

Strategies

Family Members



STRATEGIES FOR FAMILY MEMBERS

The term Sickle Cell Disease (SCD) describes a number of inherited red blood cell disorders. Healthy red blood cells are round, and they move through small blood vessels to carry oxygen to all parts of the body. Red blood cells affected by SCD become hard and sticky and look like a C-shaped farm tool called a “sickle.” Also, when they travel through small blood vessels, they get stuck and block blood flow. This can cause pain and other serious problems. SCD affects millions of people throughout the world, including an estimated 70,000 to 100,000 Americans. SCD is a major public health concern. We invite you to assess your needs and resources and to plan to initiate activities to raise awareness during Sickle Cell Month-September.

Below are a few ideas on how you can participate in Sickle Cell Awareness Month:

Be a positive role model for your children

Participate in physical activities together

Prepare nutritious meals and maintain healthy snacks in the home

Maintain a family calendar of screenings and check-ups and provide rewards and incentives

Make a family tree together and identify health issues that are hereditary

Participate in community activities promoting Sickle Cell awareness

Become an advocate at the local, state, or national level for programs and services to improve Sickle Cell awareness

Register all Sickle Cell Awareness Month community events on the Sickle Cell Disease Association of America Website at <http://www.sicklecelldisease.org/>



Created by the
Florida Department of Health Women's Health Program
in partnership with the Sickle Cell Disease Association of Florida, Inc.

