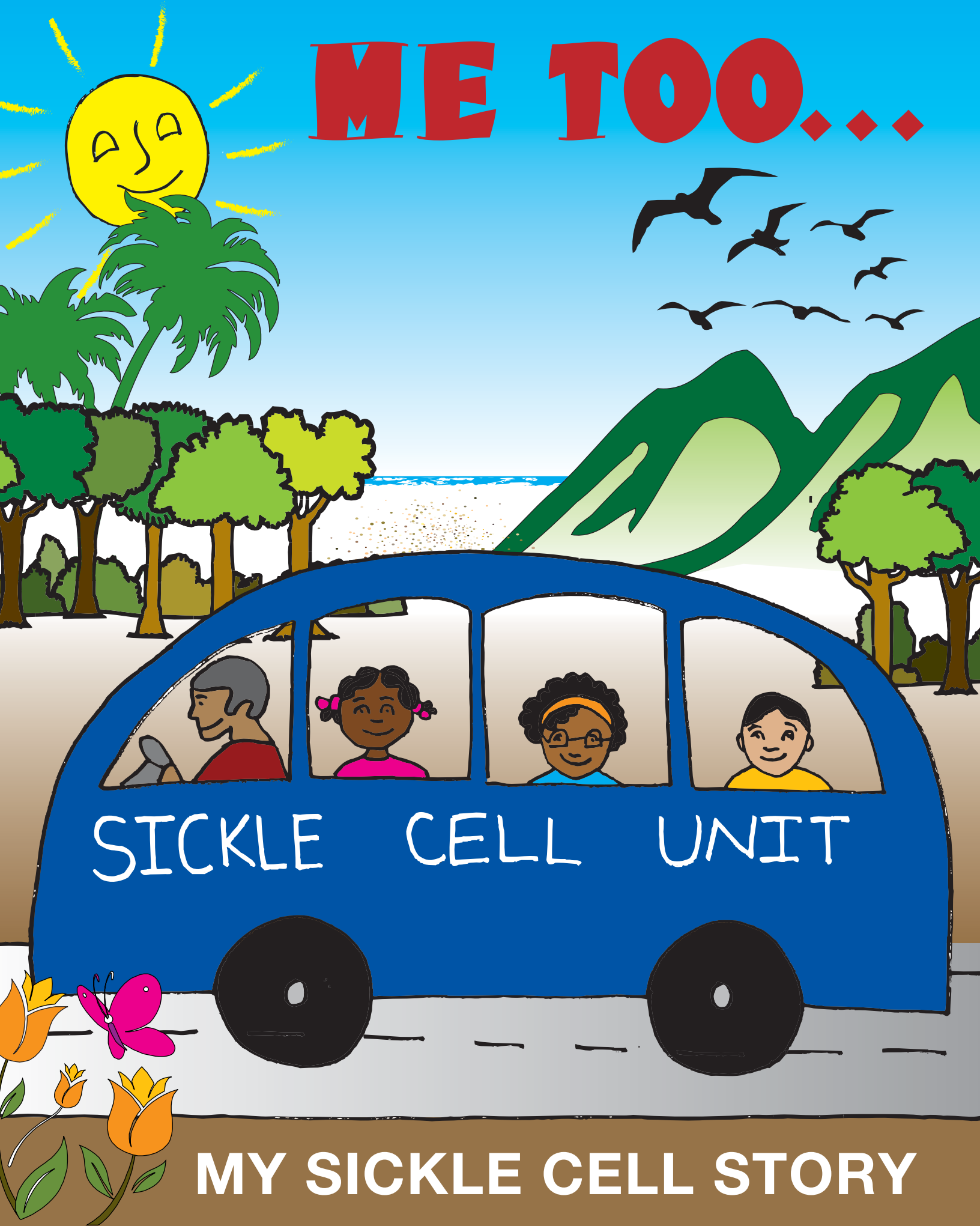


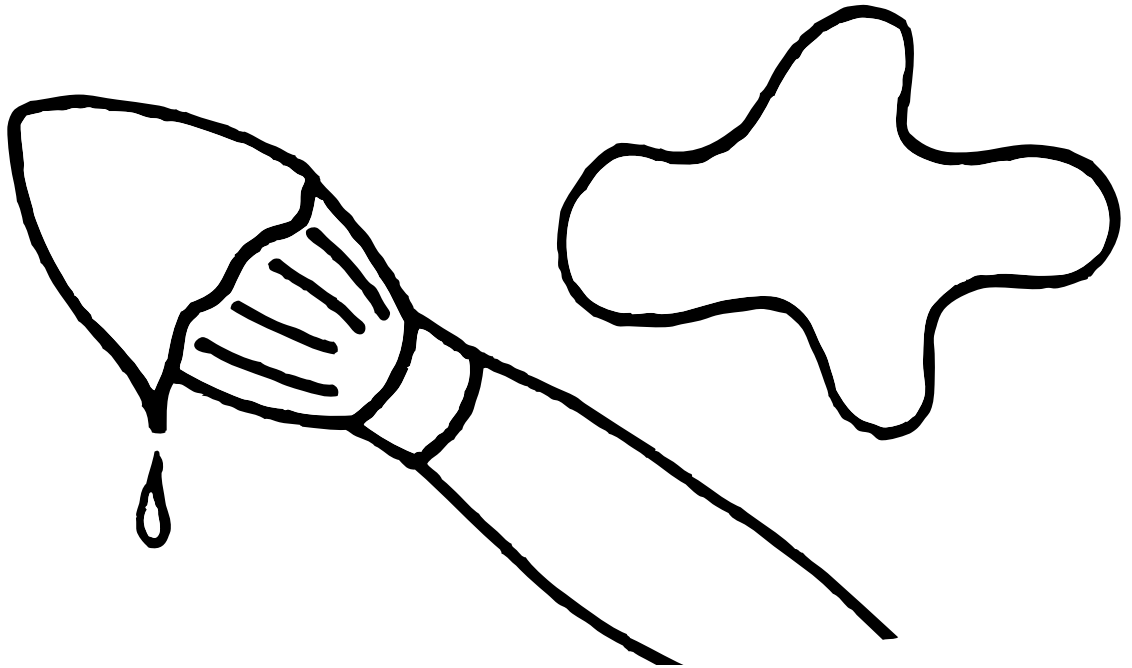
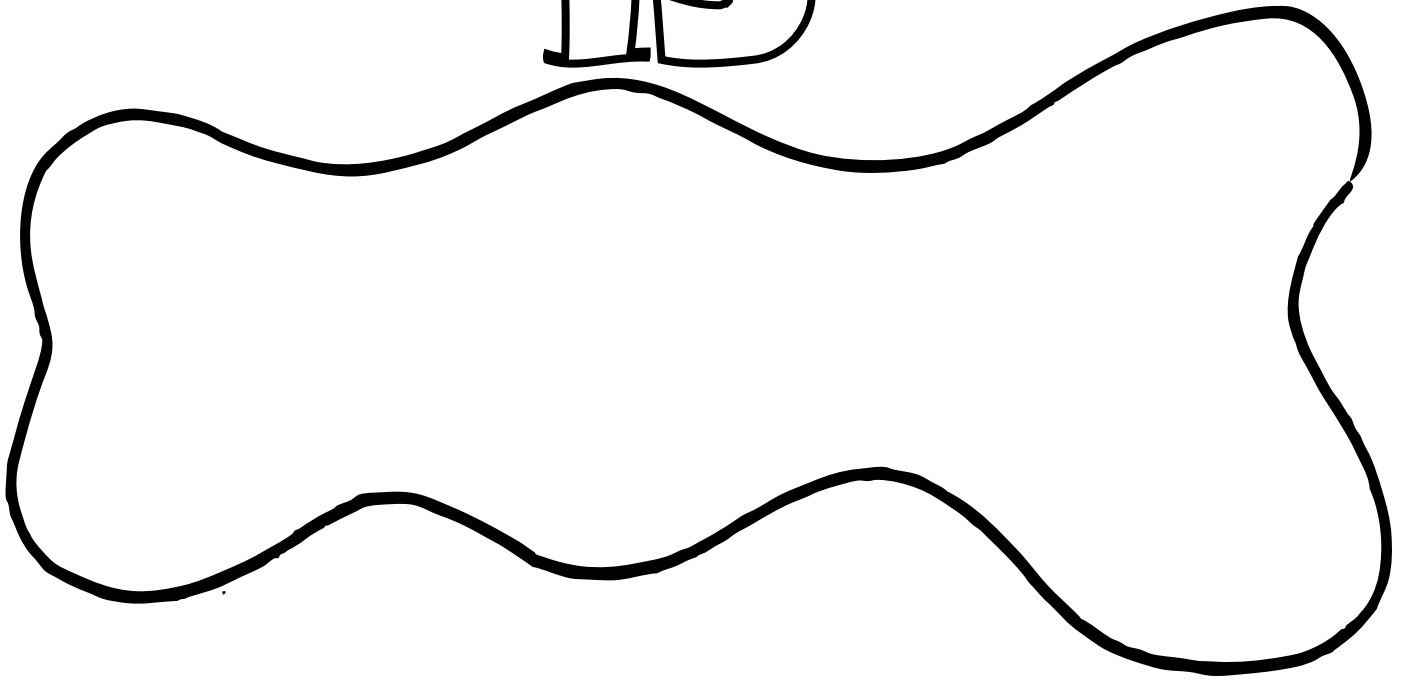
ME TOO...



SICKLE CELL UNIT

MY SICKLE CELL STORY

MY NAME
IS



Written by: Karen Aldred, Marlyn Grindley, June Harris, Lesley King, Angela Rankine-Mullings

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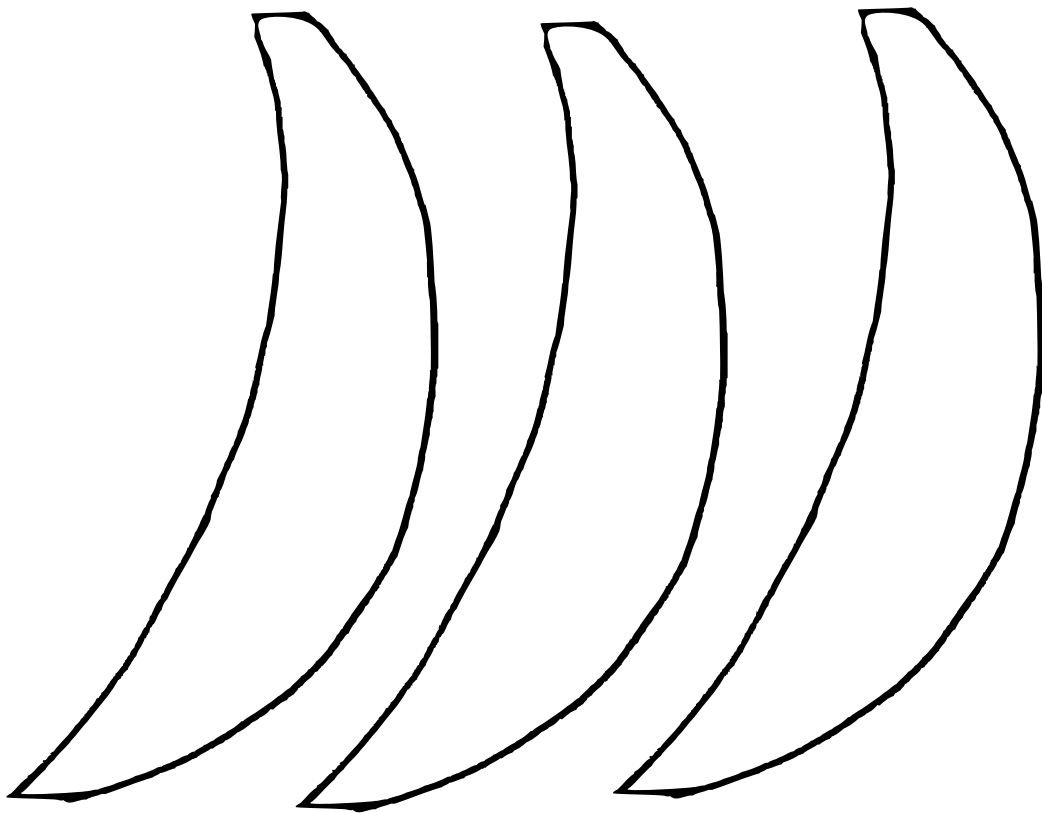
Layout by: Arlene John

Hello my name is Lora.
Do you have sickle cell disease?
Me too.



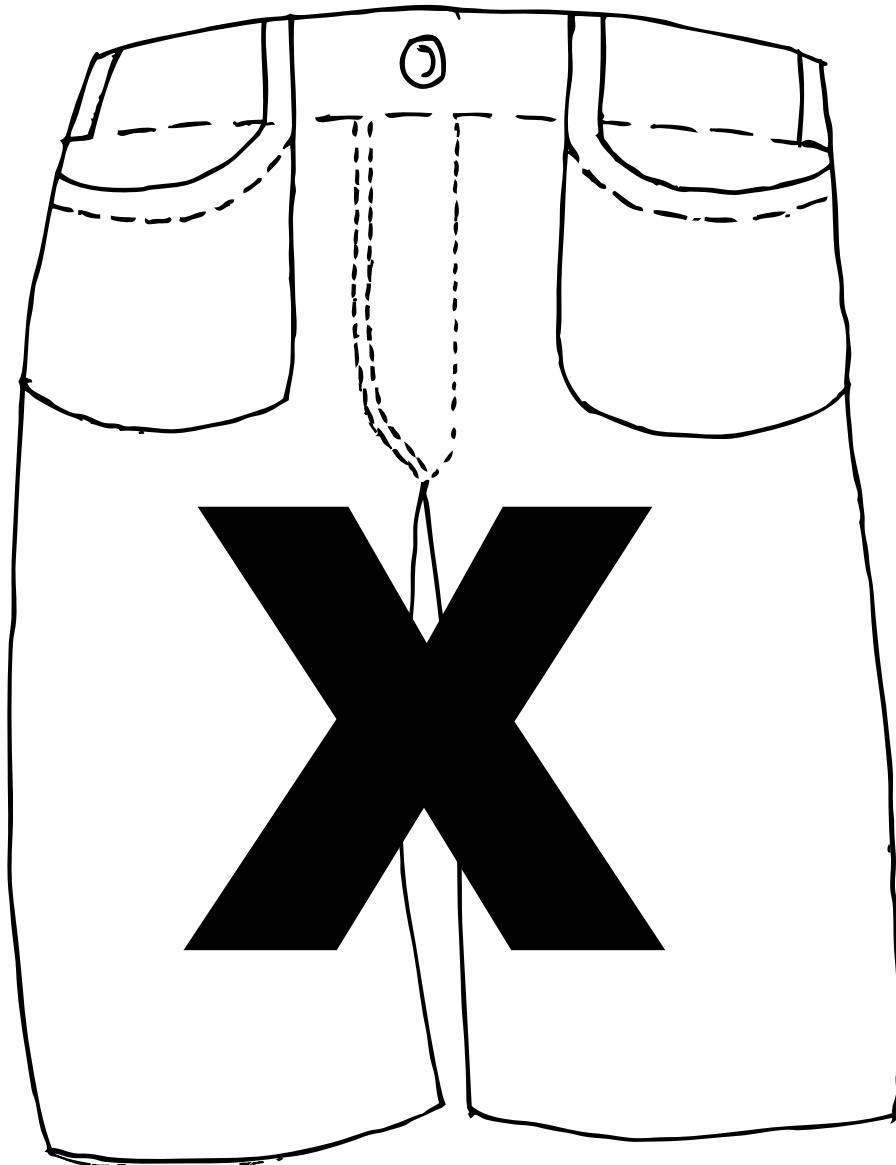
This is a picture of sickle cells. They have a banana shape.

They travel through my body and can stick together making me sick.



Sickle Red Cells

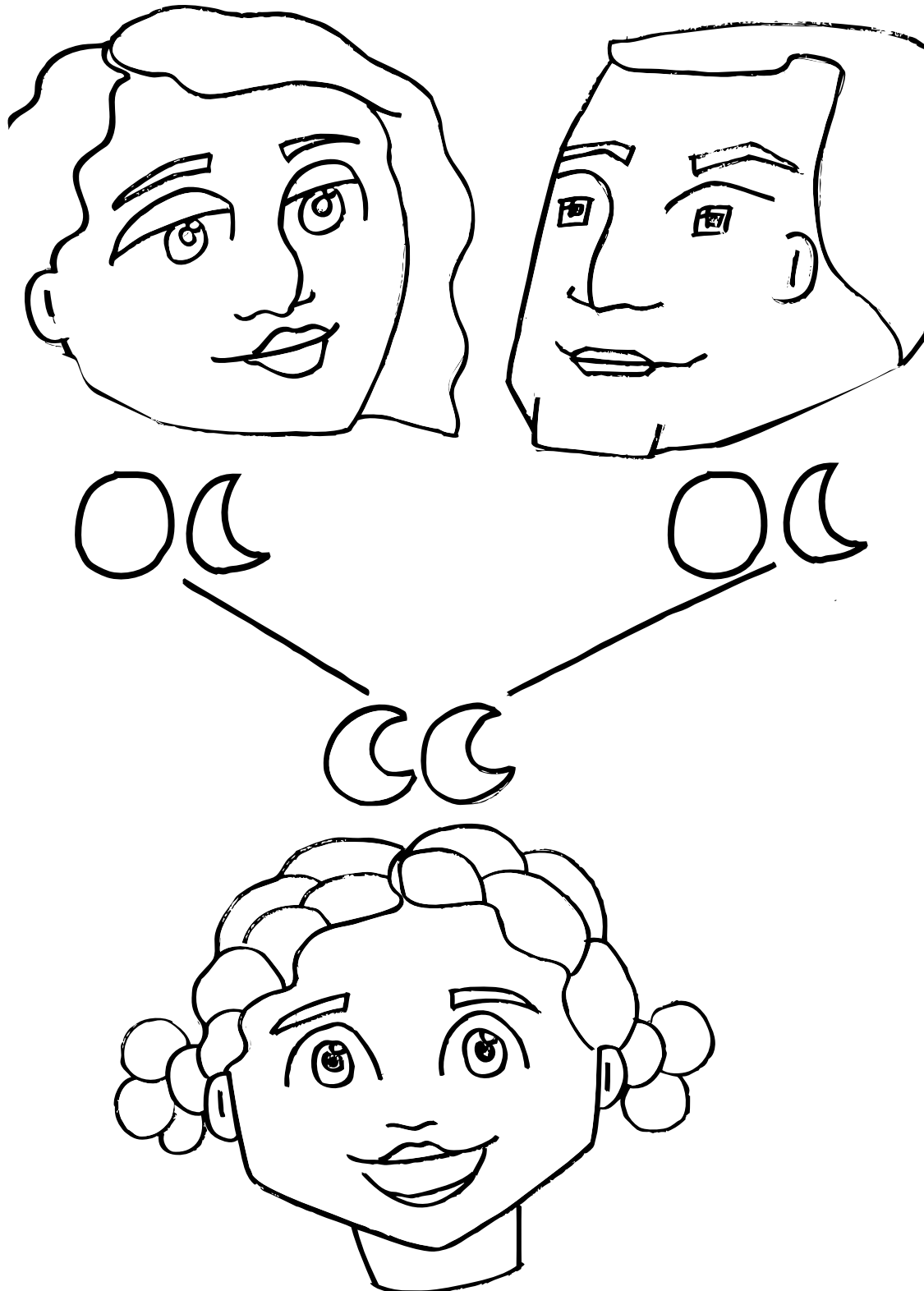
Do you know what genes are?



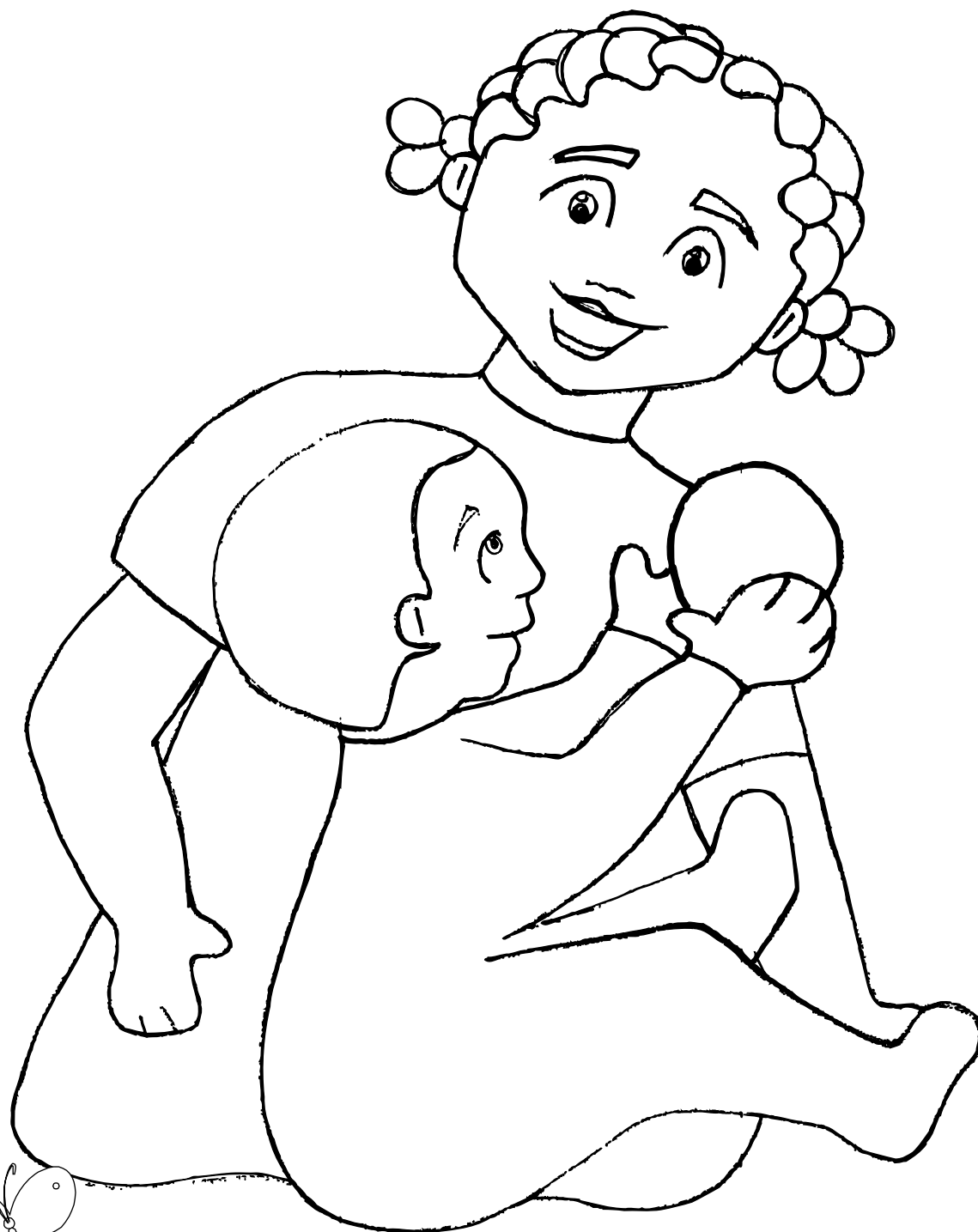
Jeans



Genes are the things in my body that make me who I am - short like mummy with big feet like my daddy. I was born with sickle cell disease. I got the sickle cell gene from my mummy and daddy.



My baby brother is Sam.
He has sickle cell disease too.

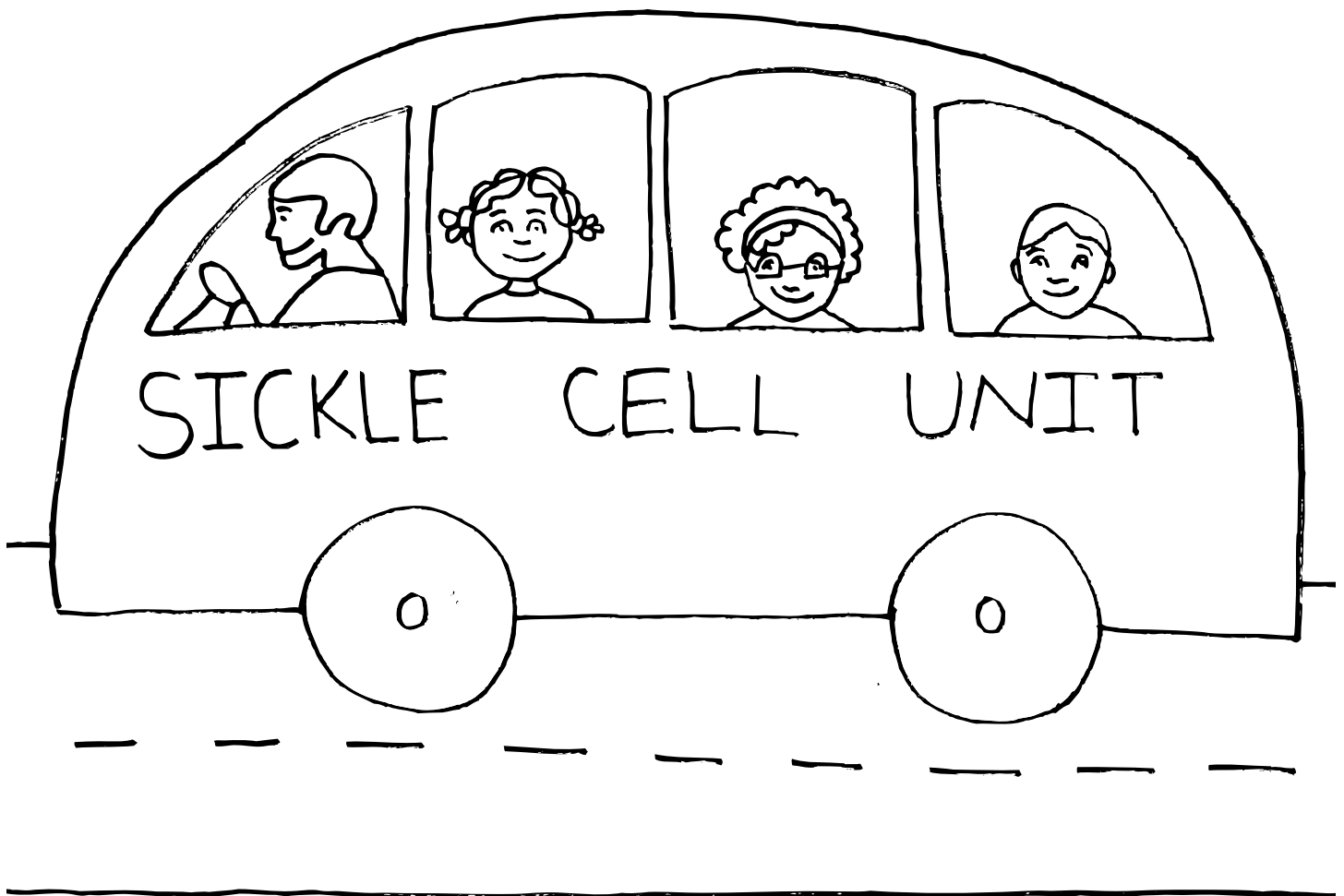


Do you attend a Sickle Cell Clinic?

Me too.

My parents take me to the Sickle cell clinic when I am
feeling sick and for my checkup.

I get to ride on the Sickle Cell Bus.



The nurses at the clinic are always happy to see me.



They check my height and weight.
They also check my temperature to see if I have a fever
and the oxygen level of my blood with the finger clip.



The doctor checks my tummy and chest.
Mummy and daddy say this is to make sure I am growing
strong and healthy.

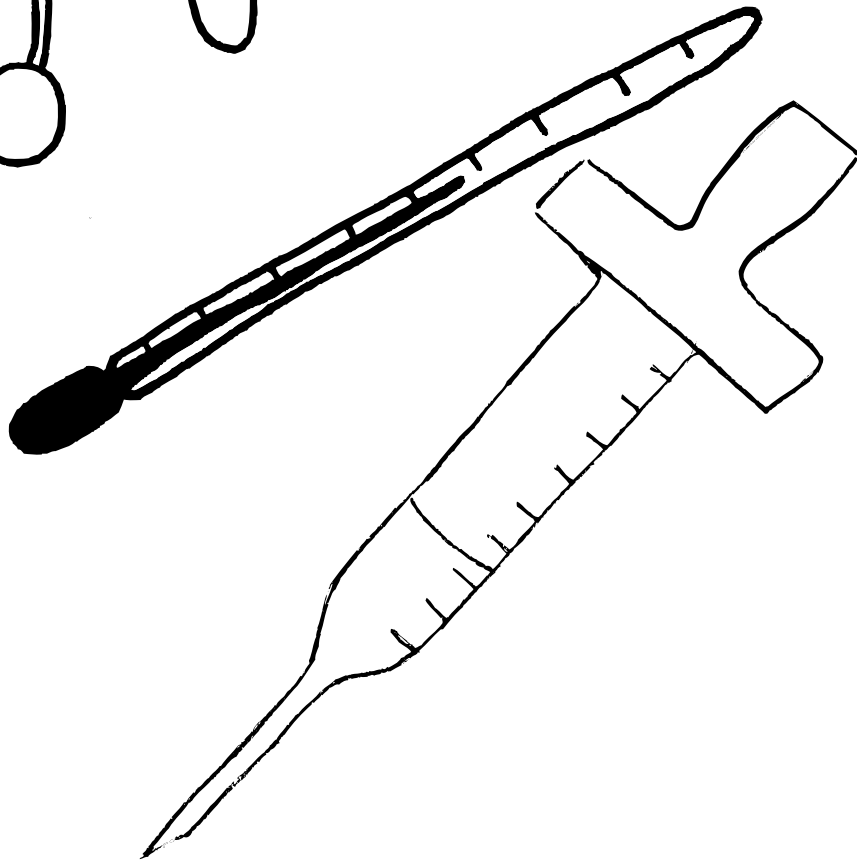
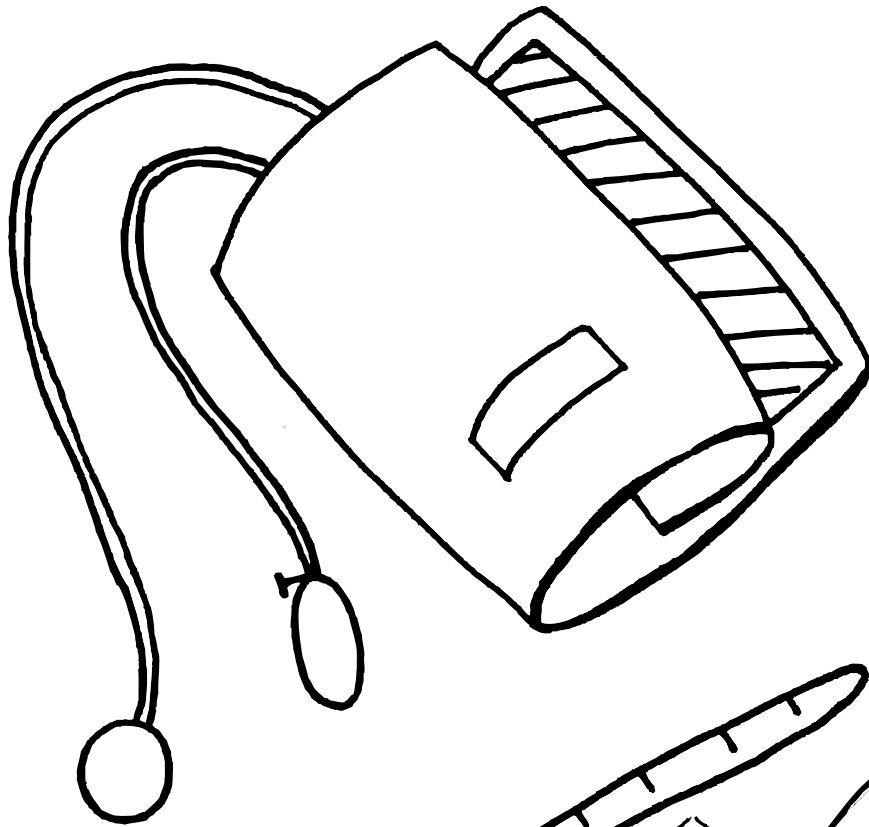


I may need to do a blood test to see if my blood is okay.



Have you ever had vaccines?

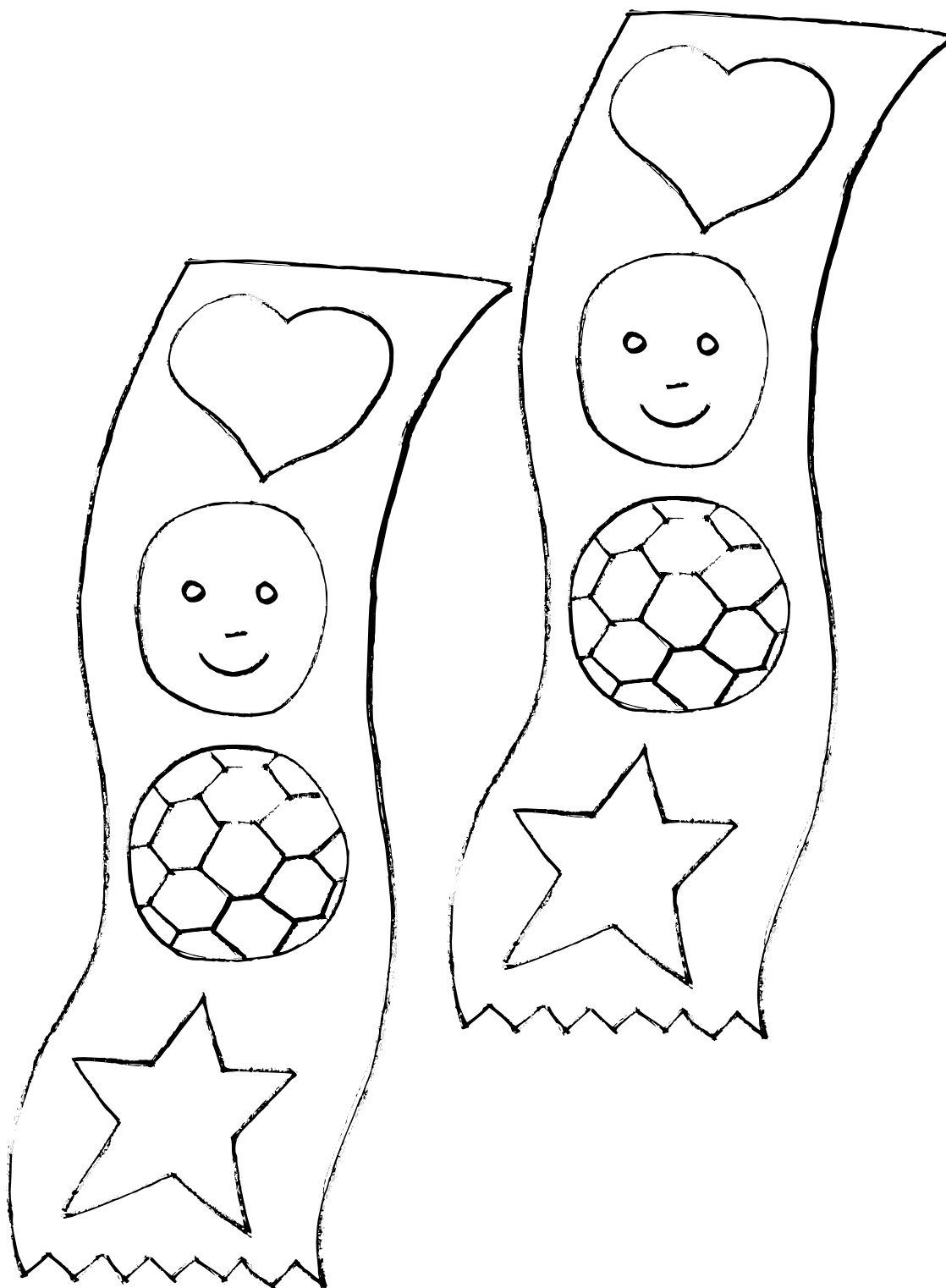
The doctor says this is to protect me from some germs.



Do you cry when you get a blood test or vaccine?

Me too.

The nurse gives me a sticker after, which makes me feel better.



Do you get pains in your bones or belly?

Me too.

Mummy or daddy give me medicine. It doesn't taste good but I know it helps me feel better.



Mummy and daddy also tell me to drink lots of water and
to keep warm.



I wear a rain coat when it rains so I don't get wet and a jacket when it gets cold.



Do you like going to the beach?

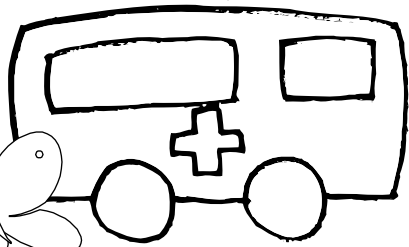
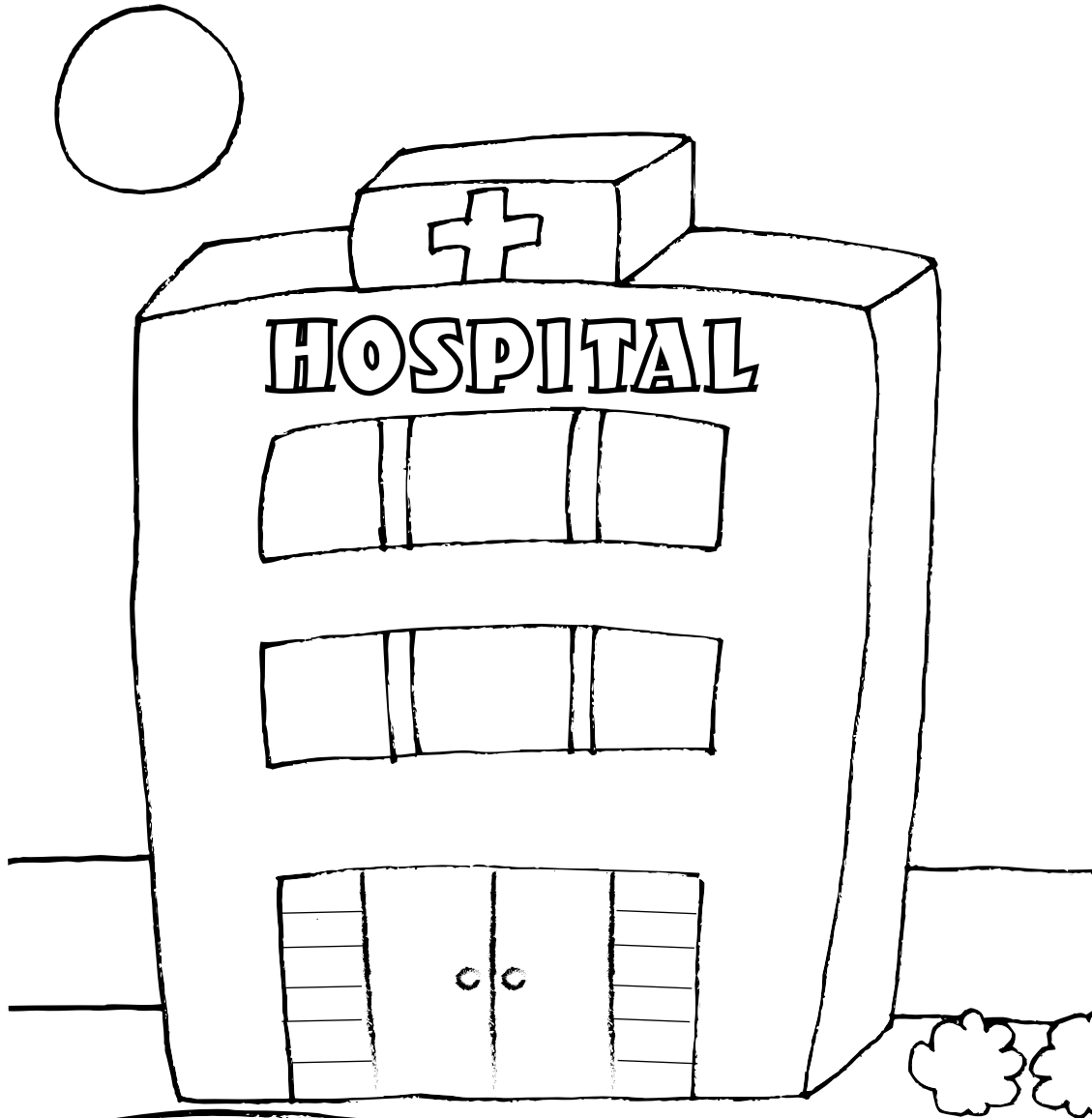
Me too.

If I stay too long in the water and get a chill it can
cause pain.

Mummy and daddy say I must take off my wet swimsuit
when I get out of the water.



Sometimes I am sick and I have to stay in the hospital.
The nurses and doctors take very good care of me so I
can go back to school.

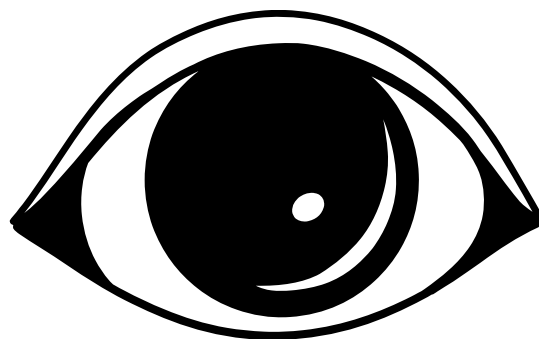
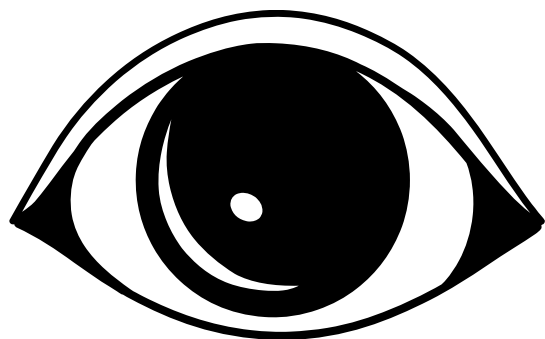


I can learn at school.
Do you have friends at school?
Me too.



The children sometimes tease me because my eyes are yellow.

Mummy and daddy say my eyes are yellow because I have sickle cell disease and sometimes I need to drink more water.



The teacher at my school allows me to go to the bathroom when I need to; she knows I have sickle cell disease.

Do you like to play?

Me too.

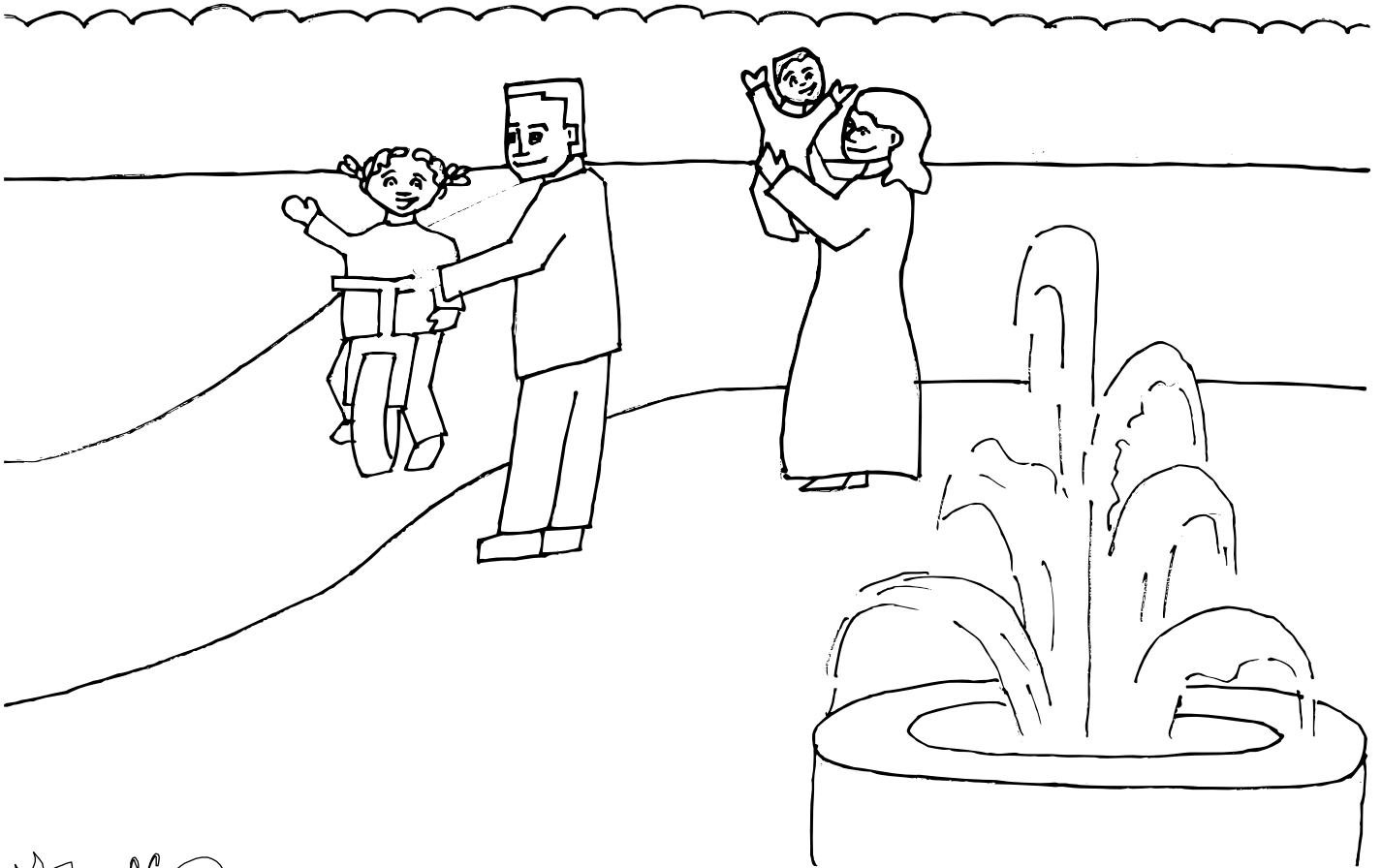
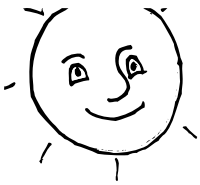
When I feel tired I stop and rest.



I like to do fun things with my family; I read my book, ride my bicycle and watch tv.

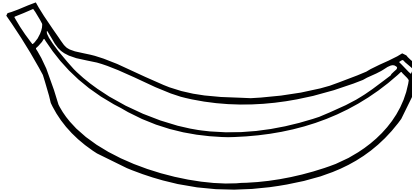
I have sickle cell disease. I go to school to learn. I have fun with my family and friends.

Do you?

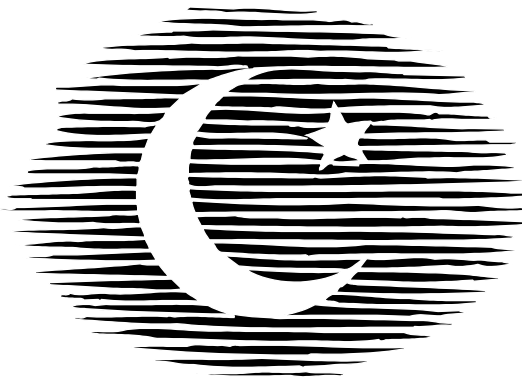


Sickle shapes you may know.

Name the object...







Find-a-word puzzle.

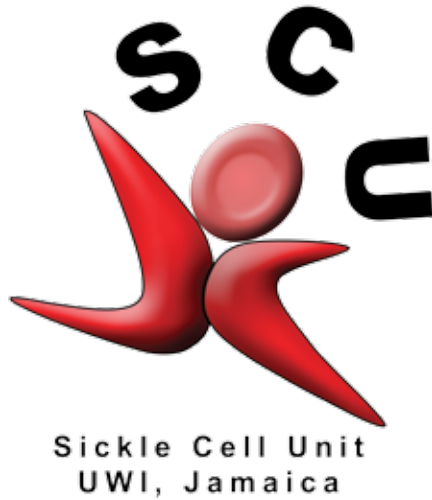
F	M	E	E	Q	R	X	G	H	I	W	A	T	C	H	O
F	R	A	T	Y	R	E	A	B	Y	J	U	K	L	P	R
R	B	I	C	Y	C	L	E	E	S	W	D	E	D	F	A
A	D	X	E	M	E	M	F	A	S	A	D	R	T	U	I
D	E	C	O	N	X	E	S	C	H	O	O	L	O	V	N
E	G	A	D	E	D	L	O	H	I	U	B	N	C	U	C
Y	S	B	E	H	O	S	D	A	F	G	E	V	G	H	O
H	E	A	L	T	H	Y	U	Z	X	H	O	Y	H	I	A
H	I	L	L	Y	J	O	L	K	E	B	Y	H	L	K	T
O	L	T	A	N	D	Y	S	E	A	T	B	I	P	O	F
A	T	L	E	N	M	X	C	S	G	A	D	D	J	N	W
S	P	E	L	O	W	O	U	U	L	S	T	E	Y	K	E
S	V	T	E	F	A	M	I	L	Y	T	H	M	E	L	D
J	G	I	T	R	R	E	W	O	K	E	R	D	I	O	L
A	S	T	F	W	M	J	K	L	U	J	I	H	Y	W	K
F	U	N	D	B	I	P	A	N	U	R	D	E	F	A	S
T	F	G	N	U	I	O	E	Y	P	Q	U	F	R	T	J
R	A	N	O	I	S	I	V	E	L	E	T	H	B	E	V
E	L	E	T	Y	X	D	T	R	A	O	I	V	C	R	C

BALL
BEACH
BICYCLE
FAMILY
FRIENDS
FUN

HEALTHY
PLAY
RAINCOAT
RIDE
RUN
SEA

SCHOOL
SWIM
TELEVISION
WARM
WATCH
WATER





Tips for Persons Living with Sickle Cell Disease

- ✓ Keep check-ups with your doctor
- ✓ Eat a healthy diet with lots of fruit and vegetables
- ✓ Drink plenty water
- ✓ Keep warm
- ✓ Take medicine if you are having pains
- ✓ Have fun playing games, but rest if you are tired



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