فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

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SICKLE CELL ANEMIA

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It is a chronic genetic disease in the blood characterized by a change in the red blood cells shape from the natural round shape to the sickle or crescent shape. Change in the form of cells leads to a change in their properties, as their elasticity and ease lose their flow in the blood vessels and the bone marrow, which leads to chronic decay in the blood with clogged episodes of the vessels and the bone marrow that leads to severe pain.

Symptoms:

Severe pain episodes: It is considered one of the main symptoms of sickle cell anemia. The pain differs in its intensity and may last for a few hours or days. Adults may experience chronic pain as a result of damage to the bones and joints.

Hemolysis: a severe decrease in the usual rate of hemoglobin as a result of hemolysis (red blood cell destruction when the immune system attacks these cells), which may coincide with severe pain. Common symptoms are general fatigue, inability to perform the daily effort, and redness of urine color.

Repeated infections: sickle cell anemia causes spleen damage and infection's ability, especially in children.

Discharge instructions:

- Commitment to (hydroxyurea urea) reduces the seizures of pain and chronic complications, and also, it prolongs the life expectancy of sickle cell patients.
- Eat healthy meals and adhere to folic acid.
- Drink a quantity of water of at least two liters per day, because dehydration is one of the most common causes of seizures.
- Avoid high or low temperatures.
- Smoking cessation.
- Avoid high mountainous areas.
- Regular follow-up in the clinic.
- Obtaining the stimulating respiratory device periodically.
- Exercise light sports without excessive.

Immediately go to the emergency when these symptoms show up:

- Chest pain with fever or cough.
- Narrowing of breath or swelling in one of the feet.
- The severe pain does not respond to analgesics by mouth.
- Weakness, general debility, and inability to perform daily duties.

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