

# Sickle cell

a short guide

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## What is Sickle cell?

Sickle cell disease mainly affects people of African, Caribbean, Middle Eastern, Eastern Mediterranean and Asian origin. In the UK, it's particularly common in people with an African or Caribbean family background.

People with sickle cell disease produce unusually shaped red blood cells that can cause problems because they don't live as long as healthy blood cells and they can become stuck in blood vessels.

## Sickle cell facts

If both parents are carrying the "sickle cell trait" their offspring have a greater chance of developing sickle cell disease

People with sickle cell can be more susceptible to strokes

Sickle cell flare ups are commonly known as a crisis

People with sickle cell are more prone to infections

“I learnt so much on my last course especially about sickle cell disease and sickle cell crisis”



If you would like to learn more about sickle cell disease and how to help someone book a course with us

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