

# Get the Facts About Sickle Cell Trait

Sickle cell trait can't turn into sickle cell disease.



People with **sickle cell trait** have one sickle cell gene. People with **sickle cell disease** have 2 sickle cell genes. You're born with your genes, and they don't change.

Health problems can happen.



Most people feel well. But some **symptoms** could need medical care.

Exercising too hard can be dangerous.



Athletes can learn how to **stay in the game safely**.

People with trait might have **kids with sickle cell disease**.



A doctor or a genetic counselor can tell you more.

New discoveries are coming.



Stay tuned as experts find out more about sickle cell trait.

Know your status.



A **simple blood test** can tell if you have sickle cell trait. It's most common in people of African or Hispanic background, but other people can have it too.