Hemoglobin SC disease (hgb SC) is the second most common type of sickle cell disease. It is usually a milder type of sickle cell than sickle cell anemia (hgb SS). People with hgb SC have 1 sickle cell gene and 1 hemoglobin C gene (another type of abnormal hemoglobin). These genes were passed on to the child from the parents. Your child was born with this disease. It can not be spread to other people. Hgb SS can only be passed to a child through the parent’s genes.

Things to expect:

- Your child will have mild anemia (low hemoglobin). This may make him more tired than others at times, especially during physical activities. Taking iron medication will not fix the low hemoglobin.
- Your child may be at higher risk of getting a serious infection. These infections include meningitis (infection of the lining of the spinal canal), pneumonia (infection in the lungs), blood infections or bone infections.
- Painful episodes may happen in this type of sickle cell disease but not every child will experience pain. Usually, people with hgb SC disease have fewer problems with pain than people with sickle cell anemia.
- Problems related to sickle cell disease may occur in the eyes.
- Problems with bones in the hips or shoulders may happen.
- Your child may have an enlarged spleen.

Things to do to prevent problems:

- Have your child rest when he feels tired.
- Have your child drink extra water and fluids.
- Avoid very hot or cold temperatures when possible.
- Give your child all the medicines ordered by your child’s doctor.
- Your child should get all of his regular immunizations from his primary care provider. Extra immunizations may be given by the sickle cell team to help give additional protection against infection.
- Have your child seen by a pediatric ophthalmologist every year beginning at age 7.
- Your child should have a sickle cell clinic appointment once a year or more often if needed.

Call the sickle cell nurse or doctor at (816) 234-3265 (Monday through Friday, 8 am to 5 pm) or the Hematology/Oncology nurse on call at (816) 234-3000 (after office hours, and on weekends and holidays) if your child:

- Has a fever of 101.5°F (38.6°C) or higher.
- Looks pale.
- Seems more tired than usual.
- Has pain that will not go away with medicine.