



**Know the Facts.
Get Informed.
Be Empowered!**

Sickle Cell Disease

How to reduce Sickle Cell Disease complications.

Here are a few ways to help relieve symptoms and reduce the chances of serious problems:



RECEIVE ROUTINE MEDICAL CARE.



STAY UP TO DATE ON VACCINES.



LEARN HOW TO MANAGE PAIN.

- **Find good medical care.** Sickle cell disease is a complex disease. Good quality medical care from doctors and nurses who know a lot about the disease can help prevent some serious problems. Often the best choice is a hematologist (a doctor who specializes in blood diseases) working with a team of specialists.
- **Get regular checkups.** Regular health checkups with a primary care doctor can help prevent some serious problems.
- **Prevent infections.** Common illnesses, like the flu, can quickly become dangerous for someone with sickle cell disease.

Manage Pain

- When pain worsens, drink lots of fluids and take a nonsteroidal anti-inflammatory pain medicine such as ibuprofen. If you have kidney problems, doctors recommend acetaminophen instead
- If you cannot control the pain at home, go to a SCD day hospital/outpatient unit or an emergency room to receive additional, stronger medicines and intravenous fluids.

ADOPT A HEALTHY LIFESTYLE

- ✓ Exercise regularly
- ✓ Choose heart-healthy foods
- ✓ Drink water to avoid dehydration
- ✓ Quit smoking.
- ✓ Get 7-9 hours of sleep a night

The best protection is to take simple steps to help prevent infections.

•**Learn healthy habits.** People with sickle cell disease should drink 8 to 10 glasses of water every day and eat healthy food. Try not to get too hot, too cold, or too tired. Children can, and should, participate in physical activity to help stay healthy. But, it is important not to overdo it. Rest when tired and drink plenty of water.

•**Get support.** Find a patient support group or community-based organization that can provide information, assistance, and support.

To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs** website:

www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs.

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If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

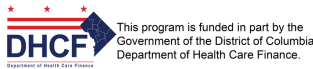
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.