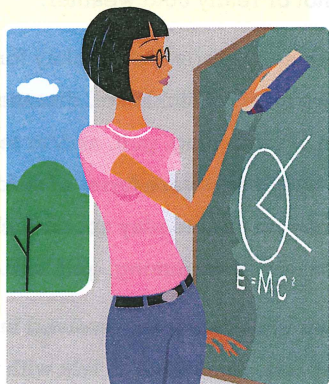


## For More Information...

If you need more information about any of these topics, please contact your sickle cell provider. We would be happy to provide you with educational materials for your child's teachers or coaches. We can also send a letter to your child's school explaining his or her condition.



### Attending Physicians

Roger Berkow, MD  
Gregory Friedman, MD  
Lee Hilliard, MD  
Thomas Howard, MD  
Jeffrey Lebensburger, DO  
Joseph Pressey, MD  
Sue Spiller, MD  
Raymond Watts, MD  
Kim Whelan, MD

### Nurses

Misty Bagwell, CRNP  
Heather Carlton, CRNP  
Heather Collins, CRNP  
Jasmine Hoggle, CRNP  
Mary Jones, RN  
Jennifer McDuffie, CRNP  
Kristen Osborn, CRNP  
Britney Snipes, CRNP  
Carol White, CRNP

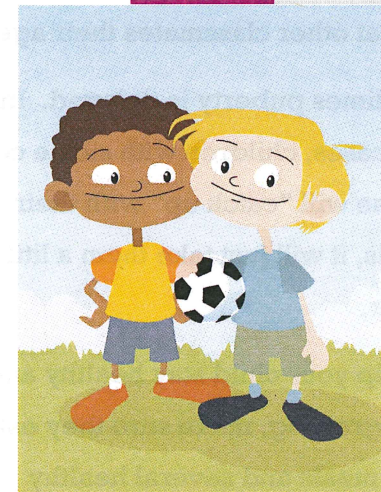
## UAB DIVISION OF PEDIATRIC HEMATOLOGY AND ONCOLOGY

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## UAB DIVISION OF PEDIATRIC HEMATOLOGY AND ONCOLOGY

## Delayed Growth and School Performance in Sickle Cell Disease



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Hematology—Oncology



## Delayed Growth in Children with Sickle Cell Disease

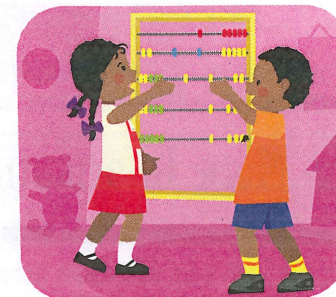
Most children with sickle cell disease grow normally when they are babies. Parents may notice that their growth slows down after their first birthday. Children with sickle cell disease may be smaller or thinner than other classmates their age.

Sometimes puberty is delayed. In most cases, children with sickle cell disease will “catch up” with their friends, it will just take them a little longer.

To help your child stay healthy and keep growing, make sure they eat three meals and several healthy snacks a day. Try to limit candy, sodas and other “junk food”.

## School Performance

Children with sickle cell disease are no different than their classmates in their ability to learn and do well in school. Some children have more problems with pain and illness and may miss school while they are getting better at home or in the hospital. It is important to remember that a very small percentage of children with more severe types of sickle cell disease can have a stroke. This can affect a child's ability to perform mentally and physically in the school setting. If frequent absences, or other health care issues cause problems for your child in school, contact your local resources, such as the Sickle Cell Foundation in your area, or your sickle cell nurse. We may be able to help by sending letters to your child's school and handbooks to help your child's teacher learn about your child's disease.



## Sports in School

Children with sickle cell disease are encouraged to get plenty of exercise. It is okay for them to participate in PE at school. It is very important to remember, however, that children with sickle cell disease can become dehydrated and tired much sooner than their classmates. They need to be allowed to drink plenty of fluids and take several rest breaks during physical activity. They should also avoid playing outside in really hot or really cold weather.

Organized team sports are not okay for children with severe forms of sickle cell disease with the exception of swimming, golf, and/or tennis. Children with less severe forms of sickle cell disease may be able to play sports such as basketball, baseball, swimming, golf, and/or tennis.

Before your child becomes involved in ANY organized sports, remember to talk with your sickle cell doctor or nurse. All children are different. Your child's type of sickle cell disease and how many problems they have had will make a difference in what activities are safe.