Sickle Cell Anemia is a disease in which your body produces abnormally shaped red blood cells. The cells are shaped like a crescent or sickle. They don't last as long as normal, round red blood cells. This leads to anemia [http://www.nlm.nih.gov/medlineplus/anemia.html]. The sickle cells also get stuck in blood vessels, blocking blood flow. This can cause pain and organ damage.

A genetic problem causes sickle cell anemia. People with the disease are born with two sickle cell genes, one from each parent. If you only have one sickle cell gene, it's called sickle cell trait. About 1 in 12 African Americans has sickle cell trait.

The most common symptoms are pain and problems from anemia. Anemia can make you feel tired or weak. In addition, you might have shortness of breath, dizziness, headaches, or coldness in the hands and feet.

A blood test can show if you have the trait or anemia. Most states test newborn babies as part of their newborn screening programs.

Sickle cell anemia has no widely available cure. Treatments can help relieve symptoms and lessen complications. Researchers are investigating new treatments such as blood and marrow stem cell transplants, gene therapy, and new medicines.

NIH: National Heart, Lung, and Blood Institute

Start Here

- Facts about Sickle Cell Disease [http://www.cdc.gov/ncbddd/sicklecell/facts.html] (Centers for Disease Control and Prevention)


- Sickle Cell Anemia [http://www.nhlbi.nih.gov/health/health-topics/topics/sca/] (National Heart, Lung, and Blood Institute)


- Sickle Cell Disease [http://www.cdc.gov/ncbddd/sicklecell/index.html] (Centers for Disease Control and Prevention)

- Sickle Cell Disease (SCD) [http://bethematch.org/for-patients-and-families/learning-about-your-disease/sickle-cell-disease/] (National Marrow Donor Program)


Latest News

Diagnosis/Symptoms

- Sickle Cell Tests [http://labtestsonline.org/understanding/analytes/sickle/tab/test] (American Association for Clinical Chemistry)

Treatment

- Blood and Marrow Stem Cell Transplant [http://www.nhlbi.nih.gov/health-health-topics/topics/bmsct/] (National Heart, Lung, and Blood Institute)
- Complications and Treatments [http://www.cdc.gov/ncbddd/sicklecell/treatments.html] (Centers for Disease Control and Prevention)

Prevention/Screening

- Genetic Counseling (For Parents) [http://kidshealth.org/parent/system/medical/genetic_counseling.html] (Nemours Foundation)

Coping

- Information and Resources for Caregivers: Sickle Cell Disease [http://www.netofcare.org/content/specific_illnesses/sickle_cell.asp] (Beth Israel Medical Center, Department of Pain Medicine and Palliative Care)

Disease Management

- Living Well with Sickle Cell Disease [http://www.cdc.gov/ncbddd/sicklecell/healthyliving-living-well.html] (Centers for Disease Control and Prevention)
- Sickle Cell Pain [http://www.stoppain.org/pain_medicine/content/chronicpain/sickle.asp] (Beth Israel Medical Center, Department of Pain Medicine and Palliative Care)

Related Issues

- Five Tips to Help Prevent Infections [http://www.cdc.gov/ncbddd/sicklecell/healthyliving-prevent-infection.html] (Centers for Disease Control and Prevention)
- Sickle Cell Disease and Pulmonary Hypertension [http://www.phassociation.org/document.doc?id=960] (Pulmonary Hypertension Association) - PDF
Stay Healthy with Sickle Cell Disease [http://www.cdc.gov/Features/Sicklecell/] (Centers for Disease Control and Prevention) Available in Spanish [http://www.cdc.gov/spanish/especialesCDC/AnemiaDrepanocitica/]


Health Check Tools
- Sickle Cell Disease Quiz [http://www.cdc.gov/ncbddd/sicklecell/quiz/] (Centers for Disease Control and Prevention)

Tutorials

Clinical Trials

Genetics
- Sickle Cell Trait [http://www.cdc.gov/ncbddd/sicklecell/traits.html] (Centers for Disease Control and Prevention)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Dictionaries/Glossaries
- Glossary [http://www.sicklecelldisease.org/index.cfm?page=glossary] (Sickle Cell Disease Association of America)

Directories
- Sickle Cell Clinics, Contacts, and Resources [http://scinfo.org/sickle-cell-clinics-contacts-and-resources] (Georgia Comprehensive Sickle Cell Center at Grady Health System)

Organizations
- Sickle Cell Disease Association of America [http://www.sicklecelldisease.org/]
- Sickle Cell Information Center [http://scinfo.org/] (Georgia Comprehensive Sickle Cell Center at Grady Health System)

Law and Policy
- Sickle Cell Disease: Americans with Disabilities Act [http://scinfo.org/world-wide-resources/americans-with-disabilities-act] (Georgia Comprehensive Sickle Cell Center at Grady Health System)
Statistics

- Children with Sickle Cell Disease Had Significantly Higher Medical Costs Than Those without SCD [http://www.cdc.gov/Features/dsSickleCell_MedicalCosts] (Centers for Disease Control and Prevention)
- Data and Statistics [http://www.cdc.gov/ncbddd/sicklecell/data.html] (Centers for Disease Control and Prevention)

Children

- Do You Know about Sickle Cell Anemia? [http://kidshealth.org/kid/health_problems/blood/sickle_cell.html] (Nemours Foundation)
- Sickle Cell Disease (For Parents) [http://kidshealth.org/parent/medical/heart/sickle_cell_anemia.html] (Nemours Foundation)

Teenagers

- Sickle Cell Anemia [http://kidshealth.org/teen/diseases_conditions/blood/sickle_cell_anemia.html] (Nemours Foundation)

Women


Patient Handouts


MEDICAL ENCYCLOPEDIA

Total iron binding capacity [http://www.nlm.nih.gov/medlineplus/ency/article/003489.htm]