# Get the Facts About Sickle Cell Trait

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



People with <u>sickle cell trait</u> have one sickle cell gene. People with <u>sickle cell disease</u> 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 **<u>symptoms</u>** could need medical care.

### Exercising too hard can be dangerous.

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



A doctor or a genetic counselor can tell you more.

#### New discoveries are coming.

Athletes can learn how to stay in the game safely.



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.



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