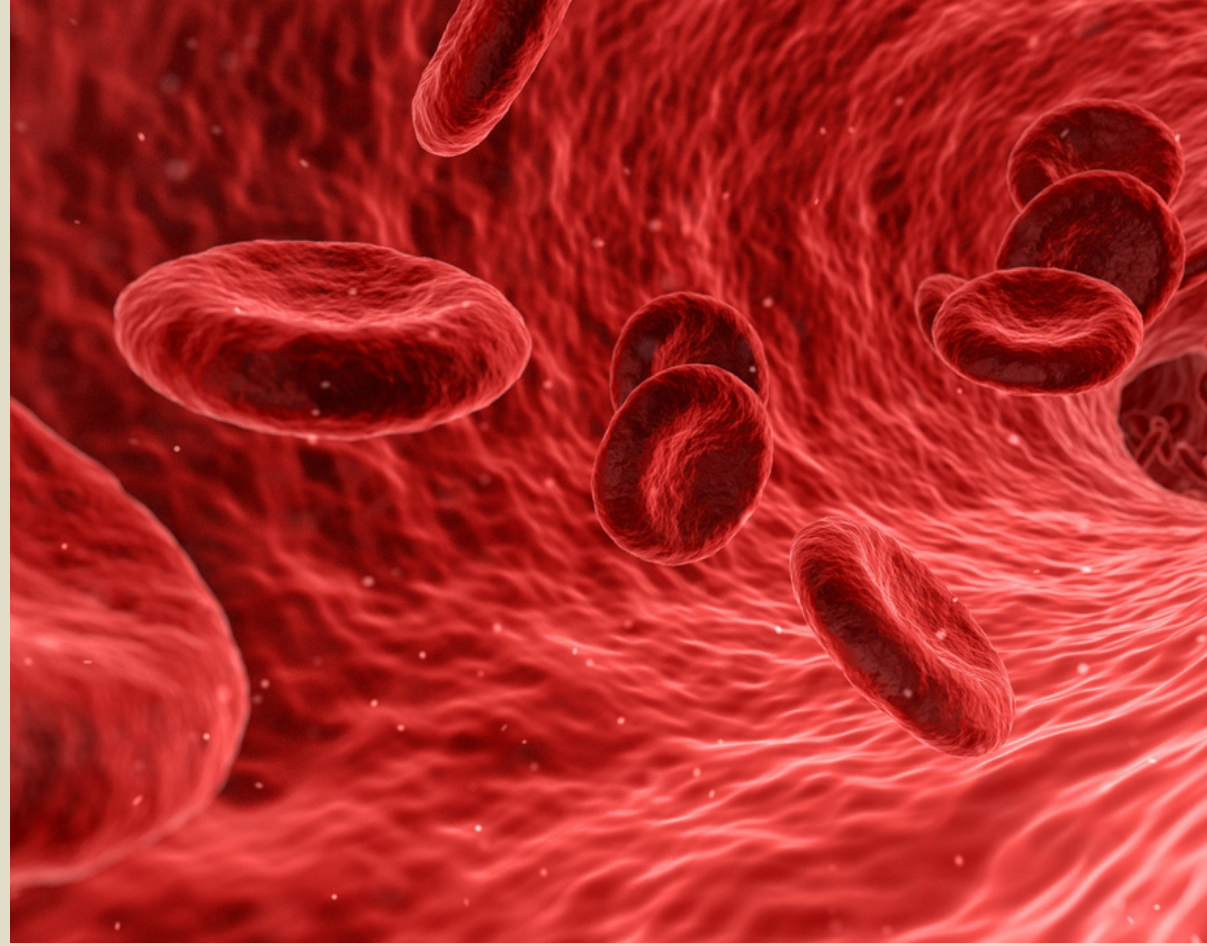


ONOMA'S THOUGHTS



# Sickle Cell Anaemia - Living Effectively

Why it is more important than ever



# Self-Care

Living with Sickle Cell Anaemia can be stressful and cause overwhelming fear and anxiety. It's important to take care of your mental, emotional and physical well-being to get through such times and come out stronger.



# Take care of your mind

Stay well informed about Sickle Cell Disease, but be mindful of the kind of information you listen to or dwell on, as this can add to your anxiety. It is of utmost importance to engage in things you enjoy.



# Watch what you eat

Always remember that you are what you eat and note the importance of consuming wholesome foods. Your meals should be more plant-based foods ranging from grains to tubers, roots, legumes, vegetables, nuts, and healthy proteins such as milk, meats, fish, yogurts, etc.

Avoid processed foods as these will only sap you of important nutrients and hasten the rate at which you become ill.



# Stay hydrated

Drink lots of water (8 -10 glasses each day is recommended) but avoid excessive intake as this could have adverse effects on you.

Avoid drinking sodas as sugar increases the viscosity of blood and causes it to sickle faster thereby triggering pain.

Always try to have a bottle of water nearby to keep your water consumption in check.



# Other facts

Be mindful of your physical hygiene because it's very easy to get infections in Sickle Cell Disease.

Try as much as possible to imbibe healthy habits.

Avoid exposing yourself to mosquitoes. Either use insecticides, sleep in mosquito-treated nets, or use anti-malaria agents like Paludrine.



# Avoid extreme temperatures

Avoid exposing yourself to extreme temperatures.

Ensure your house is well ventilated during the summer months and well heated during the winter months.

Always try to envisage the temperature of your destination and dress accordingly.



# Have your medication at hand

It's important to always carry your recommended pain medication everywhere you go in case an emergency arises.

A proper medical plan is necessary to put in place to ensure you have medical care round the clock.





# Build your stamina

Challenge yourself frequently to take on tasks that seem difficult but not strenuous to build your stamina. It could be house chores, short walks, etc.

Only take part in soft exercises and always have enough sleep.

Ensure you rest especially when you get signs of fatigue.



# Take care of your emotional well-being

Your emotions can get the better of you and how it's managed can affect certain aspects of your life. Always have a positive outlook and care for your emotional health by nurturing yourself and your social connections.

It's important that caregivers recognize their roles in nurturing the social connections of their young SCD offspring or relations.



"Always have a positive disposition and never tell yourself that you are unable to attain like others".

- Onuoma USIADE, author and blogger

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# Your next steps

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<h2>Sources</h2>	
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