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.



Well Beyond Medicine | Learn more at Nemours.org/NCCBD.

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