

September is Take a Loved One to the Doctor Month and Sickle Cell Disease Awareness Month

“Preventive Health Screenings and Tests Are the Key to Successful Health Outcomes”

Health screenings and tests are designed to help identify illnesses early when action can be taken to prevent or minimize disease.



GET SCHEDULED SCREENINGS AND TESTS

Blood Pressure

Body Mass Index (BMI)

Cholesterol

Diabetes

Cardiovascular Disease

Colorectal Cancer

Cancer (prostate, lung, oral, breast, cervical and skin)

Sexually Transmitted Diseases

HIV

Sickle Cell Trait



Sickle Cell Disease and Trait

SICKLE CELL DISEASE is an inherited blood disease that causes red blood cells to be deformed (sickle-shaped). The red blood cells deform because they contain an abnormal hemoglobin, called hemoglobin S, instead of the normal hemoglobin call hemoglobin A.

SICKLE CELL TRAIT (SCT): One gene that makes hemoglobin A and one that makes hemoglobin S. These people carry the sickle cell trait (and are call “a carrier”), but they do not have sickle cell disease.

SICKLE CELL DISEASE (SCD): Two genes that make hemoglobin S. These people have sickle cell disease- Both parents either carry the sickle cell trait of have the disease.

TO FIND OUT WHETHER YOU OR YOUR LOVED ONE has sickle disease or sickle cell trait, blood tests must be done to screen for these conditions. Arming yourself with this information is referred to as knowing your sickle cell status.

TESTING IS AVAILABLE at most hospitals or medical centers, from SCD community-based organizations, or at local health departments near you.

For more information, please visit: www.floridahealth.gov/health=people-and-families/minority-health/take-a-loved-one-to-the-doctor-day.html

