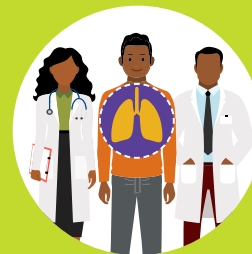


Steps to Better Lung Health for People with Sickle Cell Disease



Accessible link: <https://www.cdc.gov/ncbddd/sicklecell/betterhealthtoolkit/index.html>

People with sickle cell disease (SCD) are at greater risk than the general population for lung problems. Lung problems can cause breathing-related difficulties and sleep-related disorders. Below is one step you can take towards better lung health.

Talk to your provider if you have, or have ever had, any signs or symptoms of breathing- or sleep-related problems. Use the checklist below to guide this discussion.

Breathing- or Sleep-Related Problems Checklist (Check all that apply)

- | | |
|--|---|
| ☐ Coughing/wheezing | ☐ Acute chest syndrome (life-threatening complication of SCD) |
| ☐ Shortness of breath | ☐ Blood clots in the lungs |
| ☐ Difficulty breathing with exercise | ☐ Stroke |
| ☐ Chest pain | ☐ Frequent pain episodes |
| ☐ Snoring | ☐ Recurring, prolonged erection of penis |
| ☐ Being very sleepy or drowsy during the day | ☐ Bedwetting after 10 years of age |
| ☐ Waking up feeling unrested | ☐ Congestive heart failure (when the heart's ability to pump blood to the body is very impaired) |
| ☐ Early morning headaches | ☐ Fainting/dizziness |
| ☐ Inability to focus or think straight, confusion | |
| ☐ Low oxygen levels ("hypoxemia") | |

It is important to share your checklist with your provider because he or she may need to perform

- A sleep study (a test used to diagnose sleep disorders); and/or
- Routine testing to measure how well your lungs are working.

Learn more about sleep disorders here: www.cdc.gov/sleepdisorders

Visit the "Sickle Cell Disease: Steps to Better Health" toolkit available here: www.cdc.gov/SCD/betterhealth

Source: Liem RI, Lanzkron S, D Coates T, DeCastro L, Desai AA, Ataga KI, et. al. American Society of Hematology 2019 guidelines for sickle cell disease: cardiopulmonary and kidney disease. *Blood Adv*. 2019 Dec 10;3(23):3867-3897.



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