## What to do if your child has Hemoglobin SC Disease

Hemoglobin SC disease is a disorder that is a lifelong condition. However, you can do some things to keep your child as healthy as possible. Attend all scheduled physician appointments. Call your doctor if your child has problems or if you have questions. Most importantly, treat your child as you would all other children: make sure they eat good, healthy meals, get plenty of rest, and go to school on a regular basis. We will be happy to provide you with any information we can to help you take care of your child.

Please call us with your questions.


**UAB PEDIATRIC HEMATOLOGY**

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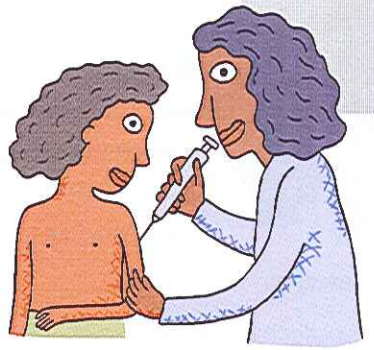
**UAB PEDIATRIC HEMATOLOGY**

# Hemoglobin SC Disease

## A parent's guide.

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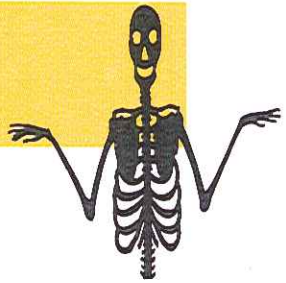
# Hemoglobin SC Disease

Hemoglobin SC disease is one type of sickle cell disorder. A child inherits the gene for sickle hemoglobin from one parent and the gene for Hemoglobin C from the other parent. This produces the disease known as Hemoglobin SC.

This disease has similarities and differences to regular sickle cell anemia, also known as Hemoglobin SS Disease. A child with Hemoglobin SC disease does produce sickled red blood cells. However, they do so in a much smaller amount.

The child with Hemoglobin SC disease may or may not experience many of the problems that children with true sickle cell anemia do. On a scale of 1 to 10, Hemoglobin SC disease rates between 5 and 7 in level of severity.

## Complications



Young children with Hermoglobin SC disease are at risk for infection. They should be on daily Penicillin and receive all of their immunizations. In addition, if the child has a fever of 101 degrees or greater, they need to be seen by a doctor.

Pain is a fact of life for many patients with sickle cell anemia. Hemoglobin SC Disease is a little different, though. Not all patients with this disease will experience a lot of pain. Only about 5% of these patients will have a course as severe as regular sickle cell patients. If your child does experience pain, you may treat him or her at home with an appropriate dosage of a pain reliever, which will be discussed with you by your child's physician.

There are a few problems that tend to affect children and adolescents with Hemoglobin SC disease more often than those with other types of sickle syndromes. These include retinopathies, avascular necrosis, and gallstones.

## Hemoglobin SC: Special Problems

Retinopathy is a complication that occurs in the eyes. When sickled cells get trapped in the tiny blood vessels in the eyes, they can cause damage. This can only be detected by a physician specially trained in treating the eyes, also called an ophthalmologist. After age 12, a child with Hemoglobin SC disease should be seen by an eye doctor once a year to screen for this potential problem.

Avascular Necrosis occurs inside the bones. It usually affects larger joints in the body such as the hips, knees, or shoulder joints. When cells sickle inside the bone marrow, they can cut off the blood supply to a part of the bone. This causes that part of the bone to die. The primary symptom of this condition is pain. It usually occurs in teenagers and young adults with Hemoglobin SC disease.

Gallstones are formed from the rapid destruction of red blood cells. Symptoms of gallstones include abdominal pain after eating fatty foods and an increase in the yellowness in the whites of your child's eyes.