



# Sickle Cell 101: The Facts

*DR. LA'SHARRDAE SCOTT, MD, MPH,  
MOSW, FACHE, FACC*

*RESIDENT AND CEO*

**SCOTT**

Scott Center for Observation, Treatment and Transition

# DISCLAIMER

**This presentation is for educational purposes only and does not constitute legal advice. It is recommended that you seek legal counsel for specific matters.**

# *My Connection To Sickle Cell Disease (SCD)*

- ▶ *My Purpose*
- ▶ *A mother of 2 Sickle Cell Warriors*
- ▶ *An Author "What Dr. Shurney Taught Me."*
- ▶ *Pilot "Assessing PTSD, Anxiety & Depression in Caregivers of SCD Patients"*
- ▶ *Doctor of Social Work: capstone project focusing on Managing Care Continuity: The Transition of Sickle Cell Patients From Pediatric to Adult Health Care.*





# SERVICES



Scott Center for Observation, Treatment and Transition

## Mental Health Support and Counseling

*S.C.O.T.T. recognizes the importance of mental health and offers a range of services to provide support and counseling to individuals and families, fostering emotional well-being.*

## Sickle Cell Transition Program

*Our organization is dedicated to guiding individuals and families through the challenging transition from pediatric to adult care in sickle cell disease treatment, ensuring continuity of care and support.*

## Champion Support

*S.C.O.T.T. provides a Champion Support volunteer, who has undergone FBI/BCI clearance, to sit with patients with sickle cell disease. This support allows parents or caregivers the opportunity to manage daily activities while their loved one is hospitalized.*

# SERVICES



Scott Center for Observation, Treatment and Transition

## Support Groups

*Sickle Cell Awareness Toledo and The Scott Center for Observation, Treatment, and Transition (S.C.O.T.T.) join hands to organize monthly support group meetings, a dynamic initiative aimed at fostering awareness and understanding of sickle cell disease within the Toledo community. These regular gatherings will serve as a platform for education, sharing experiences, and building a supportive network for individuals and families impacted by sickle cell.*

## Mentorship Program

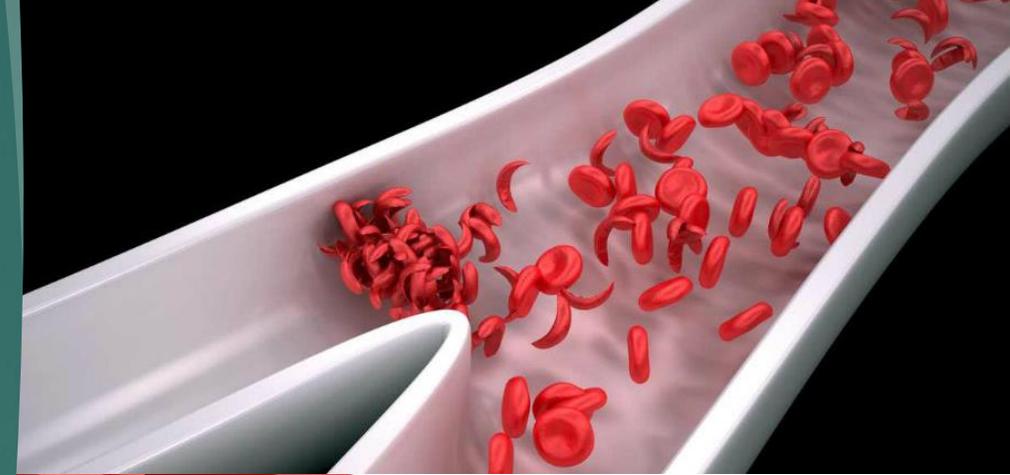
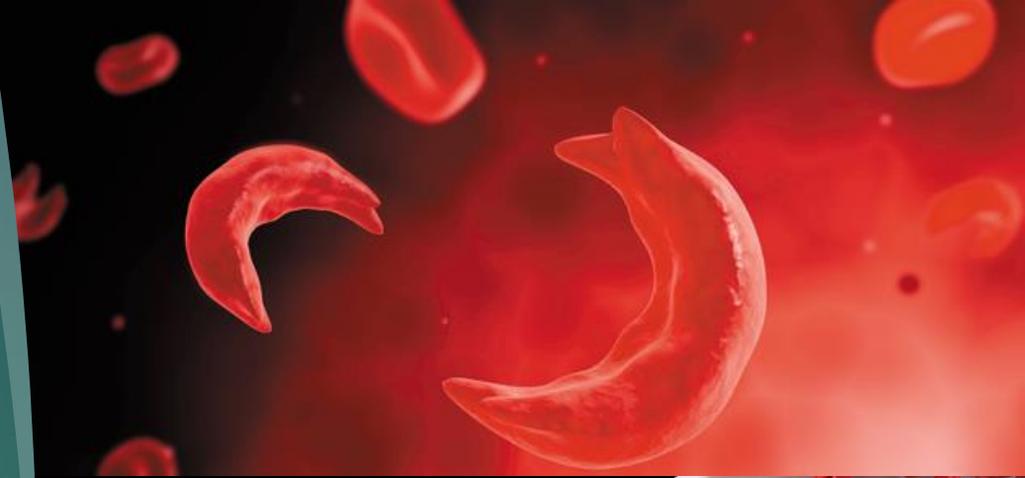
*S.C.O.T.T. fosters community connections by offering mentorship programs, creating a supportive network that empowers individuals to navigate life's challenges.*

## Newborn Screening

*S.C.O.T.T., in collaboration with Promedica Toledo Children's and Toledo Nationwide Children's, provides newborn hemoglobin screening follow-up, hemoglobinopathy counseling, and genetic and prenatal counseling.*

# *What is Sickle Cell Disease?*

- ▶ *Inherited red blood cell disorder affecting the hemoglobin*
  - ▶ *Affects the cells ability to carry oxygen*
- ▶ *Child received 2 abnormal genes - one from each parent for hemoglobin production.*
- ▶ *Causes cells to become rigid, sticky, half moon or "sickle" shaped*
  - ▶ *Block blood vessels*
  - ▶ *Causes extreme pain episodes*
  - ▶ *Severe anemia*
  - ▶ *Organ damage*

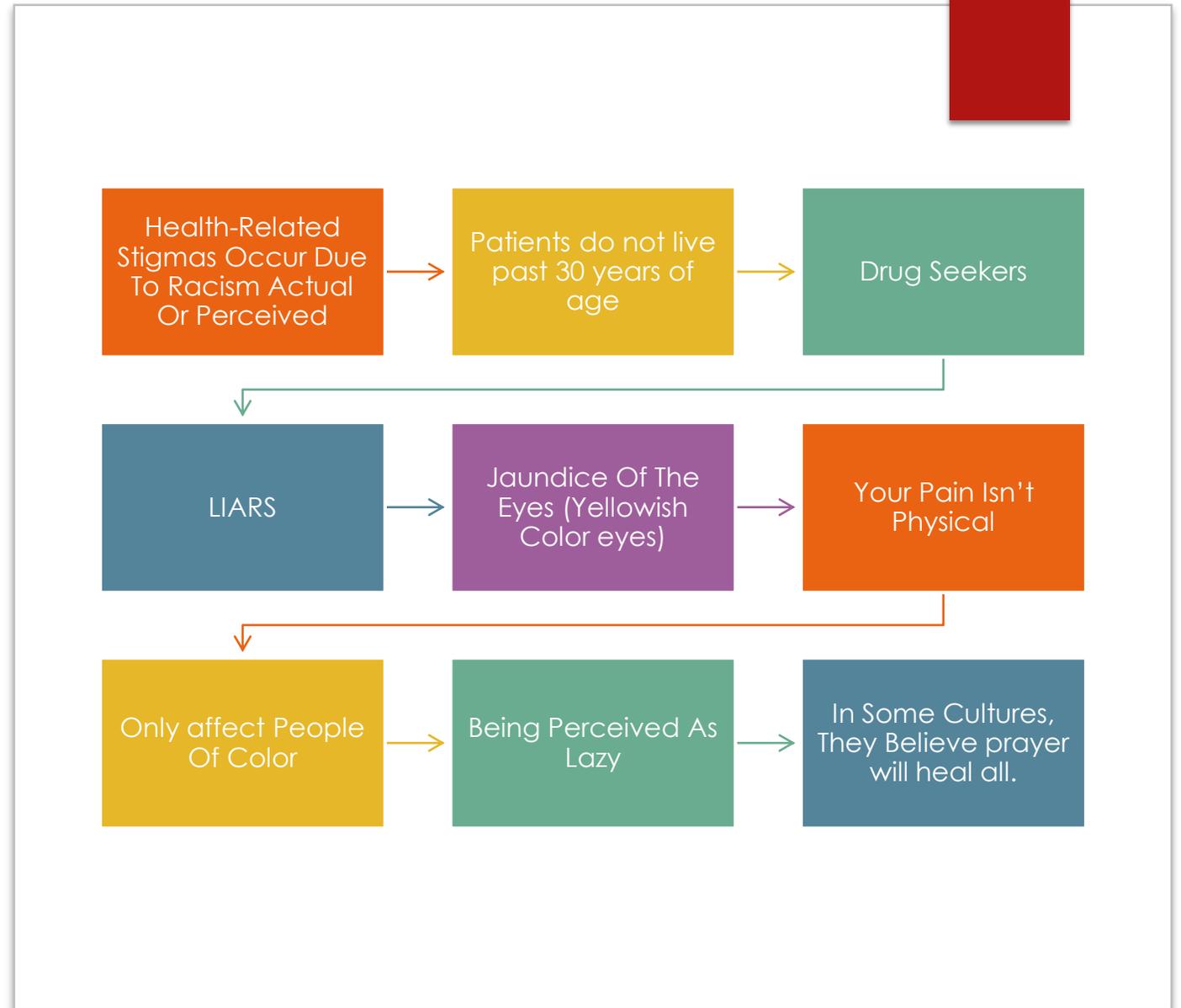


# *Sickle Cell Disease has many Faces*

- ▶ *Although sickle cell disease affects persons of African ancestry at higher rates, individuals with heritage from:*
  - ▶ *Spanish-speaking regions in the Western Hemisphere (South America, the Caribbean, and Central America)*
  - ▶ *Saudi Arabia, India*
  - ▶ *Mediterranean countries such as Turkey, Greece, and Italy may also be affected.*
- ▶ *SCD is one of the most commonly inherited diseases worldwide*



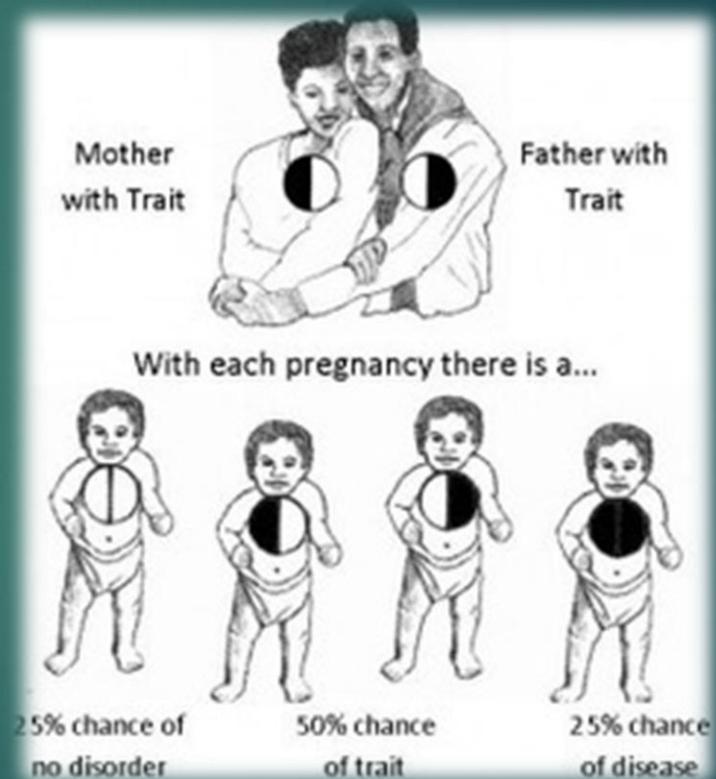
# Stigmas Related to Sickle Cell Disease



# What is Sickle Cell Trait ?

## Sickle Cell Trait

- ▶ *Inherited by one abnormal gene from one parent*
- ▶ *Children with SCT will not have symptoms of SCD, but they can pass SCT on to their children.*
- ▶ *Sporadic instances of sickling issues*
  - ▶ *Altitude, Athletes*



# *What is sickle cell screening?*

- ▶ *Screening for sickle cell means testing a person's blood for abnormal types of hemoglobin.*
  - ▶ *Hemoglobin is a substance inside the red blood cell that delivers oxygen to all organs in the body.*
- ▶ *There are many types of altered hemoglobin, but people with SCD or SCT make a form of hemoglobin that is abnormal and it is called hemoglobin S or sickle hemoglobin.*
- ▶ *A Hemoglobin Electrophoresis blood test for hemoglobin S or sickle hemoglobin can tell you if your hemoglobin is normal, if you have SCD or SCT (carrier status), or if you have another type of abnormal hemoglobin.*

# *When should sickle cell screening occur?*

## ▶ *At Birth*

- ▶ *Newborn babies should be screened for sickle cell status (SSD or SST) as early as 24-48 hours after birth. This process is called Newborn Screening.*
- ▶ *In 1990 Ohio mandated that all newborns will receive NBS.*



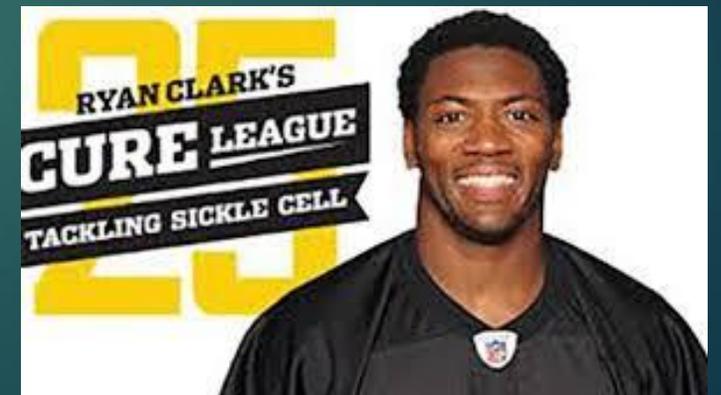
## ▶ *In adulthood.*

- ▶ *Screening for sickle cell status may be done as part of the care you and your partner receive before or during pregnancy or after your baby is born*
  - ▶ *Complete blood count (CBC)- Blood Test*
  - ▶ *Hemoglobin Electrophoresis or DNA Test*



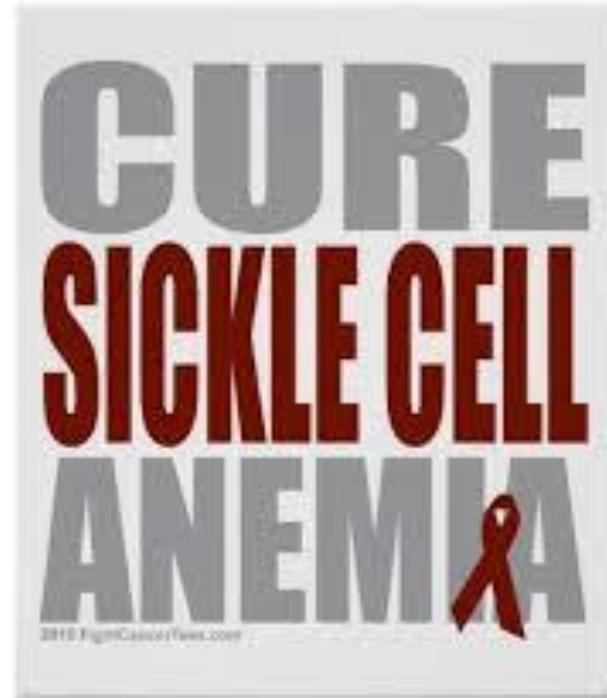
# *Should people with SCT be allowed to play sports?*

- ▶ Absolutely! People with SCT can safely participate in all sports, provided they take a few general precautions, such as;
  - ▶ Drinking enough water;
  - ▶ Taking breaks when needed
  - ▶ Not overdoing it, especially when starting a new exercise program.



# Can Sickle Cell Disease be Cured?

- ▶ *For certain patients, sickle cell disease can be cured.*
- ▶ *A bone marrow transplant, which involves collecting healthy cells from a donor's bone marrow and transferring them to a patient, can cure SCD.*
- ▶ *However, a bone marrow transplant may not be the best choice for all patients because it comes with serious risks. A bone marrow transplant expert can advise patients whether it is a good choice.*

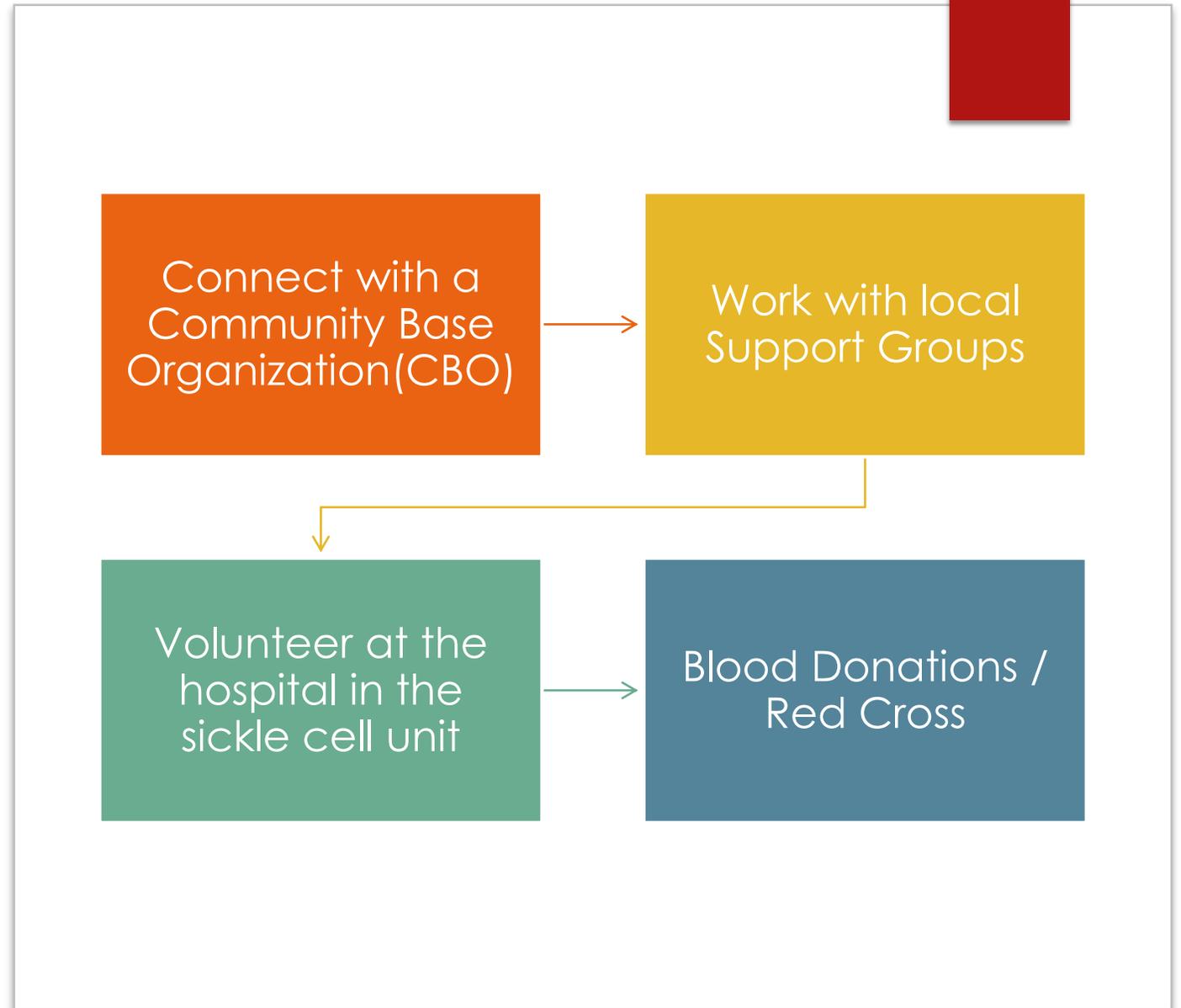


# *Facts you should know about Sickle Cell Disease and Trait*

- ▶ *Both SCT and SCD are conditions that are genetically inherited or passed down from your parents.*
- ▶ *If you have Sickle Cell Trait, you CAN donate BLOOD*
- ▶ *SCD is different from SCT, one cannot turn into the other.*
- ▶ *More than 95% of newborns with SCD in the United States will live as adults.*
- ▶ *1 in 365 SCD African American newborns in the United States*
- ▶ *1 in 13 African Americans in the United States has SCT.*
- ▶ *1 in 36 Hispanic Americans in the United States has SCT*
- ▶ *1 in 16,300 Hispanic Americans in the United States has SCD*
- ▶ *If both parents have SCT, each child that they have together has a*
  - ▶ *1 in 2 (50%) chance of having SCT.*
  - ▶ *1 in 4 (25%) chance of having SCD.*



*How to Get  
Involve In  
Our  
Community?*



# Upcoming Events

**SCOTT**  
Scott Center for Observation, Treatment and Transition

Growth  
Health and Wellness

**PRESENTS....**

**SICKLE CELL WARRIOR & Siblings Day**

Transportation, Lunch, Yoga, Arts and Craft and More...

**April 4, 2026**

**11 AM - 2:30 PM**

1057 Custer Drive, Toledo, OH 43615

Learn More  
WWW.SCOTTCENTEROH.ORG

**American Red Cross** Will Provide a Fire Safety Presentation



**SCOTT**  
Scott Center for Observation, Treatment and Transition

**MIND & BODY: SICKLE CELL EDUCATION & MENTAL HEALTH**

Workshop

This in-depth educational workshop is designed to raise awareness about sickle cell disease and sickle cell trait while addressing the often-overlooked impact of mental health on individuals and families living with the condition.

**Speakers**

Dr. La'Shardae Scott

Linda Rowlett, LISW-S

**April 2, 2026**

**10 AM - 12 PM**

**MOTT LIBRARY**  
1010 Dorr St. Toledo, OH

Learn More  
WWW.SCOTTCENTEROH.ORG

This event is free and open to the public



**SCOTT**  
Scott Center for Observation, Treatment and Transition

**BRIDGING THE GAP: SICKLE CELL WELLNESS AND HOUSING ACCESS**

Workshop

This interactive workshop will explore the intersection of housing stability and health outcomes for individuals and families impacted by sickle cell disease.

**Speakers**

Dr. La'Shardae Scott

Rob Pasker

**April 23, 2026**

**10 AM - 12 PM**

**MOTT LIBRARY**  
1010 Dorr St. Toledo, OH

Learn More  
WWW.SCOTTCENTEROH.ORG

This event is free and open to the public



**HEAL TOGETHER**

*Race For Sickle Cell*

**5K**

**SCOTT**  
Scott Center for Observation, Treatment and Transition

**TOLEDO ROADRUNNERS CLUB**

**SATURDAY | SEPTEMBER 19, 2026**

**8AM - 12PM AT OTTAWA PARK**

REGISTRATION: \$25/PERSON THE FIRST 50 REGISTRANTS WILL RECEIVE A SHIRT

VENDOR SPACE AND SPONSORSHIPS AVAILABLE

FOR MORE INFORMATION: (419) 301-4188  
WWW.SCOTTCENTEROH.ORG





# Questions or Comments



# Contact Information

*Dr. La'Shardae Scott, DSW, MSW, PACE, PCHW  
CEO/President of S.C.C.T.*

*Website: [www.scottcenteroh.org](http://www.scottcenteroh.org)*

*Email: [lscott@scottcenteroh.org](mailto:lscott@scottcenteroh.org)*

*Phone: (419) 301-4188*

## *Social Media*



*Scott Center For Observation Treatment and Transition*



*Scott Center For Observation Treatment and Transition*



*ScottCenterOH*



*ScottCenterOH*