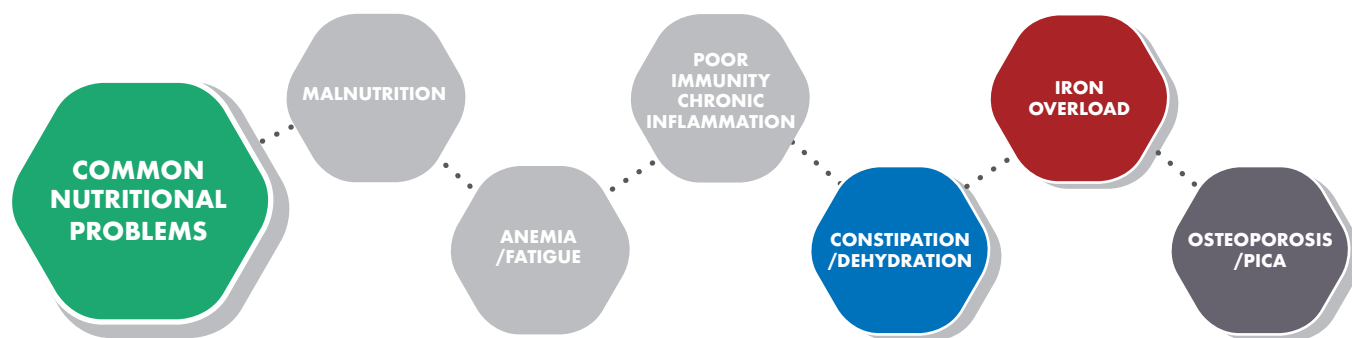


Considering nutrition as a management option in Sickle Cell Disease plays an important role in enabling people affected by sickle cell to Eat Well and Live Well. Tailoring diet and nutrition knowledge and information to the specific needs of people affected by sickle cell disease is therefore essential.

NUTRITIONAL STRATEGIES FOR COMMON NUTRITIONAL PROBLEMS IN SICKLE CELL DISEASE:



DEHYDRATION/ CONSTIPATION	IRON OVERLOADING	OSTEOPOROSIS/PICA
<p>Pain medication</p> <ul style="list-style-type: none"> Affect nerve endings in the bowel Cause bowels to be sluggish Slow movement of stool through the bowel Frequent Hospitalisation – can increase malnutrition risk 	<p>If you have iron overloading you will,</p> <ul style="list-style-type: none"> have to limit the amount of iron taken in through your diet be compliant with your iron chelation regime. <p>What you can have in your diet,</p> <ul style="list-style-type: none"> You can have fruits and vegetables, grains and legumes, eggs, lean protein sources, like chicken or turkey, <p>Consider:</p> <ul style="list-style-type: none"> tea and coffee can also reduce iron absorption reduce your intake of vitamin A and C rich foods (these foods enhance iron absorption), Reduce foods fortified with iron Avoid supplements containing iron 	<p>OSTEOPOROSIS</p> <p>Risk factors:</p> <ul style="list-style-type: none"> Low weight, Low Vitamin D level, haemolysis, inflammation, hypogonadism
<p>Constipation</p> <p>Fibre:</p> <ul style="list-style-type: none"> Wholegrains, brown rice, brown pasta, nuts, seeds Fruit and Veg – 5 a Day 		<p>Diet:</p> <ul style="list-style-type: none"> Vitamin D – Regulates Calcium absorption Calcium – dairy products (Calcium fortified dairy alternatives), brazils, tofu, green leafy veg, sardines with bones, wholegrains Phosphorous – dairy, red meat, poultry, seafood, legumes and nuts Physical activity
<p>Fluid:</p> <ul style="list-style-type: none"> 8-10 cups of fluid Water, herbal tea, fruit squash 		<p>PICA</p> <ul style="list-style-type: none"> Low Haemoglobin levels Eating non-food items Look out for it Speak to your GP or health visitor Check overall diet
<p>Fun Activity:</p> <ul style="list-style-type: none"> 150 minutes of activity 5 days a week Cleaning, walking, yoga, pilates, swimming 		

SUMMARY:

Managing the nutritional needs of people affected by sickle cell disease, tailored to their unique nutritional needs, risks and challenges is fundamental to promoting their wellbeing and health outcomes, thereby enabling them to Live well with Sickle Cell.

For more related resources – www.sicklecellnutritionacademy.com

Reference:

Matthews C. Co-developing a health literacy framework to integrate nutrition into standard care in SCD, Doctoral thesis, 2023. Hyacinth, H.I., Gee, B.E. and Hibbert, J.M., 2010. The role of Nutrition in Sickle Cell Disease. *Nutrition Metabolic Insights*, [pdf] 3, pp. 57-67