

Issued by:



SICKLE CELL FOUNDATION NIGERIA
"BRINGING HOPE TO THE AFRICAN CHILD"

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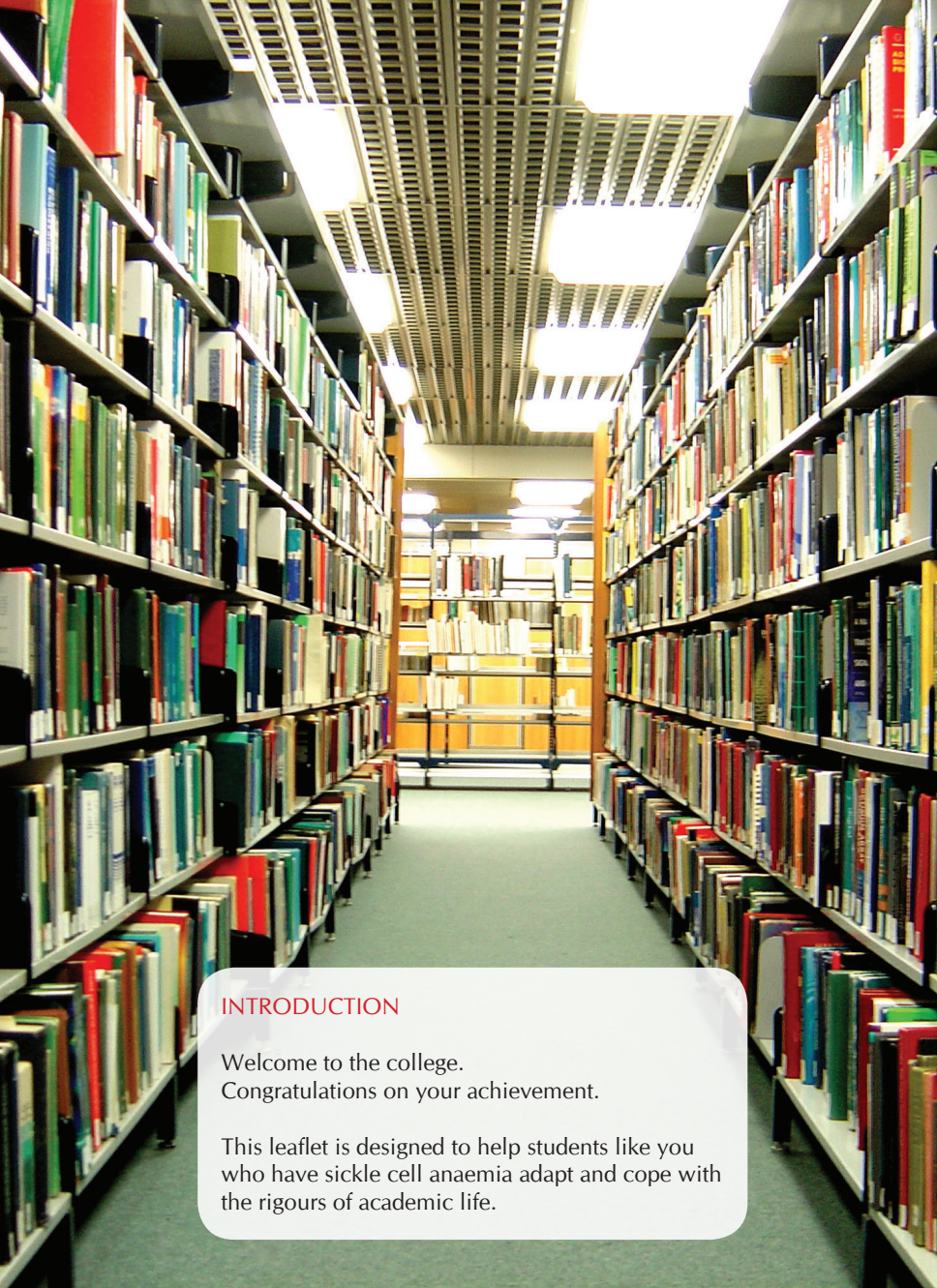


SICKLE CELL ANAEMIA

WHAT YOU NEED TO KNOW



SICKLE CELL FOUNDATION NIGERIA
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INTRODUCTION

Welcome to the college.
Congratulations on your achievement.

This leaflet is designed to help students like you who have sickle cell anaemia adapt and cope with the rigours of academic life.

Taking Responsibility For Your Health

SHOULD I TELL MY FRIENDS AND LECTURERS?

Taslim of Edo House has found it useful informing his lecturers and friends. They have shown empathy and he is always given college accommodation. If in crisis, there is ready assistance.

PREVENTION OF CRISIS

- a. You can take part in college activities BUT within your Limits.
- b. REMEMBER to take your drugs as usual.
- c. Take plenty of Fluids.
- d. Eat a balanced diet
- e. Our student members with sickle cell anaemia have found it very useful not to smoke, drink alcohol or keep very late nights.
- f. Study for a specified number of hours daily and rest in between.
- g. REMEMBER to inform your tutors when in crisis especially during examinations. You should also get a letter from your doctor to be given to your tutors.
- h. Do not isolate yourselves as other students and tutors can help you with missed lectures.
- i. PLEASE register with your college clinic and give them your medical history.
- j. JOIN the sickle cell club nearest to you, if you do not have one in your locality, you can start one or you can contact **National Sickle Cell Centre, Ishaga Road, Idi-Araba, Lagos**, for more information.
- k. Remember the other name for SS is Survival and Success.

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LIVING HEALTHY WITH **SICKLE CELL ANAEMIA**



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These are some of the things you can do to keep your Sickle Cell Child in a healthy state (Steady State)

What to do to keep a healthy state.

- 1** Drink plenty of water.

- 2** Eat a balanced diet that contains all classes of food in the right proportions, including fresh fruits and vegetables.

- 3** Take regular exercise. Take note of your limit of endurance and do not exceed it.

- 4** Keep yourself warm in cold weather, and cool in hot weather, with a hat to shade the sun if possible.

- 5** Attend a proper Sickle Cell Clinic and do not miss your appointments even if you have no complaints.

- 6** Take one tablet of folic acid daily.

- 7** Take malaria preventive medication regularly as recommended by your doctor. Use treated bed nets to limit mosquito bites.

- 8** Go to the hospital for prompt treatment when you are not feeling well.

- 9** Join the Sickle Cell Club nearest to you.

- 10** Call the National Sickle Cell Centre to arrange for counselling.

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THE SICKLE CELL TRAIT

FACTS AT A GLANCE



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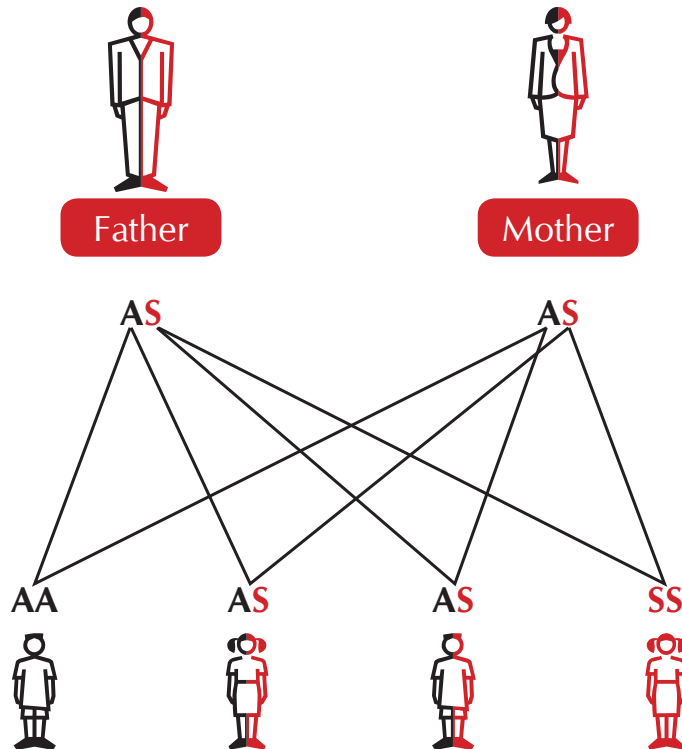


Fig. A1

What is Sickle Cell Trait?

It is a condition where one inherits haemoglobin A (HbA) from one parent and haemoglobin S (HbS) from the other parent i.e. the person has Hb genotype AS.

The word trait means that you do not have the disorder but that you could possibly pass it on to your children.

Note that the Sickle Cell Trait (HbAS):

- ~ It is not infectious
- ~ It is not caused by witchcraft
- ~ It is not an 'Ogbanje' or 'Abiku' condition
- ~ It will not change to Sickle Cell Disorder
- ~ It will not make you feel ill

How is it inherited?

You inherit it from your parents but if both you and your partner have the trait, in each pregnancy, the child has 2 in 4 (5%) change of having Sickle Cell trait (HbAS). (See Fig. A1)

How do you know that you are a carrier?

Do a special blood test call sickling emd Hb genotype test.

Where is it done?

In many reputable public hospitals or private laboratories