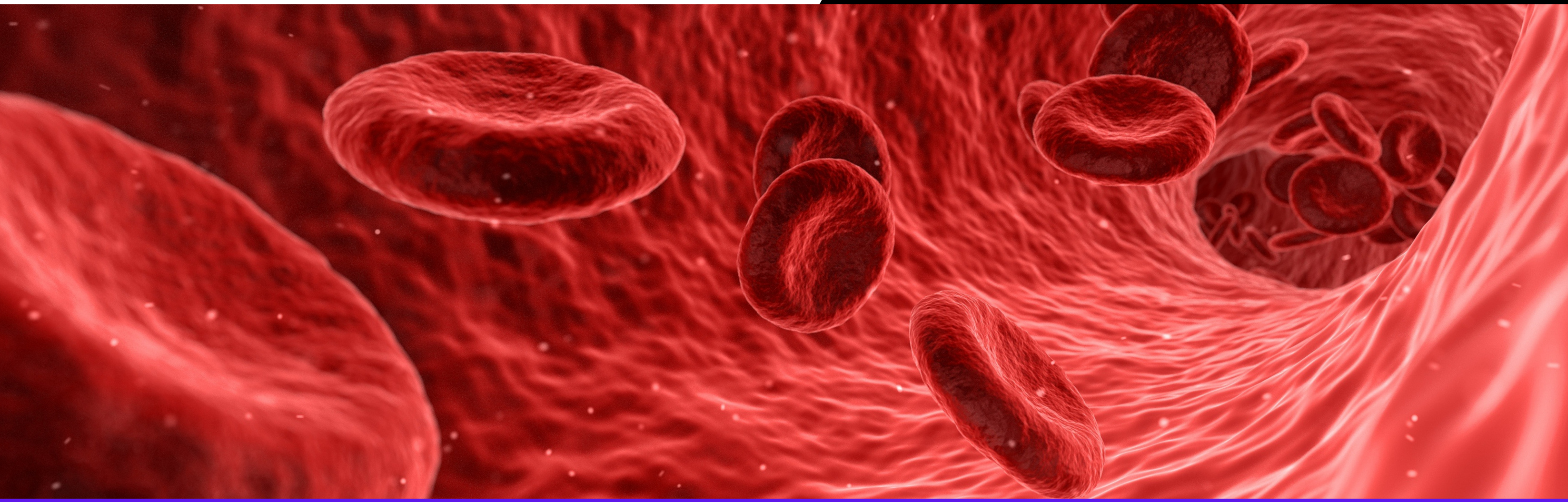
THE VELMA B COX FOUNDATION

FOR TYPE II DIABETES & HIGH BLOOD PRESSURE

NOVEMBER 2021 ISSUE



Sickle Cell Anemia

BY DR. ANN IJEH, ND

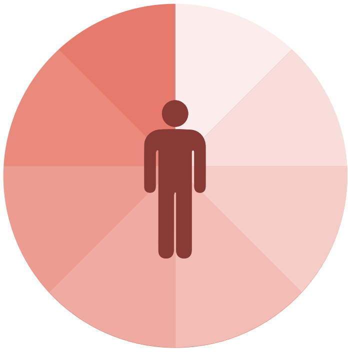
Sickle Cell Disorder (SCD), also known as Sickle Cell Anemia**,** is a group of inherited red blood cell disorders. In someone who has SCD, red blood cells become hard, sticky and look C-shaped. The sickle cells die early, which causes a constant shortage of red blood cells. Also when they travel through small blood vells, they get stuck and clog the blood flow

Symptoms that you commonly find in patients who have been diagnosed with SCD include: Pain crises (most common), fatigue, shortness of breath, dizziness, swollen hands and feet (in early stages) to list a few.

Complications that can arise:

- Anemia
- Recurrent Infections (skin, bone, organs, etc.)
- Multiple surgeries
- Gallbladder stones
- Organ damage and/or failure (e.g kidney, eyes, heart, lungs, etc.)
- Stroke
- Blood clots
- Mental health issues

Treatment of SCD depends on the severity of how the disease manifests within the person who has been diagnosed.



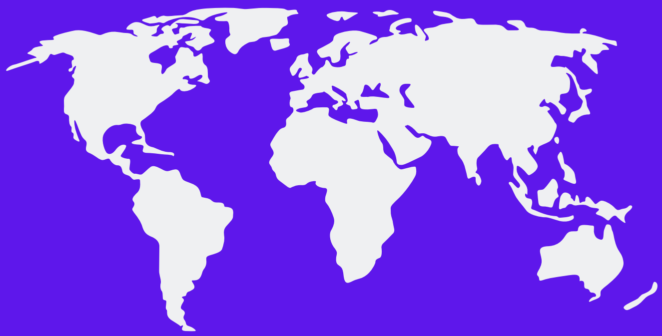
STATS

SCD affects approximately 100,000 Americans

SCD occurs among 1 in 365 African American births

SCD occurs among 1 in 16,300 Latinx births

1 in 13 African Americans are born with sickle cell trait (AS)



MOST AFFECTED

<u>People with roots in:</u>
Sub-Saharan Africa

Spanish speaking regions in the Western hemisphere such as South America, Central America, Caribbean

Saudi Arabia, India

Mediterranean countries such as Greece, Turkey, Italy

HOW DO YOU GET SCD

The cause of SCD is a defective gene, called a sickle cell gene. People with the disease are born with two sickle cells genes, one from each parent.

If you are born with one sickle cell gene, it is called sickle cell trait.

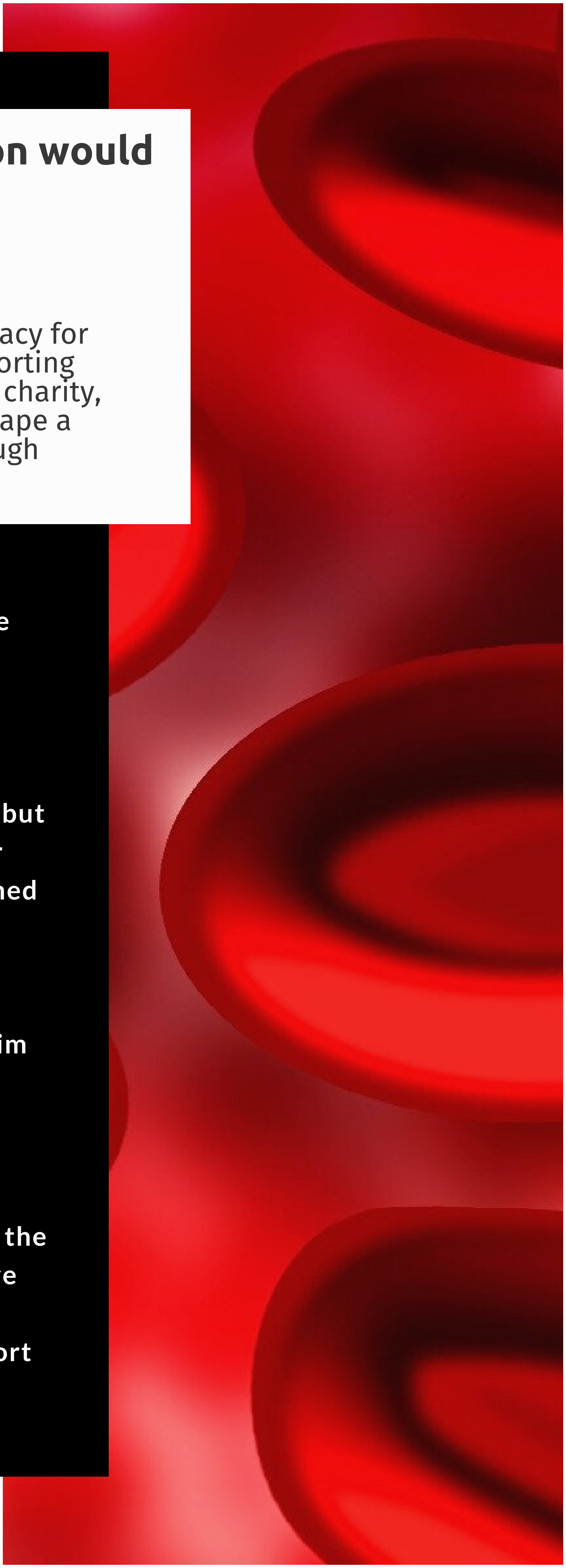
HOW TO LEARN ABOUT YOUR STATUS

Through your physician

local health clinic

Community-based sickle cell disease organizations

Sickle Cell Disease Association of America (SCDAA)
1-800-421-8543
www.sickleceldiease.org



In this issue, the VBC Foundation would like to recognize:

The AJID Foundation

The AJID Foundation aims to leave a legacy for AbdulJabbar by empowering and supporting underrepresented communities through charity, research and education. We aim to shape a more just and equitable world through community outreach

The members of the AbdulJabbar Ifeoluwa Dansalami (AJID) Foundation wanted to take some time to share some facts about this disease that primarily affects the black community.

This is not one of the more known disorders but is one of the more difficult to deal with. Our brother, Ife, whom this Foundation was formed in the name of, dealt with and ultimately transitioned due to this disorder.

The foundation seeks to leave a legacy for him by empowering and supporting underrepresented communities through charity, research and education.

The information in this newsletter serves as the first of many actions we plan on taking to live our this mission. Feel free to share this with your network and look out for ways to support this foundation's efforts.