



# Transfusions to the Rescue!

## **NEW BLOOD = STRONGER YOU!**



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# MY STORY

"Hi. **I'm Kayla** and my mommy says that I am awesome!

I like **playing** with my friends!"



"**Sometimes I don't feel good.** I have sickle cell disease and I was born with it. Do you have sickle cell disease?"

And sometimes I am **very tired** and I hurt all over.

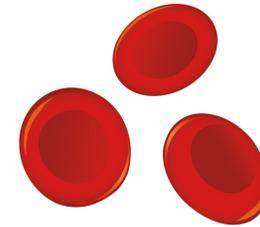
When I feel like this, my mommy has me take a nap and drink **LOTS** of water. But if I don't feel better after I rest, sometimes I have to visit my doctor."



# MY STORY



Mommy said I feel like this because I have **sickle cell disease**. So kids like me have some cells that are in our blood that are shaped like bananas instead of donuts. This makes it hard for the cells to do their job bringing oxygen around the body.



Normal  
Red Blood Cell



Sickled  
Red Blood Cell

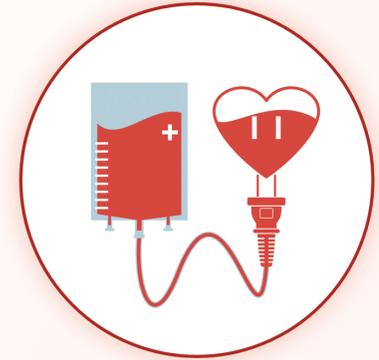


But Sickle cells  get stuck just **like a traffic jam** and that lowers oxygen in my body. That's why I feel pain and tired.

# TRANSFUSIONS TO THE RESCUE!



Sometimes I get a **blood transfusion** from healthy people so that more of my red blood cells will be round like donuts. **No more traffic jams!**



And I'm glad **transfusions don't hurt**. Well there is one moment in the beginning when I feel a pinch that goes away really fast. Like two seconds.

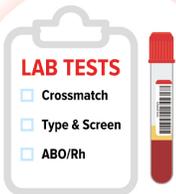
After that, I'm relaxing and having the **new healthy blood** go into my body. It usually takes a few hours. It's boring, so I always bring books and things I like.



# TRANSFUSION STEPS



Most blood transfusions take place in a **hospital or at a clinic** and an adult can go with me.



**Before a transfusion**, a small amount of blood is taken and tested to make sure that the blood I will receive will work well in my body.



During the transfusion, a small needle will be placed in my arm or hand. This is how **the new blood will get inside my body**. The new blood, filled with round cells that will help me feel better, moves from a bag through a tube, into the needle and then into a blood vessel called a vein.



A **nurse will check** on how I am doing during the transfusion to make sure I am comfortable and that everything is going well. When the transfusion is done I'll be able to go home.



# AHHHAA! MUCH BETTER NOW



When the **new blood** is inside my body, the nurse helps me get ready to go home. **I love playing after my transfusions** because I have more energy. But if I don't feel good when I get home, I tell an adult. Maybe **more water** and **another nap** are all I need.



# USEFUL STATS



## 2,000

American babies are born with sickle cell disease each year.



## Did you know?

Some kids love helping others feel better about sickle cell. **Kiarra Roseburgh** is one of those leaders. Kiarra is a little girl who speaks to very big groups of people about how she lives with sickle cell. When she says, "**I may have sickle cell, but sickle cell does NOT have me,**" people stand up and clap and cheer. Kiarra's story makes them want to help kids that are just like her. She is very strong. Kiarra doesn't let her disease stop her from playing and dancing!

SCDAA THANKS HEMANEXT, INC. FOR FUNDING THE DEVELOPEMENT OF THIS BOOKLET AND THE COMPANION BROCHURE. THEY ARE THE FIRST IN A SERIES OF EDUCATIONAL BROCHURES AND PROGRAMS, GRASSROOTS EVENTS AND PUBLIC-AWARENESS CAMPAIGNS. THROUGH HEMANEXT'S GENEROUS SPONSORSHIP SCDAA WILL PRODUCE AND DISTRIBUTE ADDITIONAL MATERIAL FOR CAREGIVERS, AND FOR CHILDREN AND ADULTS WITH SICKLE CELL DISEASE.