Get the Facts About Sickle Cell Trait

Sickle cell trait can’t turn into sickle cell disease.

People with sickle cell trait have one sickle cell gene. People with sickle cell disease have 2 sickle cell genes. You’re born with your genes, and they don’t change.

Exercising too hard can be dangerous.

Athletes can learn how to stay in the game safely.

Health problems can happen.

Most people feel well. But some symptoms could need medical care.

People with trait might have kids with sickle cell disease.

A doctor or a genetic counselor can tell you more.

New discoveries are coming.

Stay tuned as experts find out more about sickle cell trait.

Know your status.

A simple blood test can tell if you have sickle cell trait. It’s most common in people of African or Hispanic background, but other people can have it too.