

## TALK TO YOUR DOCTOR

It's important to stay in tune with how you feel so that you may proactively share that information with your doctor during your next visit.



### QUESTIONS YOU MIGHT ASK YOURSELF:

Have I felt tired or weak, or have I had less energy?

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Have I experienced any pain in my body?

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Have I had difficulty performing daily activities?

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Have I missed days of work or school?

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Have I noticed my eyes, skin or nails appearing yellow?

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Have I experienced leg ulcers?

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What progress have I made towards my personal goals?

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## KNOW YOUR NUMBERS

Having regular labs and screenings is an important part of knowing your numbers related to your sickle cell. Keep track of some of these common lab values your doctor may look at using the chart below.

Fill in chart to track levels for hemoglobin, reticulocytes, bilirubin for one year like this:

### Hemoglobin

part of the red blood cell that delivers oxygen  
Standard Hemoglobin: adult men - 14 to 18 g/dL,  
adult women - 12 to 16 g/dL

### Reticulocytes (Retic Count)

baby RBCs that are not fully developed  
Standard Retic Count in Adults: 0.5% to 2.5%

### Bilirubin

orange-yellow substance made in the body when RBCs break down  
Standard Total Bilirubin Value for Adults: 0.3 to 1.9 mg/dL

Date	Hemoglobin	Retic Count	Bilirubin

Learn more at  
[sicklecellspeaks.com](https://sicklecellspeaks.com).



IN SICKLE CELL  
DISEASE,  
PAIN  
CAN BE  
LOUD,  
BE  
DAMAGE  
CAN BE  
SILENT.



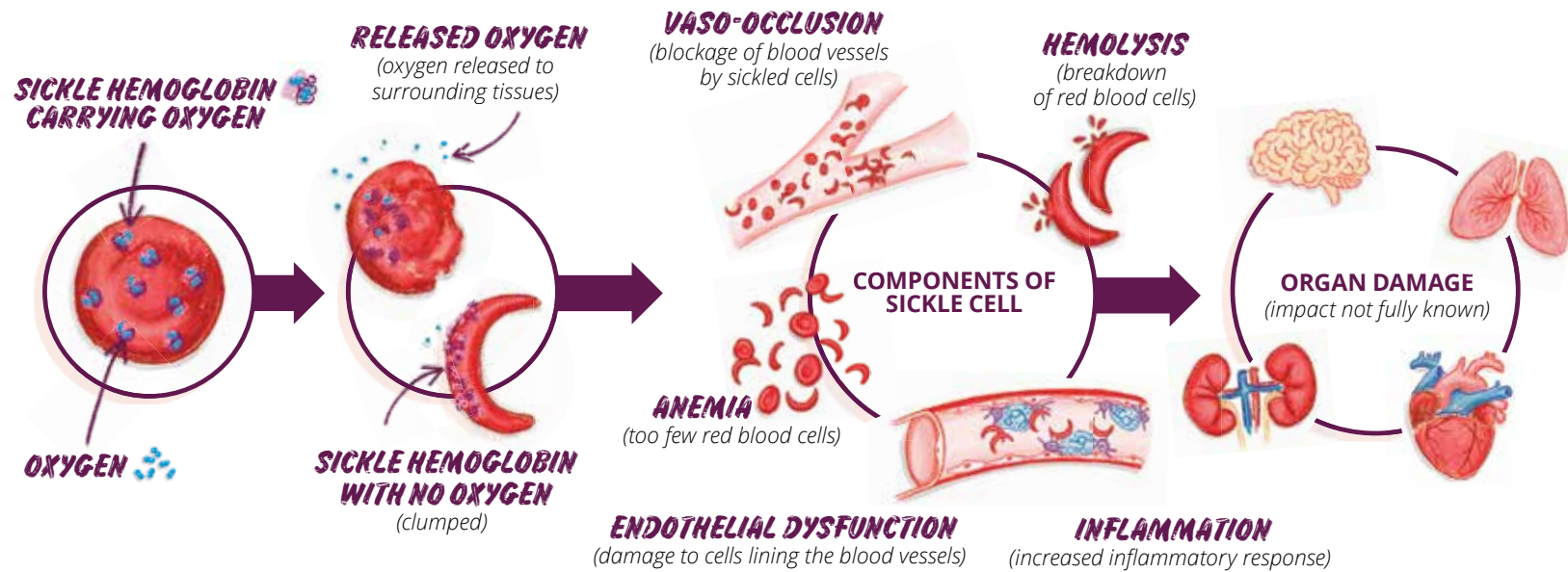
[sicklecellspeaks.com](https://sicklecellspeaks.com)



# PAIN CAN BE LOUD, BUT DAMAGE CAN BE SILENT

## THE RED BLOOD CELL SICKLING PROCESS

When red blood cells (RBCs) sickle, they can't do their job of carrying oxygen throughout the body as well to places that need it like the tissues, organs and bones.



## Sickle cell disease changes over time, impacting your overall health.

### VASO-OCCLUSION (VOCS)

cause a traffic jam that can impact healthy red blood cells from getting to tissues, organs and bones.

#### Signs and symptoms:

- Can cause pain in the joints, bones, stomach and chest

### HEMOLYSIS

breakdown of RBCs

#### Signs and symptoms:

- High levels of bilirubin or reticulocytes are signs of hemolysis
- Bilirubin is a yellow substance released into the bloodstream when RBCs break down and can cause the eyes and skin to turn yellow, also called jaundice
- Baby red blood cells, called reticulocytes, are created to replace the broken-down RBCs

### ANEMIA

not having enough healthy red blood cells or hemoglobin to carry oxygen through the body

#### Signs and symptoms:

- Difficulty thinking and concentrating
- Feeling tired
- Feeling weak
- Less ability to do physical things

### ENDOTHELIAL DYSFUNCTION

damage to cells lining the blood vessels

### & INFLAMMATION

increased inflammatory response

#### Signs and symptoms:

- Levels of nitric oxide are reduced
- Cells associated with inflammation are increased
- Endothelial dysfunction and inflammation can have long term impact on your tissues, bones and organs

*These components may lead to organ damage to parts of the body like the brain, lungs, heart and kidneys. It is not known, how much each of these components of sickle cell may impact your overall health.*

Visit [sicklecellspeaks.com](https://sicklecellspeaks.com) to learn more.

