

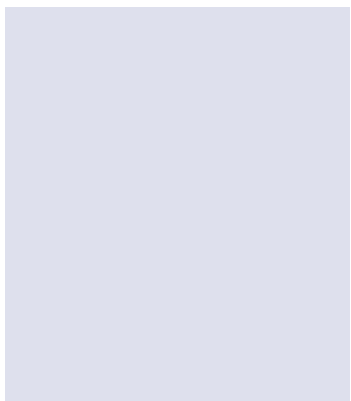
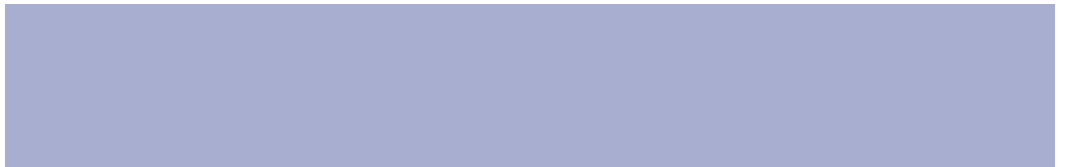
# Sickle Cell Today

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Volume 4 Issue 2

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# Iron Overload in Sickle Cell Disease

(continued from page 1)

+RZ LV LURQ RYHUORDG WUHDWHG"

&KHODWRUV DUH GUXJV WKDW KHOS LQ H[FUHWLRQ RI D PHWDO  
LRQ &KHODWLRQ WKHUDS\ LV WKH RQO\ DFFHSWHG PHWKRG WR  
PDQDJH WUDQVIXVLRQ UHODWHG LURQ RYHU ORDG LQ 6&  
6XSSOHPHQWDWLRQ ZLWK YLWDPLQ & PD\ KHOS WR  
LQFUHDVH LURQZIRFBIKMOBWLQJ DJHQWV DUH  
FXUUHQWO\ DYDLODEOH LQ WKH 8QLWHG 6WDWHV 86  
'HVIHUDO\ HUR[DPLQFRPPRQO\ JLYHQ WKURXJK  
D VPDOO PHFKDQLFDOO\ GULYHQ SXPS ZKLFK LV DGMXVWHG  
WR GHOLYHU WKH LQIXVLRQ VXEFXWDQHRXVO\ RYHU WR  
KRXUV QLJKWV ZHHN 'HVIHUDO LV ZHOO WROHUDWHG  
KRZHYHU FRPSOLDQFH ZLWK SURORQJHG LQIXVLRQ  
UHJLPHQV LV GLIILFXOW DQG VRPH VHULRXV VLGH HIIHFWV  
PD\ RFFXU WKDW LQFOXGH LQFUHDVHG ULVN RI EDFWHULDO  
LQIHFWLRQV DQDSK\OD[LV DQG KHDULQJ DQG YLVLRQ  
LPSDLUPHQW

,Q 1RYHPEHU WKH 86  
)RRG DQG 'UXJWVWRQLQ LV  
DSSURWB RUDO LURQ FKHODWRU  
([MDGH GHIHUDVLUR[ IRU WKH  
WUHDWPHQW RI LURQ RYHUORDG GXH WR  
PXOWLSOH EORRG WUDQVIXVLRQV LQ  
SDWLHQWV DJHG \HUV DQG  
ROGH([MDGH LV D SLOO WKDW FDQ EH GLVVROYHG LQ ZDWHU  
DQG WDNHQ E\ PRXWK RQFH D GD\ \$ VKRUW WHUP VWXG\ LQ  
6&' SDWLHQWV KDV VKRZQ ([MDGH WR EH FRPSDUDEOH WR  
'HVIHUDO LQ WHUPV([MIDGHIILFDFQRZ  
FRPPHUFLDOO\ DYDLODEOH DQG LV SUHIUDEO\ SUHVFULHGH  
IRU °° |° UD@`° VFX° p8™ p ° @ p0at8€ fÉPH " at8 d



# 3 X W W L Q J 7 K L Q J V L Q 3 H U V S H F W

by Johnson Haynes, Jr., M.D., Director USA Comprehensive Sickle Cell Center

\$FFHVV WR KHDOWK LQVXUDQFHVSRQGMDOWWRWKHGXUHVH  
 WKH ZHOO EHLQJ RI LQGKYLGXDOVWZHWKZHFNOHG  
 FHOOG LVVHVVH :KLOHLQVQRZQFHFRUWRIUDQFH  
 FRPPRQO\ LJQRUHG LQGLYLGXDFRQVWZLQGLYLGLXDOV  
 JHQHWLF DQG FKURQLFVHDFHGDOFVWLF ILEURXGLV  
 FRQGLWLRQV KDYH GLIDFXOWNLHO\ RERWDHQRQW  
 KHDOWK LQVXUDQFH 5HZKHOVFRFRISDUODUWR LQGLYLGXDOV  
 VFDOH VXUYH\ SXEOLVRUHG UHDOV WWRUFRORQ FDQFHU  
 \$PHULFDQ -RXUQDO RI OHGHSFDUW\*HQKDWLFRXUUHQW  
 3DUW \$ 9RO \$ JHQHWLF GLVFULPLQDWLRQ LQGLYLGXDOV  
 DGGUHVHVG H[SHULHQFHGHDOVWWRVXGDUHV JHQHWLF ULVN RU  
 HQFRXQWHUHG E\ LQGLYLGXDOVWWRVXGDUHV WKDQ DFWXDO GLVHVVH  
 JHQHWLF DQG QRQ JHQHWLFVHGFGLFDQWO\ FXUUHQW OHJLVODWLRQ  
 FRQGLWLRQV ZKHQ VHGRLQQRWHDGGRUWIKIVV WKH FKDOOHQJHV IDFHG  
 LQVXUDQFH ,Q WKLV VVEXGLQGLDGGXDOVWWRVXGDUHV JHQHWLF FRQGLWLRQV  
 SDUHQRV RI FKLOGUHQ ZKHQ HDLWKHUVNDFNOFHOO GLVHVVH RU  
 FHOOG LVVHVVH FVWLF LQGLYLGXDOVWWRVXGDUHV IRU FRQGLWLRQV VXFK  
 DQG +,9 KXPdq LPPXQDGHUFDHQRV\RU FRORQ FDQFHU ZKR WU\ WR  
 YLUXV DQG DGXOWV ZDVLQRDLDQVDFEHWVRWR KHDOWK LQVXUDQFH  
 EUHDVW RU FRORQ FDQFHUHQ[SHULHQFH RI DOO LQGLYLGXDOV  
 ZHUH FRPSDUHG 2I WKH UHVSRQGLQXDOV WKH VXUYH\ WKRXJKW

## Health Maintenance and Prevention

\*DUGDVLO WKH ILUVW YDFFLQH IRU SUHYHQWLRQ RI FHUYLFDO FDQFHU  
 \$GPLQLVWUDWLRQ LQ 7KLV YDFFLQH FRPEDWV WKH FRPPRQ W\SHV RI  
 UHVSQRVLEOH IRU FHUYLFDO FDQFHU YXOYDU DQG YDJLQDO SUHFDQFHUV  
 KXPdq SDSLOORPDYLUXV +39 LV WKH PRVW FRPPRQ VH[XDOO\ WUDQVPLWW  
 DQ HVWLPDWHG PLOOLRQ SHUVRQV DUH QHZO\ LQIHFWHG HYHU\ \HDU ZL

7KH YDFFLQH LV DSSURYHG IRU SUHDGROHVFHQW JLUOV DJH \HDUV DGR  
 YDFFLQH VKRXOG LGHDOO\ EH DGPLQLVWHUHG EHIRUH 7KH YDFFLQH LW\SO  
 UHFRPPHQGHG GXULQJ SUHJQDQF\ 7KH YDFFLQH LV JLYHQ LQWUDPXVFXOD  
 GRVH WZR PRQWKV DIWHU WKH ILUVW GRVH DQG WKLV GRVH VL[ PRQWKV

\*DUGDVLO LV QRW D UHSODFPHQW IRU UHJXODU URXWLQH FHUYLFDO FD  
 QRW D WUHDWPHQW IRU DFWLYH JHQWLFVHGFGLFDQWO\ WWRUFRORQ IRQW KHQDQGHG DV  
 SULPDU\ FDUH SURYLGHU RU \*LQFRORJLVW

5HIHUHQFHV  
 +<3(5/,1.KWWS ZZZ XSVZBDSWFRDWH FRP  
 +<3(5/,1.KWWS ZZZ FGFZRYFBFZJRY PPZU

\$UGLH 3DFN 0DELHQ 061  
 &OLQLFDO 1XUVH 3UI

From the Desk of Stephanie Durggin, RN

/H DUQ WR 7DON WKH 7DON  
7HUPV <RX 1HHG 7R .QRZ

\$&87( &+(67 6<1'520(

,QGLYLGXDOV ZLWK VLFNOH FHOQ GLVHVDH ZKR KDYH D QHZ DEQRUPDOLW\ R  
FKHVW SDLQ FRXJKLQJ GLIILFXOW\ EUHDWKLQJ DQG IHYHU 7KH FDXVH F  
LQIODPPDWLRQ RU WUDSSHG UHG EORRG FHOOV LQ WKH OXQJV

\$3/\$67,& &5,6,6

\$Q HSLVRGH ZKHQ WKH ERQH PDUURZ VW  
7KH EORRG FRXQWV PD\ IDOO PXFK OR  
KDSSHQV LW LV XVXDOO\ ZLWK D IHYHU F

\$9\$6&8/\$5 1(&526,6

\$ FRQGLWLRQ LQ ZKLFK SRRU EORRG VX  
OHGV WR ERQH GHDWK 7KH KHDG RI WK  
DUH WKH PRVW FRPPRQ VLWHV RI LQYROY  
QHFURVLV DQG RVWHRQHURVLV

\*\$//6721(6 &+2/(/,7+,\$6,6

6PDOO SHEEOH OLNH VXEVWDQFHV WKDW  
\*DOOVWRPHV LQ VLFNOH FHOQ GLVHVDH IU  
ELOLUXELQ

## Quick Reminder! Flu season is just around the corner.

\$GXOWV DQG FKLOGUHQ ZKR KDYH D FKURQLF GLVRUGHU UHTXLULQJ F  
GLVHVDH KHPRJORELQRSDWKLHV VLFNOH FHOQ GLVHVDH RU FRQGLWLR  
YDFFLQH DQQXDOO\ 7KH IOX YDFFLQH SURPRWHV LPPXQLW\ WR WKH L  
SURGXFWLRQ

7KH RSWLPDO WLPH WR UHFHLYH WKH IOX YDFFLQH IRU DGXOWV DQG FK  
WKH LQIOXHQJ D YLUXV 7KH IOX YDFFLQH FDQ EH JLYHQ WKURXJK WKH PR  
DYDLODEOH 7KH IOX VHDVHQ 7KH IOX YDFFLQH FDQ EH JLYHQ WKURXJK WKH PR  
VWURQJO\ UHFRPPHQGHG \RX GR QRW GHOD\ REWDLQLQJ \RXU IOX YDFFLQ  
&RQDFW \RXU SULPDU\ FDUH SURYLGHU RU ORFDO KHDOWK GHSDUWP  
DSSRLQWPHQW

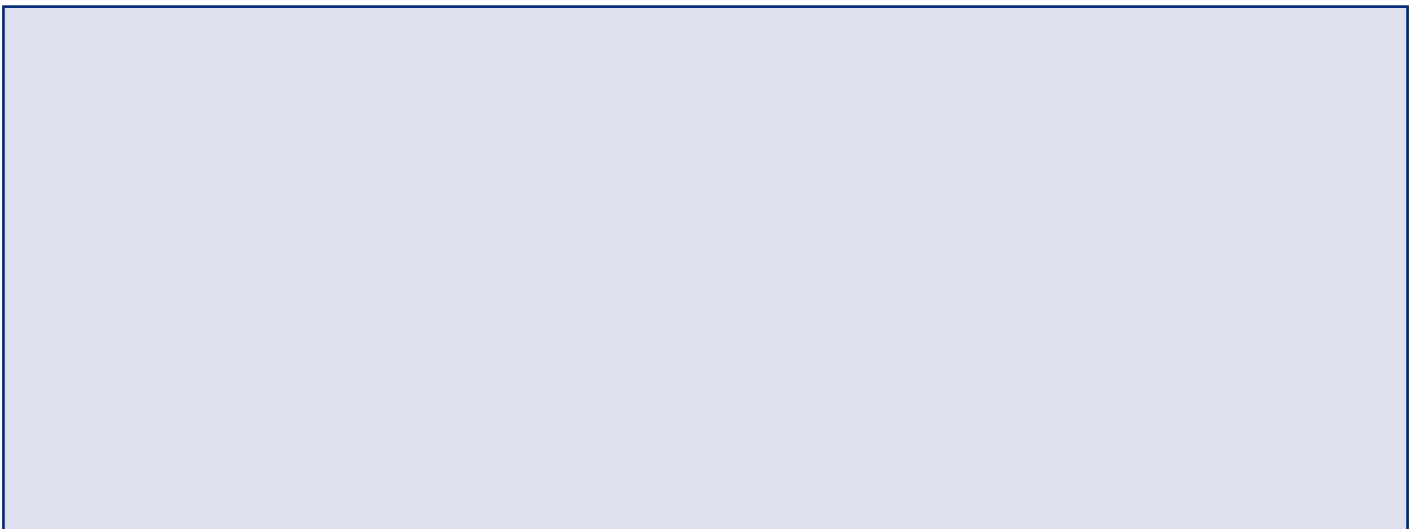
## 9th Annual Blood Drive

7KH \$QXDO 6LFNOH &HOO &HQWHU %ORRG 'ULYH ZLOO EH KHOG RQ 6DV  
+HDOWK &HQWHU DW 0/. 'ULYH IURP DP XQWLO SP )RUW\ WZR SU  
RI WKH WDUJHW JRDO (LJKW\ IRXU SDWLHQWV WKHLU IDPLOLHV DQ  
RI GRQRUV :H WKDQN DOO ZKR FDPH WR VKRZ WKHLU VXSROWW OXW\ WHD  
EORRG GULYH ZLOO DJDLQ EH VSRQVRUHG E\ WKH \$OSKD 3KL \$OSKD )UD  
&HQWHU 6LFNOH &HOO 'LVHVDH \$VVRFLDWLRQ RI \$PHULFD ORELOH &KDSV

## From the Social Workers Corner

0DQ\ RI WKH DGXOW VLFNOH FHOO SDWLHQWV ZH IROORZ LQ WKH 8  
YRFDWLRQDO JRDOV E\ DWWHQGLQJ FROOHJH RU ZRUNLQJ IXOO R  
LQGXVWULRXV IHZ WKDW PDQDJH WR DFFRPSOLVK ERWK +RZHYHU  
FRPSOLFDFWLRQ RFFXUV WKH HQG UHVXOW RIWHQ OHDGV WR D GL  
DEVHGFHV IURP ZRUN :KHQ DEVHGFHV IURP ZRUN RU VFKRRO EH  
LQVWUXFWRU V ZLOO W\SLFDOO\ UHTXHVW WKDW VRPH IRUP RI P  
SDWLHQW\U UHDVLRQ IRU EHLQJ DEVHQW 0DQ\ XQLYHUVLWLHV DQG  
SURJUDPV LQ SODFH WKDW SURYLGH DVVLVWDQFH WR VWXGHQWV  
SDWLHQWV WR FRQVXOW ZLWK WKHLU LQGLYLGXDO LQVWLWXWLRQV  
SURJUDP LV DUUDQJLQJ IRU D VSHFLILF FODVV OHFWXUH V WR EH V  
DWWHQG FODVV GXH WR LOOQHVV 8SRQ WKHLU UHWXUQ KRZHYHU  
GRFXPHQDWLRQ VXFK DV D KRVSLOWDO GLVFKDUJH VXPPDU\ RU HPH  
LOOQHVV UHVXOWV LQ DQ DEVHGFH IURP ZRUN DQG WKH FDXVH LV  
YHULILFDWLRQ WR WKH HPSOR\HU LI UHTXHVWHG WR GR VR

+RSHIXOO\ PDQ\ RI \RX ZLOO ILQG WKH DERYH LQIRUPDWLRQ EHO



&/,1,&\$/ 75,\$/6

<RX FDQ KHOS GRFWRUV EHWWHU XQGHUVWDQQ

\$UH \RX D PDOH ZLWK VLFNOH FHOO GLVHVVH"

'R \RX KDYH WLPH WR DQVZHU D IHZ TXHVWLRQV DERXW VLFNOH FH  
,I VR \RX PD\ EH HOLJLEOH WR WDNH SDUW LQ D VXUYH\ VWXG\

:KDW ZRXOG , KDYH WR GR"

\*LYH LQIRUPHG FRQVHQW

\$QVZHU D IHZ TXHVWLRQV DERXW \RXU VLFNOH FHOO GLVHVVH  
<RXGR QRW KDYH WR DQVZHU DQ\ TXHVWLRQV \RX GR QRW ZDQW

,V WKDW \$OO"

2XU UHVHDFK VWDII ZLOO DOVR UHFRUG LQIRUPDWLRQ IURP \F  
\RX KDYH KDG ZLWK VLFNOH FHOO GLVHVVH

+RZ ZLOO WKLV LQIRUPDWLRQ EH XVHG"

7R JDLQ D EHWWHU XQGHUVWDQQGLQJ RI FRPSOLFDWLRQV RI VLFNOH  
7RLPSURYH WUHDWPHQW RI FHUWDLQ FRPSOLFDWLRQV RI VLFNOH

\$6 \$7+\$1. <28 )25 <285 7,0( <28 :,// 5(&,(9( &203(16\$7,21 )25 3\$57,&,3\$7,1\* ,  
)RU PRUH LQIRUPDWLRQ SOHDVH FRQWDFW 8QLYHUVLW\ RI 6RXWK \$ODEDPD &RPSUH

1RQ 3URJLW  
8 6 3R VWDJH  
3\$,  
3HUPLRW  
HOLEH \$/

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