

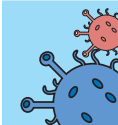




Considering nutrition as a management option in Sickle Cell Disease (SCD) plays an important role in enabling people affected by sickle cell to better self – manage their condition. Thus, the aim of this glossary is to raise awareness of the key nutritional features directly caused by the main clinical features of SCD, pivotal to improving the knowledge of both patients and healthcare professionals managing the nutritional needs of sickle cell patients, to improve their health outcomes.

MAIN CLINICAL FEATURES: NUTRITIONAL CONSEQUENCES

CLINICAL FEATURES		NUTRITIONAL CONSEQUENCES
CHRONIC HEAMOLYSIS		Chronic anaemia and fatigue, increased red cell turnover, increased cardiac demand/ expenditure, increased oxidative stress, chronic inflammation
VASO OCCLUSION		Ischaemia and obstruction of blood flow in large and small blood vessels causing cell and tissue damage and chronic inflammation
IMPAIRED IMMUNITY		Increased risk of infection and increased risk of malnutrition

GLOSSARY OF NUTRITIONAL TERMS:

COMMON NUTRITIONAL TERM	EXPLANATIONS
Sickle Cell Nutrition	The nutritional implications of SCD caused directly by the main clinical features of the condition
Holistic Sickle Cell Nutrition	The cumulative causatum of the nutritional, medical, socio-economic and socio-ecological factors affecting the nutritional needs of patients impacting their health and wellbeing outcomes
High Resting Energy Expenditure	High rate of energy used by the body while at rest
High protein turnover	High rate of protein replaced by cells
High red cell turnover	High rate by which red blood cells are made and replaced
Chronic anaemia and fatigue	When the body does not get enough oxygen rich blood, this can cause fatigue due to a lack of oxygen
Increased cardiac demand	The amount of oxygen the heart needs to function properly
Cardiac expenditure	The amount of oxygen the heart uses
Increased oxidative stress	The imbalance of harmful substances that can cause cell and tissue damage
Impaired Immunity	When the immune system does no work properly to protect against infections
Chronic Inflammation	Long term inflammation lasting for extended periods of several months or years
Pica	The eating or craving of things that are not food
Osteoporosis	A health condition that weakens bones, making them fragile and more likely to break

Reference: