

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

IMPORTANT: See other side

4 The Sickle gene (S) runs in many families.

The Sickle gene (S) is found in people from many different countries. It is found in:

- Africans, African-Americans, West Indians
- Latinos, Brazilians and in other people from Central and South America
- Italians, Greeks, and other people from other Mediterranean countries
- East Indians, Asians and people from countries in the Middle East

5 MOST IMPORTANT: You CAN have a baby with Sickle Cell Disease, in the future

- **You can pass your Sickle gene (S) along** to any of your children in the future.
- **So, find out if your partner also has a gene that can cause Sickle Cell Disease.**

It could be an (S) gene or another gene. If so, any of your children can be born with the disease. Ask him or her to be tested to find out.

Contact your local Sickle Cell Disease organization or clinic at:

or

Contact our national office at:



**National Coordinating
and Evaluation Center**

Sickle Cell Disease and Newborn Screening Program

Contact National Coordinating and Evaluation Center
at SCDA National Headquarters
231 E. Baltimore Street Suite 800
Baltimore, MD 21202
410-528-1555 (Phone)
410-528-1495 (Fax)
1-800-421-8453 (Toll Free)
www.sicklecelldisease.net

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