



**SICKLE CELL ASSOCIATION OF THE NATIONAL CAPITAL AREA, INC.
(SCANCA, INC.)**

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*Sickle Cell Association of the National Capital Area, Inc.
is a 501 (c)(3) NONPROFIT, TAX EXEMPT ORGANIZATION*

Volume 37

FALL/WINTER 2020

Education Towards the Management of Sickle Cell



Iola Y. Williams

MESSAGE FROM THE EXECUTIVE DIRECTOR/PRESIDENT

Hello Friends:

On behalf of the Sickle Cell Association of the National Capital Area, Inc. (SCANCA, INC.) I hope you and your loved ones are safe and healthy. Read this issue thoroughly to learn important information about what you can do during this coronavirus pandemic. To my affected friends, please take care of yourself. Remember that you are an at-risk population. Yes, I am sure that you are tired of staying in; however the alternative can be devastating.

I thank all who have and continue to support the Sickle Cell Association of the National Capital Area, Inc. (SCANCA, INC.). There is always hope and we know that our God is watching over and protecting us. Let's give thanks that we are as well as we are.

Please watch out for your neighbors and especially the senior citizens. There is nothing sadder than to be denied help when it is needed. There are many who can not get to the store for necessities because of the great risk. Call, stop by or text them to give them and yourself that wonderful feeling that someone really cares.

Follow the instructions of the scientific and medical professionals. They know what they are talking about. We must stay together and support each other for we know this will pass and we want to be here when it does. Thanks to all who have supported SCANCA, INC. as we have supported the sickle cell community for the past twenty-six years. **We love and need you!!**

God Bless,

Iola Y. Williams, RN

Executive Director

SEPTEMBER IS NATIONAL SICKLE CELL MONTH

***ALL SCANCA, INC. ACTIVITIES ARE VIRTUAL DURING THE CURRENT
CORONAVIRUS PANDEMIC. PLEASE VIEW SCANCA, INC. WEBSITE
FREQUENTLY***

TO KEEP UP WITH THE HAPPENINGS: WWW.SCANCAINC.ORG.

SCANCA, INC. 2020 BOARD OF DIRECTORS Officers:

**Iola Y. Williams, RN. –
Exec. Director/President**

**Cathy McCoy
– Vice President**

**Beverly Ames
– Secretary**

**Lorenzo Nichols, Jr.
– Treasurer**

**Madline Morsha-Taylor
-- Chaplain**

At-Large Board Members:

Oceola Y. Briscoe - Editor

Cherrelle Esekie

Denise Garner

Barbara Harrison

Shanetta T. Richardson

SCANCA, INC. SERVES THE COMMUNITY

SHINE THE LIGHT ON “WORLD SICKLE CELL DAY”

Written by Board Member Barbara Harrison



In 2008, the United Nations recognized sickle cell disease as a public health priority and declared June 19 as “World Sickle Cell Day.” Last year SCANCA, INC. collaborated with other community sickle cell organizations in starting the “Shine the Light on Sickle Cell” awareness campaign. This year, as part of “Shine the Light” SCANCA, INC. decided to acknowledge “World Sickle Cell Day” by lighting the National Harbor Capital Wheel in **RED**. Because of the Coronavirus pandemic, we were not able to have a large group, however; two board members (Barbara Harrison and Beverly Ames) went down to the pier and set up a table. Educational information and masks (with SCANCA, INC. emblem) were given to passersby to raise awareness about sickle cell disease. Maya and Marc Harrison, Jr., Barbara’s children, were there to assist and cheer our members on. The masks were made by board member, Oceola Briscoe. It was a great night!!



American Red Cross

The American Red Cross Blood Drive

Since mid-March the number of African Americans donating blood with the Red Cross has dropped by more than half due to COVID-19, reducing the availability of blood needed for sickle cell patients. Schedule your appointment today!!! 1-800-733-2767.



A cheek swab is all it takes to see if you are a match to help save the **PRECIOUS GIFT OF LIFE**.

For info, call: **800-MARROW2**
OR go to the website: **BETHEMATCH.ORG**

Join the Marrow Registry.

Bone marrow transplants may free sickle cell sufferers from the pain of the disease. Potential donors must be between the ages of 18 and 60, be willing to donate.

DEPRESSION AND ANXIETY AS MODERATORS OF THE PAIN-SOCIAL FUNCTIONING RELATIONSHIP IN YOUTH WITH SICKLE CELL DISEASE.

From: Platt, Allan <aplatt@EMORY.EDU>

Abstract Purpose: Youth with sickle cell disease (SCD), a genetic disorder of red blood cells, may experience acute pain episodes lasting 2 to 3 days on average. While existing research has demonstrated associations between SCD pain and poor social functioning in youth with SCD, there are no data on whether symptoms of depression and anxiety modify the relationship between pain and functional outcomes in pediatric pain populations. It was hypothesized that more symptoms of depression and anxiety would exacerbate the relationship between high pain and poor social functioning in youth with SCD.

Patients and Methods: We conducted a cross-sectional study of 114 youth with SCD and their guardians assessing the youth's pain, social functioning, and symptoms of depression and anxiety.

Results: Analyses indicated that elevated levels of depressive symptoms were related to poorer self-reported interpersonal skills. More anxiety symptoms were related to better guardian-reported social skills and weakened the relationship between high pain frequency and poor self-reported interpersonal skills.

Conclusion: Findings build on previous work supporting the need for multidisciplinary approaches to care for youth with SCD who experience pain, and provide rationale for future studies to investigate the direct and possible moderating effects of depression and anxiety symptoms on other functional outcomes in youth with SCD and other pediatric pain populations.

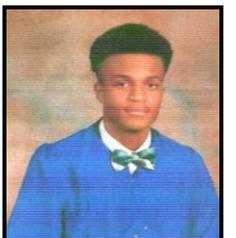
SCANCA, INC. 2020 SCHOLARSHIP RECIPIENT S

The Sickle Cell Association of the National Capital Area, Inc. (SCANCA, INC.) is a community-based organization serving persons with sickle cell disease and their families in the National Capital Area (Maryland, Virginia and Washington, DC). Our mission includes the education of persons with sickle cell disease by providing scholarships for students enrolled in institutions of higher learning, e.g. college, technical and/or graduate school. The 2020 scholarship awardees are Kaitlyn Adams and Malachi A. Geter.



Kaitlyn Adams

Kaitlyn Adams has been a recipient in prior years. She has a desire to gain as much knowledge as she can in the field of Social Work. She is on her way to grow as a person with a sense of independence. Even though she has had bouts with sickle cell anemia, her college work has already begun with plans to become a License Social Worker specializing in Hematology/Oncology cases. This will allow her to give assistance with making up school assignment and recovering academic skills students might lose while recovering from a sickness. This will also help with readjusting to school after hospitalization. The students will be with the best people who will provide their needs. We congratulate Ms. Kaitlyn Adams on her educational progress.



Malachi A. Geter

Malachi A. Geter has three goals that he plans to succeed in. The first goal is to stay physically and medically in good health. The second goal is to obtain his bachelor's degree and the final goal is to become an entrepreneur. He plans to major in biological sciences and minor in marine biology. His desire is to work in the field of biological science which he believes will lead to research in the field of healthcare and conservation which will lead to new discoveries that can save human lives and conserve our natural resource.

Sickle Cell Association of the National Capital Area, Inc. (SCANCA, INC.) congratulates these recipients and wishes them success as they continue toward their career goals.

Sickle Cell News for May 2020

visit <http://scinfo.org/newsletter/>

From: Platt, Allan <aplatt@EMORY.EDU>

The coronavirus pandemic is difficult in a number of ways, but it is especially hard for those who live with sickle cell disease.

The inherited red blood cell disorder happens when there aren't enough healthy red blood cells to carry oxygen throughout a person's body. People with the disorder have red blood cells that are crescent or sickle-shaped, instead of round.

Radio Station-WABE's host of "All Things Considered" Mr. Jim Burress spoke to Dr. James Eckman, a professor emeritus in the Department of Hematology and Oncology at Emory University School of Medicine, and Ms. Mia Robinson, who has sickle cell disease and is a professional patient advocate.

Ms. Robinson spoke to Mr. Burress about losing three family members in recent weeks and how the COVID-19 pandemic and shelter-in-place order has stopped her from grieving with her loved ones.

Dr. Eckman says those with sickle cell are exposed to a number of challenges and are now having a difficult time with medical care during the pandemic. Dr. Eckman added that many sickle cell disease patients are on blood transfusion programs, and, with a decrease in donor participation, hospitals around the country are facing severe blood shortages.

COVID-19 Links:

(1) Go to www.OneSCDVoice.com, SCDAAs online information superhighway where we will post updates regularly that are specific to SCD. It is free to join.

(2) Go to the website of your local SCDAAs organization. You can find the one closest to you at www.sicklecelldisease.org. There may be some useful information that applies directly to your community.

(3) Go to the CDC's website (www.cdc.gov/covid19) for regular updates on the COVID-19. Information is updated routinely and will keep you abreast of the latest guidelines and recommendations. There is information on how you can start to prepare in your homes and community.

Guidelines aim to ensure proper care of patients with sickle cell disease amid COVID-19 pandemic <https://www.healio.com/hematology-oncology/hematology/news/online/%7Bbb49346c-1919-46fe-8454-55a1fc6a1617%7D/guidelines-aim-to-ensure-proper-care-of-patients-with-sickle-cell-disease-amid-covid-19-pandemic>

Acute and chronic complications of sickle cell disease necessitate frequent interaction with the medical system. These complications — which include pain, fever and acute chest syndrome — make managing the estimated 100,000 patients with sickle cell disease in the U.S. a challenge under the best of circumstances.

During the **COVID-19 pandemic**, however, sickle cell disease complications may confound diagnosis, and health care providers could face new challenges in meeting the needs of this patient population.

"We are very concerned that COVID-19 infection could make **patients with sickle cell disease** much sicker than the average person," Biree Andemariam, MD, chief medical officer of the Sickle Cell Disease Association of America

(SCDAA) and director of the New England Sickle Cell Institute at UConn Health, told Healio. “Individuals with sickle cell disease are at much higher risk for severe COVID-19 infection and complications associated with infection. We recommend that patients with sickle cell disease stay at home as much as possible.”

DEPRESSION AND ANXIETY AS MODERATORS OF THE PAIN-SOCIAL FUNCTIONING RELATIONSHIP IN YOUTH WITH SICKLE CELL DISEASE.

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AN UPDATE OF INFORMATION ABOUT COVID-19 THE CORONAVIRUS DISEASE OF 2019

FROM THE SICKLE CELL DISEASE ASSOCIATION OF AMERICA, INC. (SCDAA, INC.)

NEW – HEALTH ALERT FOR PEOPLE WITH SICKLE CELL DISEASE AND THEIR CAREGIVERS.

COVID-19, the coronavirus disease of 2019 – also known as Coronavirus-2 (also called SARS-CoV-2)-and the illness it causes is on everybody’s mind. If you or your family member has sickle cell disease (SCD), you may be worried about what this new disease may mean to you.

The more you learn about COVID-19, the better you can understand what to look for, how to protect yourself or your loved one, and what to do **IF** you feel sick.

SCDAA and its Medical and Research Advisory Committee want to help you understand COVID-19, how it may affect a person with SCD, and what you can do to help.

The potential health risk posed by COVID-19 for people with SCD is a real concern. The knowledge we have about how COVID-19 will affect those living with SCD is evolving constantly. In light of this, the risks to our community may change in the coming days, weeks and months. It is critical that you stay regularly informed.

Seek more understanding and information from the Sickle Cell Disease Association of America (SCDAA): call: 1-800-421-8453 or use the website: sdaa.sicklecelldisease.org www.sicklecelldisease.net, or email: admin@sicklecelldisease.org

TRIVIA

DO YOU KNOW THE PARTS OF YOUR BODY?

*Answers on Page 8

- | | |
|-------------------------------------|---|
| 1. Something to keep tools in _____ | 11. What dogs bury _____ |
| 2. Part of a wagon _____ | 12. Part of a bed _____ |
| 3. Grown on a cornstalk _____ | 13. Two sailors answering yes _____ |
| 4. A type of macaroni _____ | 14. Branches on a tree _____ |
| 5. A school child _____ | 15. The biggest part of a giraffe _____ |
| 6. Tropical trees _____ | 16. How a wrecked car is moved _____ |
| 7. Part of an apple _____ | 17. Place of worship _____ |
| 8. Used by carpenters _____ | 18. Opposite of the head _____ |
| 9. Edge of a saw _____ | 19. Part of a clock _____ |
| 10. Weapons of war _____ | |
-

DID YOU KNOW?

1. Your shoes are the first thing people subconsciously notice about you. So wear nice shoes.
2. If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years
3. There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.
4. Sleeping without a pillow reduces back pain and keeps your spine stronger.
5. A person's height is determined by their father, and their weight is determined by their mother.
6. If a part of your body "falls asleep", you can almost always "wake it up" by shaking your head.
7. There are three things the human brain cannot resist noticing: food, attractive people and danger.
8. Right-handed people tend to chew food on their right side
9. Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.

**COLD WEATHER WILL COME SOON –
PRECAUTIONS FOR SICKLE CELL DISEASE INDIVIDUALS**

It is imperative that precautions are practiced to preserve a healthy body. Prolong exposure to cold temperatures can adversely affect the health of persons affected with Sickle Cell Disease. Remember, cold temperatures cause the blood vessels to become smaller or more constricted. This prevents the blood from flowing freely causing the sickle cells to more readily clog the small blood vessels. Here is a list of things that you must keep in mind during the cool and cold months:

- O Dress for the weather. Wear layers of clothing to enhance warmth and that can be easily removed when too warm. Prevent prolonged exposure to the cold temperatures, wear hats (heat is lost through the head), gloves and leg coverings.
- O Practice slow, deep breathing to keep the lungs well oxygenated. Well-oxygenated lungs aid in promoting more oxygen to the block cells, which prevents sickling.
- O Maintain physical activity. Activity renders you less susceptible to acute chest syndrome and pneumonia.
- O Continue to drink lots of water. You can become dehydrated even in the cold months.
- O Maintain healthy dietary habits. This helps to protect your body for those days when you can not eat well because of illness.
- O Take warm baths to stimulate your circulation and massage painful or achy areas. Remember, look at any area that is painful, every pain is not necessarily associated with Sickle Cell. There could be an injury or other causes.
- O Inform your medical caretaker if you develop a persistent cough, fever, and severe or prolonged pain.
- O Remember to especially keep young children comfortably warm.

BEWARE: Anything that affects your body temperature adversely has the capability of affecting your health and well being. Contact your Healthcare Provider if you have any concerns. Follow your provider's advice.

SEPTEMBER IS NATIONAL SICKLE CELL MONTH

One Year Membership Dues: \$25.00 _____ Organizations/Corporations: \$100.00

_____ Scholarship Donation _____ Other Donation Amount: \$ _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: Home- (____) _____ Work- (____) _____

E-Mail: _____ Cell phone: _____

Do you have a family member(s) with Sickle Cell Disease? _____ Yes _____ No

*Answers to Page 6: DO YOU KNOW THE PARTS OF THE BODY-- 1-chest, 2-tongue, 3-ears, 4-elbow, 5-pupil, 6-palm, 7-skin, 8-nail, 9-teeth, 10-arms, 11-bones, 12-head, 13-eye, 14-limb, 15-neck, 16-toe, 17-temple, 18-foot, 19-hand

UPCOMING EVENTS – 2020

Tuesday, September 15, 2020, 9th Annual Sickle Cell Disease Therapeutics Conference (SCDTC)

We're Going Virtual!! Sickle Cell Disease Association of America, Inc. (SCDAA, INC.)

To be conducted remotely via digital platform.

The patient panel will focus on “Living Well with Sickle Cell as You Age.”

For information and registration: scdaa@sicklecelldisease.org

Cure Sickle Cell Now Move-On **Virtual Event**
Howard University Center for Sickle Cell Disease
September 2020

We want you to **MOVE** for Sickle Cell the **WHOLE Month!!**

Check SCANCA, INC. website for the flier – coming soon!!

For info: Cynthia D. Gipson at cgipson@howard.edu or 202-865-4346

All SCANCA, INC. activities are virtual during the current coronavirus pandemic.

**Please view SCANCA, INC. Website: www.scancainc.org
frequently to keep up with the happenings.**

SCANCA, INC. INDIVIDUAL AND FAMILY COUNSELING

By Appointment Only

Contact:SCANCA, INC. Office – 202-271-5733

SCANCA INC. Executive business meeting
For information call : SCANCA, INC. Office



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