

## WETIN WE FIT DO TO PREVENT CRISES?

1. Make your environment dey dey clean always
2. Make you dey clean and neat
3. No allow mosquito chop you.
4. Take melesin wey dey prevent malaria di wey doctor talk say make you take am
5. Make sure say you no get infections
6. Dey avoid cold and heat wey dey too serious and no dey open your bodi to cold weda and rain.
7. No dey do work wey need too much power
8. Dey do everytin wey your doctor say make you dey do
9. Make sure say dem trit you sharp sharp when you sick
10. Dey drink plenty water/liquid
11. Dey take one folic acid tablet everyday
12. Dey go sickle cell clinic wey dey near you for better care
13. Go join Sickle Cell Club and always dey go dia meetings

## WETIN ALL DIS SICKLE CELL PROGRAMMES FIT DO TO CONTROL DI CRISES WEY DEY SELE FOR DIS DISEASE?

1. We fit helep dem make dem live long plus say we fit reduce di many sickness wey dey attack dem and di pain crises, we go just dey test weda new born pikin get dis disease, if dem get am, make we dey yan to di papa and mama how dem go dey kia for dia pikin kiakia.
2. We fit reduce di suffer-suffer of di people wey get di disease and dia mama and papa join, how we go do am be say we go dey tel dem wetin dem suppose do about tins wey dey awa bodi wey man dey get from mama and papa, and all di dem dem medical kia wey dem fit enjoy.
3. We fit put power for reseach wey go find melesin wey go reduce di pain for crises or wey fit even stop di crises pain patapata.
4. Centres wey go do dey promote and coordinate di kain yan wey dem suppose tel di people wey get di disease, check wetin dey happen for dia bodi, to kia

wel wel for dia bodi, to dey teach health mata, to dey train and dey research about di crises wey dey sele for dis disease, all dis tin go dey important before we fit get (1) and (3) wey dey above.

5. We fit make sure say to dey put Stem cell inside bodi go dey easy for people and make e no dey cost.

## WETIN BE DI SERVICES WEY DEY GROUND FOR DI PEOPLE WEY GET DI DISEASE?

For Lagos area, you fit see Sickle Cell Clinics for:

- ❑ Lagos University Teaching Hospital (LUTH),
- ❑ Lagos State University Teaching Hospital (LASUTH)
- ❑ General Hospitals wey dey Lagos and Gbagada
- ❑ Hospital for di Children wey dey Massey Street

If no be Lagos, go meet dem for teaching or specialist hospital wey dey close to you. All dis services still dey expand. If you wan know more, meet dem for Sickle Cell Foundation Nigeria or Sickle Cell Clubs wey dey your area.

## WETIN BE DI TINS WEY DEM FIT DO FOR YOU IF YOU GO SICKLE CELL FOUNDATION NIGERIA?

1. Dem fit follow di people wey get dis disease and di people wey dey kia for dem yan about how pesin dey get disease from dia mama and papa. Dem also fit follow people wey get di disease yan about tins wey dey important before dem marry.
2. Laboratory wey dem dey do blood test
3. Service wey fit do Automated Exchange Blood Transfusion
4. To dey check for sickle cell before pesin go born
5. To dey kia for ulcer wey dey catch pesin for leg
6. Plan to dey prevent stroke from small pikin wey get Sickle Cell (2 to 16 years old)

## WETIN BE DI TINS WEY YOU FIT DO TO HELEP PERSON WEY GET SICKLE CELL FOR YOUR AREA?

1. Dey find sometin give dem make dem use dey trit any sickness wey dem get and to kia for dia bodi join.
2. You fit join di Sickle Cell Club wey dey your area gangan and dey do normal for di place.
3. You fit helep start Sickle Cell Club for your area or even sef for your school.

Issued by:



**SICKLE CELL FOUNDATION NIGERIA**  
"BRINGING HOPE TO THE AFRICAN CHILD"

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**SICKLE CELL  
ANAEMIA**  
DI KOKO



**SICKLE CELL FOUNDATION NIGERIA**  
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# DI KOKO



## WETIN BE SICKLE CELL ANAEMIA?

Sickle cell anaemia na di disease of di blood wey man dey get from im mama or papa and wey no get cure and dey cause sickness wey dey reduce blood

for bodi, sometime, e dey make bodi dey pain person and infection sef dey join. Before man go fit get dis disease, e go don collect wetin we dey call haemoglobin from mama and papa, dis type haemoglobin no dey dey normal, e dey get shape like di mouth of one rod wey we dey use comot fruit on top tree for farm, we kuku dey call am Hb S. E come be say two Hb S wey dey come from both mama and papa go become Hb SS. Di haemoglobin wey dey normal na im we dey call Hb A.

## WETIN BE HAEMOGLOBIN?

Haemoglobin or make we kuku say Hb, na one red tin for blood. Im work na to carry oxygen from awa lungs to different different junction for awa bodi.

## WETIN BE ANAEMIA?

Na wen haemoglobin no reach for blood, na im we dey call am anaemia. If dis tin no reach, blood no go fit carry oxygen di way e suppose carry am. E come be say when Hb S come break down sharp sharp na im sickle cell dey happen. No be say na because iron no dey for bodi and e no need to dey trit am with melesins wey get iron or to dey drink blood tonic. Dis kain tin sef fit harm di person wey dey sick.

## WETIN BE SICKLE CELL TRAIT?

Sickle cell trait na wetin dey sele inside man wey be say e get single dose of di gene wey dey always fall sick (Hb S)

from one parent and go get Hb A from anoda parent. Na im be say dis person go get Hb AS. No be say sickle cell dey disturb am but di problem be say he fit transfer Hb S give im pikin. Wetin hapin be say di Hb A wey dey for im bodi strong pass di Hb S, na im be say, that kain pesin no fit get di sickness wey dey disturb di pesin wey get sickle cell. Somebodi wey get sickle cell trait dey dey alright and no need any kain tritment, dem dey live long like normal pesin wey no get any issue. Na one pesin from four Nigeria people dey get dis sickle cell trait Hb S, e mean say na 25% of di people wey dey for dis country dey get am. If we wan dey sure say somebodi get sickle cell anaemia (SS), di trait (AS), or say pesin no get am at all (AA), e good make dat kain person go do test for laboratory.

## SE WE STILL GET SOME OTHER KAIN HAEMOGLOBIN OR DI ONE WEY NO DEY NORMAL?

Na so, dem plenty sef, but na di Hb S plenty pass for dis world. Anoda kain haemoglobin wey dey plenty follow Hb S na di one wey we dey call Hb C. Na from Northern Ghana and Burkina Faso dis kain haemoglobin waka come. For dia, e be like 1 pesin from 5 people dey get am, wetin dat mean be say 20% of eberybodi wey dey di place get di C trait; e mean say dis people get Hb AC. We fit find dis Hb C in Nigeria, but na for di Western part of di country di tin plenty pass. Even sef, black people wey dey obodo oyinbo like America, Europe and di Caribbean sef dey get am.

For di places wey we mention, some fit get HB SC because dem get di Hb S from one parent and Hb C from anoda parent. Di sign wey dey show say dis disease dey bodi for pesin wey get Hb SC na di same sign wey dey show for di pesin wey get Hb SS, only say crises wey dey sele for Hb SS dey pass di one for Hb SC. Make we know say weda pesin get Hb SS, Hb SC or Hb S, na di same Sickle Cell Disorder we dey use call all of dem - betathalassaemia (SBthal).

## HOW DIS SICKLE CELL ANAEMIA PLENTY REACH FOR NIGERIA?

E plenty wel wel. E be like say two from hundred pikin wey Nigerian people born dey get Hb SS. Na because we dey so plenty for Nigeria na im make am be say na we get people with Hb SS pass for dis world.

## WHICH SIGNS DEY SHOW SAY PESIN GET SICKLE CELL ANAEMIA?

Normal normal, no sign dey show for di first 6 months after dem born pikin. After dis period don pass, skin or eyes go dey dey pale because say blood no reach. Eyes go dey yellow (Jaundice). Bone or bele go dey pain di pesin or make dem dey swel up. For pikin, dem dey get pain for hand and leg, and di hand and leg go dey swel up sef. Anoda one na fever, sickness for chest and that pesin go dey breath fast fast join. If na rainy season or say weda cold, crises pain dey sele wel wel. As di pikin dey mature, im stature go dey small compare to im age, sign wey suppose show say pesin dey mature no go quick show, menstruation sef no go come wen e suppose come.

Last last, everytin go start to dey sele normal normal wen dey wan reach twenty years. Beta food dey helep di pesin grow fast fast. For teenagers and people wey don grow, di crises pain no dey too sele like dat but ulcer for leg fit dey disturb. Dem (SS) no dey fit do wel wel for sports wey dey serious and wey need power because say dem get anaemia.

Abeg, make you know say no be everybodi dey get all di signs wey dey up so. Some people no go even show say dem get crises until dem don nearly reach twenty years. Some people sef dey wel for long time and dem no dey like make other people dey pity dem. Dem dey get brain wel wel and dem fit do tins like other people dey do.

## HOW PEOPLE WEY GET SICKLE CELL ANAEMIA DEY SEE LIFE?

Beta medical care and environment wey dey clean, cleanliness for body, to dey prevent infection, beta food and to dey quick trit infection wen dem sele for body, don make am possible for many pikin to survive and live long happy life. Di age wey pikin go dey school, he go dey do everytin jejely. He go get brain as e suppose get and he go fit dey do wel wel for school.

Dem dey succeed for di work dem dey do and for other areas sef. E dey beta to avoid job wey need power wey go make person dey go up and down. Dem fit plan to marry and get pikin. E go best for women to reduce di danger wey dey sele wen dem wan born pikin, dat one go possible wen women no born pass two pikin. Make dem go yan to dia doctors or make dem go look for informate about family planning for Sickle Cell Foundation Nigeria.

## WETIN BE SOME OF DI GBEGE WEY DEY SELE BECAUSE OF DIS DISEASE?

Although, dem fit live long life and dey useful, dem still dey get gbege like pain for bone, stroke, infection, serious blood shortage wey dey common for pikin and pesin wey never grow, all dis fit happen to dem and dem fit die for small age if dem no quick trit all dis gbege or if dem no trit dem wel.

