Sickle Cell and Thalassaemia

Sickle cell anaemia and thalassaemia major are serious lifelong inherited blood disorders. In sickle cell the red blood cells change shape and become trapped in the blood vessels. In thalassaemia there are not enough red blood cells therefore regular blood transfusions are needed for life. People with these conditions can live full lives and enjoy most of the activities that other people do. But they need access to health professionals who have the knowledge and expertise. Nottingham Sickle Cell and Thalassaemia Service works with Nottingham University Hospitals to provide help, support and advice around keeping well.

For students with Sickle cell

Keeping Well tips:

- Register with a GP and then contact the Sickle cell service as soon as possible.
- Keep warm! Dress appropriately for the weather. In winter the cold can trigger crisis pain so ensure you wear a thick coat or jacket when outdoors and that there is adequate heating in your accommodation.
- You need to keep hydrated at all times; alcohol can cause dehydration so if you are drinking have plenty normal fluids as well. During exam times don't forget to have regular drinks.
- Be organised and reduce your stress levels.
- Think pain management! Have you got adequate pain relief medication with you?
- Remember to have your flu vaccination. This is available from September each year.

For students with Thalassaemia

Register with a GP as soon as possible and then contact the Sickle cell and Thalassaemia service. You may have already been referred to a consultant Haematologist if you are on a specific medical treatment.

If you need urgent care please go to the Accident and Emergency Department at the Queens Medical Centre on Derby Road, Nottingham.

For further enquiries please contact us:

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