

Prevention (Mayo Clinic, 2021)

Engaging tag along strides to remain healthy might assist you stop difficulties of sickle cell anemia. Consume folic acid supplements every day and pick a healthy diet. Bone marrow requires folic acid and other vitamins to produce fresh red blood cells. Inquire your doctor concerning a folic acid add to and other vitamins. Physical activities, not smoking consuming a lot of water.

Signs and Symptoms (John Hopkins Medicine, 2021)

Though, every person can encounter symptoms inversely. Symptoms and problems might comprise the following below:

Since sickled cells are impermanent or wiped out, there are fewer red blood cells untaken in the body. This consequence in anemia. Acute anemia would cause you experience dazed, difficulty in breathing, and exhausted.

Sickle predicament. This happens as soon as the stream of blood is obstructed to a section as the sickled cells have turn to be trapped in the blood vessel. The discomfort would happen wherever, although a lot frequently happens in the chest, arms, and legs.

The sickled cells attach as one and obstruct the flux of oxygen in the little vessels in the lungs. It looks like pneumonia and would comprise fever, pain, and an intense cough, and causing acute chest problem.

Emergencies are consequence of sickle cells combining in the spleen. This may provoke a abrupt descent in hemoglobin and might be dangerous if not cured straightaway.

Seizure. This is one more abrupt and intense difficulties of individual with sickle cell disease. The irregular cells may obstruct the main blood vessels which provide the brain with oxygen.

Jaundice is a usual sign and symptom of sickle disease. Sickle cells do not live as far as normal red blood cells and, as a result, they are disappearing quicker than the liver would sieve them out. Bilirubin (that initiates the yellow colour) from these divided cells accumulates in the system triggers jaundice.

Priapism. This is agonizing blockage of the blood vessels in the penis by sickle cells. If not on time cured, it would consequence in weakness of penis. (lbgirliving.com, 2018)

Sickle Cell Anemia Complications, Progression (Mayo Clinic, 2018)

SCA is a disease which exacerbates as time goes on. Its development may differ from slightly symptomatic – anemia, jaundice to sore continuing predicament and organ failure. Several difficulties might happen consequently of sickle cell anemia, incorporating.

Stroke - which happen if sickle cells obstruct blood movement to the brain.

- **Acute chest syndrome (ACS)** – caused from lowered blood movement to the lungs instigating chest pain, fever and struggle breathing.
- **Pulmonary hypertension** – high blood pressure in their lungs.
- **Organ damage** – triggered from clogged blood movement deny organs of blood and oxygen. As time goes on harm nerves and organs.
- **Blindness** –limited blood movement to the eye harm the eye’s retina that deal with viewable images.
- **Leg ulcers** – or pains, would progress on the legs.
- **Gallstones** – initiated by the making of bilirubin as the red blood cells malfunction.
- **Priapism** –can impact men producing aching, long-term erections which would harm the penis and give rise to powerless of the pennis.

Organ System Damage (Cedars Sinai, 2021)

SCD may impact any key organ. The liver, heart, kidneys, gallbladder, eyes, bones, and joints would all be harmed. They endure harm from the unusual operation of the sickle cells and their lack of ability to flow permeate the little blood vessels properly. Complications would comprise:

- Greater infections
- Leg ulcers or severe sores
- Bone injury
- Early gallstones
- Kidney failure and loss of body water in the urine
- Eye damage
- Several organ failure.

