



What is Sickle Cell?

What is Sickle Cell Disease (SCD)?

Sickle Cell disease is the most common inherited blood disorder in the United States. People with SCD are born with it. This disease gets its name from the abnormal crescent or “sickle” shape that some red blood cells develop. Because of this shape and other abnormalities, sickled red blood cells can block the flow of blood through the body and cause recurring episodes of pain, or pain crises.

Signs and Symptoms

Most newborns who have SCD do not have symptoms until they are about 5 or 6 months old. Symptoms can vary from person to person and can change over time. A person may or may not have symptoms depending on how SCD affects their health. Some people have symptoms once in a while; others have symptoms very often.

Early Signs and Symptoms include:

- Yellowing of the skin and whites of the eyes
- Fatigue or fussiness from anemia
- Painful swelling of the hands and feet

Know the Facts. Get Informed. Be Empowered!

Diagnosis

SCD is diagnosed using different screening blood tests. You can find out if you carry the gene or have the sickle cell trait that you could pass on to a child, by having a blood test. Every state in the United States, the District of Columbia, and the U.S. territories require that hospitals test babies for SCD as part of a newborn screening program.

Treatment

SCD is a lifelong illness. The good news is that several new medicines that will help ease the symptoms have been approved over the last few years. After a diagnosis, your doctor may recommend one of these medicines. In certain situations, blood transfusions may work better to manage complications, including chronic pain. Currently, a bone marrow transplant is the only cure for SCD. But this is not for everyone. Many patients who have SCD either are too old for a transplant or do not have a donor who is a good genetic match.

To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs** website:

www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

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If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.