



**SALUD ENTRE CULTURAS**

Asociación para el Estudio de Enfermedades Infecciosas

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**Hospital Universitario  
Ramón y Cajal**



**And now,** take care and look after your loved ones

**Hospital Ramón y Cajal**

Unidad de Medicina Tropical  
Servicio de Enfermedades Infecciosas

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Estación Ramón y Cajal



135 (Plaza de Castilla)

In collaboration with



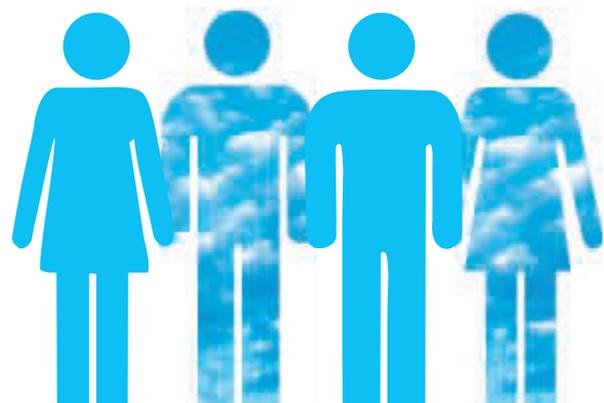
Sickle Cell Disease  
(SCD)

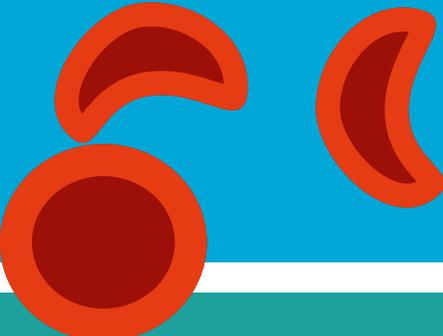
**your health  
is your future**



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# What is Sickle Cell Disease?

Sickle Cell Disease (SCD) or Sickle Cell Anaemia is a disease of the blood, precisely of the haemoglobin in red blood cells, which is responsible for carrying oxygen around your body.

The red blood cells of people with Sickle Cell Disease change from a circular shape to a crescent or sickle shape and lose their elasticity. The blood flows with difficulty, it can become blocked, and reduce the oxygen supply to the organs.

## Who is affected by it?

It mainly affects people of African ancestry or origin, but also people from Hispanic, southern European, Middle Eastern or Asian Indian backgrounds.



## How does it manifest?

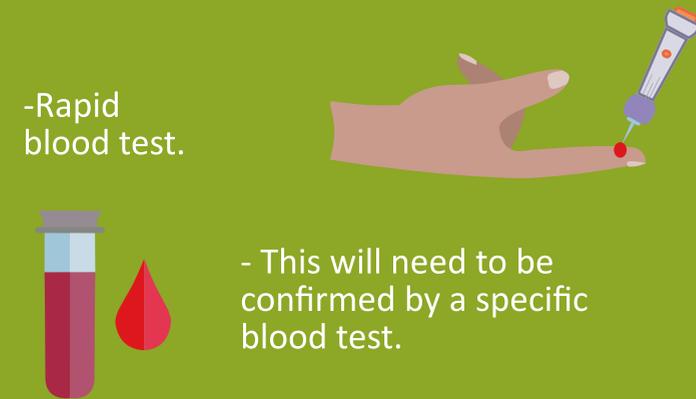
**Incomplete or carrier (or trait)**  
They usually have no symptoms and they are healthy people in most cases, but they can transmit it to their children.

**Complete or Sickle Cell Disease**  
The most common symptoms are:

- Tiredness, extreme tiredness (fatigue), pale skin.
- Pain crises in any part of the body. They can be triggered by low temperatures, intense physical exercise, stress or dehydration.
- Painful joint swelling, especially of the hands and feet.
- Long and painful erections.
- Damage to other organs (lung, kidney, spleen, brain) with serious consequences.

**Sickle Cell Disease is a lifelong chronic disease.**

## How is it diagnosed?



-Rapid blood test.

- This will need to be confirmed by a specific blood test.

## How is it contracted?

It is an inherited disease. It is transmitted from parents to children and affects both men and women. There are two forms of Sickle Cell Disease:



## Why is it important to get tested?

1. To avoid transmitting the disease to your children, in case of incomplete or carrier.
2. To begin appropriate treatment and avoid complications.

**It is very important to get tested, especially for young people, pregnant women and new-borns.**

