

# SICKLE CELL DISEASE

## Transitioning from Pediatric to Adult Care

Young people with sickle cell disease (SCD) face hurdles as they learn to manage their disease



As young people with SCD enter their teenage years and mature into adults, the **responsibility shifts from their caregivers to the young people themselves.**

Teens and young adults with SCD also **transition from a pediatrician to a doctor** who treats adults.

### ADULT SICKLE CELL CARE CAN BE MORE FRAGMENTED AND CHALLENGING TO NAVIGATE

Once they are no longer eligible for pediatric care, young adult patients may experience or may face reduced access to:<sup>1</sup>

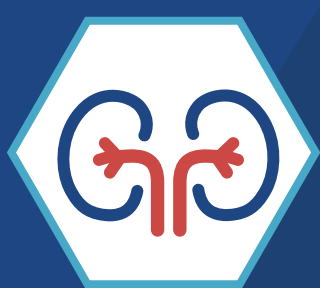


PREVENTIVE CARE



CLOSE MEDICAL FOLLOW-UP

SCD morbidities more likely in older adolescents and adults:<sup>2</sup>



KIDNEY DISEASE



HEART DISEASE



HIGH BLOOD PRESSURE



BLOOD TRANSFUSION COMPLICATIONS

Key factors contributing to these negative outcomes include:<sup>1,2</sup>

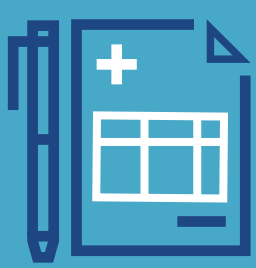


REDUCED ACCESS TO QUALITY CARE



INADEQUATE DISEASE KNOWLEDGE

LOSS OF INSURANCE



POOR ADHERENCE TO TREATMENT



Following the transition period, young adult patients may experience:

INCREASED USE OF HEALTH CARE SERVICES<sup>3</sup>  
(WITHIN 30 DAYS POST-HOSPITAL STAY)

**~40%**

RE-HOSPITALIZED

**~20%**

VISITED THE EMERGENCY ROOM

INCREASED RISK OF DEATH IN THE FIRST TWO YEARS POST-TRANSITION.<sup>4,5</sup>



### BEING PROACTIVE CAN HELP YOUNG ADULTS STAY ON TRACK WITH THEIR CARE.<sup>2,6</sup>

FIND A TRUSTED PHYSICIAN WHO IS RIGHT FOR YOU



Work with your pediatric care team to find an adult care doctor knowledgeable about sickle cell disease.

SET UP A CARE SCHEDULE TO STAY ON TRACK



Schedule regular visits, starting within two months of your last pediatric visit.

COMMUNICATION IS KEY



Know your medical history and share it with your doctor.

REACH OUT FOR HELP



Managing your own care for the first time can be confusing and scary. Local advocacy organizations can help you find a support network and other online resources.

### TAKE EXTRA CARE DURING COVID-19

People with sickle cell disease are at greater risk of a serious COVID-19 infection.<sup>7</sup>  
MINIMIZE YOUR RISK BY:<sup>8,9</sup>



Receiving the COVID-19 vaccination\* as soon as possible



Adhering to state and federal rules regarding social distancing, frequent handwashing and mask-wearing when in public settings



Using telemedicine when seeking care from your doctors to maintain treatment



Maintaining your overall health by eating a balanced diet and frequently washing your hands with soap and water

GO TO THE CDC'S WEBSITE ([WWW.CDC.GOV/COVID19](http://WWW.CDC.GOV/COVID19)) FOR REGULAR UPDATES ON COVID-19.

\*Find a COVID-19 Vaccine: Search [vaccines.gov](http://vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.