue cross/ blue shield.
6. Contact your local hospital.
7. Contact your local health department.
8. Contact your local United Way.
9. Contact your local blue cross/ blue shield.
10. Contact your local hospital.

With sickle cell disease in the future:

- Contact your local sickle cell disease clinic. 
- Contact your local United Way.
- Contact your local blue cross/ blue shield.
- Contact your local hospital.
- Contact your local health department.
- Contact your local blue cross/ blue shield.
- Contact your local hospital.

Most important: 

- You can have a baby.
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