



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Center for Health and Well-Being

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## Sickle Cell Disease (SCD)

### What Should You Know about SCD?

#### Sickle Cell Disease is a group of inherited red blood cell disorders

- ⇒ Healthy red blood cells are round - move through small blood vessels - carry oxygen to all parts of the body
- ⇒ In SCD - red blood cells become hard and sticky - look like a "C-shaped" farm tool called a "sickle"
- ⇒ Sickle cells die early - causes constant red blood cell shortage
- ⇒ Sickle Cells can get stuck in blood vessels - block flow of blood and oxygen to organs in the body
- ⇒ Blockages cause: repeated episodes of severe pain, organ damage, infections, or possibly a stroke

#### Health challenges college students with SCD may face

- ⇒ Pain episodes, feeling tired, may need frequent breaks during exercise, may not be able to participate in some vigorous exercise

#### Students with SCD can have a an enjoyable college experience by taking precautions

- ⇒ Find a doctor near or on campus
- ⇒ Keep updated medical records
- ⇒ Practice healthy habits - healthy diet, drink 8-10 glasses of water/day, snack on fruits and veggies
- ⇒ Stay active

### Causes of Sickle Cell Disease

- ⇒ SCD - Inherited - the same way that you get your hair color, eye color, and skin color
- ⇒ Born with it
- ⇒ It is NOT contagious

### Who is affected by SCD

#### In the United States, SCD affects 90,000 to 100,000 people

- ⇒ SCD occurs in 1 of every 500 Black or African American births
- ⇒ Occurs among 1 out of every 36,000 Hispanic-American births
- ⇒ Affects millions of people throughout the world



Normal red blood cell



Sickle cell

### Tips for Living Well w/SCD in college

### Know Your Status Get Screened

#### Sickle Cell screening tests blood for abnormal types of hemoglobin

- ⇒ Hemoglobin is a substance inside the red blood cell and it delivers oxygen to all organs in the body

#### Why get screened?

- ⇒ Sickle Cell Disease & Sickle Cell Trait can be passed from parents to children

#### When should you get screened?

- ⇒ Babies born in the U.S. are screened at birth
- ⇒ As an adult - if you don't know your status, it is best to get screened

\*IUP HEALTH SERVICES OFFERS SICKLE CELL SCREENING\*

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