



Let's Talk About SICKLE CELL TRAIT

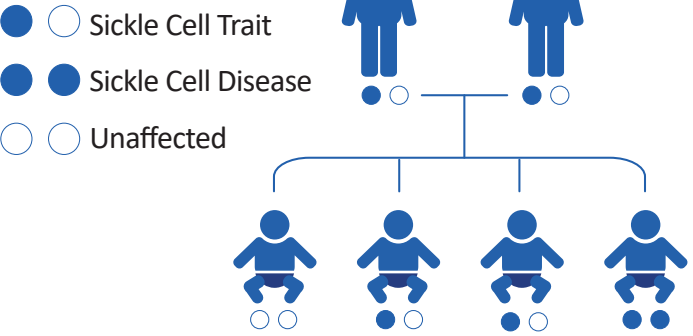


WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is an inherited blood condition. **Sickle cell trait is not the same as sickle cell disease.** A person with sickle cell trait has one gene for normal hemoglobin and one gene for sickle cell hemoglobin. Children inherit sickle cell trait from their parents. When one parent has sickle cell trait and the other parent has sickle cell trait or another hemoglobin trait (such as hemoglobin C or beta-thalassemia), with each pregnancy there is a one-in-four (25%) chance their baby will be born with sickle cell disease. There is a one-in-two (50%) chance their baby will be born with the trait and a one-in-four (25%) chance that their baby will not have sickle cell disease or a trait.

People with sickle cell trait usually show no outward signs of it. It is not contagious. It rarely, if ever, affects health. However, people with the trait may experience illness at high altitudes among other problems. People with sickle cell trait will not get sickle cell disease.

GRAPHICS KEY



WHO CAN HAVE SICKLE CELL TRAIT?

People of different ethnic backgrounds or origins can have sickle cell trait. These include people whose ancestors come from Africa, Asia, India, Indigenous America, Latin America, and the Mediterranean and Middle East. African Americans have the highest rate of sickle cell disease and sickle cell trait in the United States. All newborns in Texas get tested for both sickle cell disease and trait.



HOW CAN YOU FIND OUT IF YOU HAVE SICKLE CELL TRAIT?

There is a blood test you can request from your health care provider to find out if you have sickle cell trait. It is very important to know if you or your partner have the trait before you have a baby. If you don't know whether you have the trait or not, you should get tested. If you were born in Texas, there is a chance we have a record from your newborn screen.

Texas began screening newborns for sickle cell disease and trait in 1983. If needed, the Texas DSHS Laboratory Reporting Department can provide newborn screening results from 1991 to present. Talk to your health care provider about requesting newborn screening results because an interpretation of the result report may be needed.

If your child grows up to play National Collegiate Athletic Association (NCAA) sports, they will need to provide documentation of their sickle cell status.



WHERE TO GET MORE INFORMATION

- A health care provider can provide more information about sickle cell trait.
- Visit the ASH Sickle Cell Trait website at hematology.org/education/patients/anemia/sickle-cell-trait.
- Scan the QR code or visit dshs.texas.gov/newborn-screening-program/sickle-cell-disease/sickle-cell-trait.



Newborn Screening Program

Texas Department of
State Health Services
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Austin, Texas 78714-9347
800-252-8023 ext. 776-3957
dshs.texas.gov/newborn