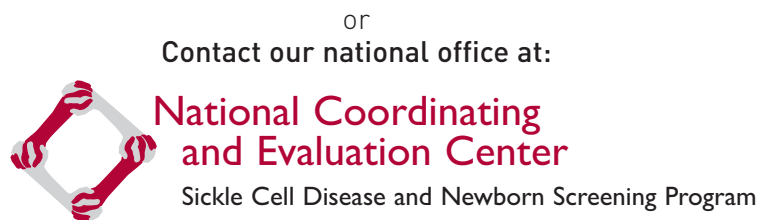


Here are 5 things you can do

Take time to find out more about some important things:

- 1 Where and how to get tested
- 2 Where to get reliable advice and counseling about test results
- 3 What Hemoglobin is (Hee-mo-glo-bin is a term you may hear)
- 4 What you should tell other family members about the Trait and why
- 5 Anything else you want to know about Sickle Cell Disease and Trait

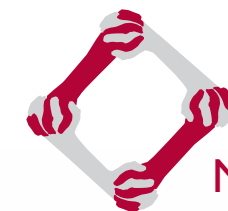
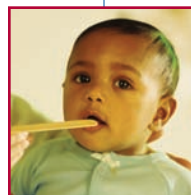
Contact your local Sickle Cell Disease organization or clinic at:



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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Your New Baby Has Sickle Cell Trait



**National Coordinating
and Evaluation Center**

Sickle Cell Disease and Newborn Screening Program



Find Out What You Should Know and Do for Your Family

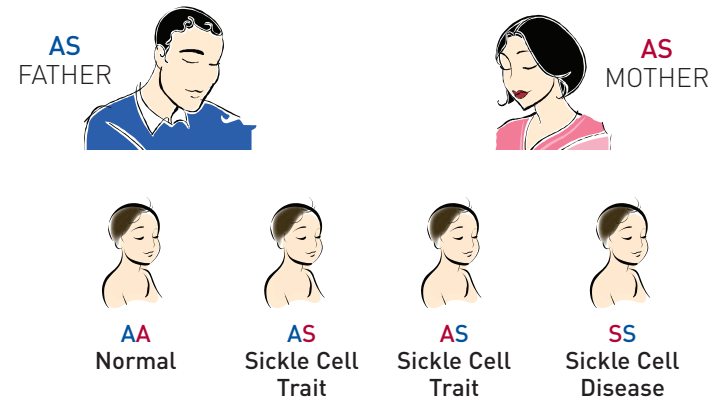
Here are 5 things you should know:

Put a check (✓) next to each point that you understand.

- 1. At least one of your baby's parents has a Sickle gene (S).**
 - **Genes** are what cause parents to pass traits (like eye color) or conditions (like Diabetes) along to their children.
 - **One parent** passed a Sickle gene (S) along to your new baby. One parent passed a Normal gene (A) along. This is no one's fault. It just happens (See the example on the next page →).
 - **Sickle Cell Trait (AS)** occurs when a person inherits a Normal gene (A) from one parent, and a Sickle gene (S) from the other parent. So, it is not something you "catch".
 - **The Sickle gene (S)** is the one to be aware of. If it had combined with a gene other than the Normal gene (A), your baby could have had Sickle Cell Disease.
- 2 Your new baby does NOT have Sickle Cell Disease.**
 - **Sickle Cell Disease is serious and can be very painful.** Sickle Cell Disease is a disease of red blood cells.
 - **Sickle Cell Trait is usually a very mild condition.** Most people with Sickle Cell Trait never even know that they have it. They carry a Sickle gene (S). But their Normal (A) gene keeps them from getting really sick.
 - **Millions of people have Sickle Cell Trait and they are fine.** There are football players, firefighters, and other very active people who have Sickle Cell Trait.
- 3 IMPORTANT: You CAN possibly have a baby with Sickle Cell Disease, in the future.**
 - **This can happen if either you or the other parent has an (S) gene** (a Sickle gene). Be aware of this.
 - **This is the main reason to know that your baby has Sickle Cell Trait (AS).** The Sickle gene (S) can cause problems if it combines with a gene other than the Normal gene (A).
 - Both parents do NOT have to be (AS) for this to happen.
 - Get tested to find out if this could apply to you. If you have already been tested, make sure the results were detailed and correct.

Here is just *one* example.
Get tested to find out what genes YOU have.

Each parent has 2 genes.
And each parent passes 1 gene along to the baby.



So, with each pregnancy, these 2 parents could have a baby with any one of these pairs of genes. It just depends on how their genes combine.

- 4 This Sickle gene (S) can affect your child's children, in the future. It runs in families.**
 - **When your baby with Sickle Cell Trait (AS) grows up:** he or she could possibly have children with Sickle Cell Disease. It depends on what genes the other parent has.
 - **This Sickle gene (S) can be passed along.** It can be passed along to your grandchildren. So, when your child gets older, let him or her know this.
- 5 In RARE cases, Sickle Cell Trait (AS) can cause a few problems.**

A few people with Sickle Cell Trait may sometimes have certain problems. Let a doctor know if this ever happens:

- Blood in the urine, from time to time
- Some pain or 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

Sickle Cell Trait can never turn into Sickle Cell Disease.