



## Broward County Government Newsletter

June 2020

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### Community Care Plan, “the health plan with a heart”

#### June 19th is World Sickle Cell Day.

##### What is Sickle Cell Disease?

Sickle Cell Disease is caused by an abnormal protein in red blood cells. A group of inherited red blood cell disorders, sickle cell is most commonly found in the United States in black people or people with African ancestry. According to the National Heart, Lung, and Blood Institute, about 1 in 13 black or African American babies is born with a sickle cell trait, while about 1 in every 365 is born with sickle cell disease.

##### Sickle Cell Disease is also called:

- Sickle Cell Anemia
- Hemoglobin S
- SS disease
- Sickling disorder due to hemoglobin S

##### What Causes Sickle Cell disease?

Sickle Cell Disease is caused by a mutation in the gene that helps make hemoglobin. Hemoglobin in red blood cells takes oxygen in the lungs and through the arteries carries it to all the cells in the body's tissues. Sickle hemoglobin carries less oxygen throughout the body to the tissues. This causes rigid nonliquid protein strands to form within the red blood cell giving it a sickled shape, instead of the normal round shape of a red blood cell. A normal red blood cell can live 90-120 days, while a sickle cell only lives 10-20. Since it is a shorter period of time, the body might have trouble keeping up with making new red blood cells. This can cause lower red blood cell count, and a condition called anemia.

##### How do you treat Sickle Cell Disease?

The only current cure for sickle cell disease is a blood and bone marrow transplant.

Some other treatments to manage complications include:

- Penicillin: For children with sickle cell disease taking penicillin two times a day reduces the chance of a severe infection caused by sickle cell.
- Hydroxyurea: Increases the hemoglobin F in the blood that protects against hemoglobin S. This reduces or prevents sickle cell complications.
- Transfusions: There are three types of transfusions that can treat and prevent sickle cell complications. These include acute transfusions, red blood cell transfusions, and regular or ongoing blood transfusions.

Source: <https://www.nhlbi.nih.gov/health-topics/sickle-cell-disease>

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*