Sickle Cell 911 MAGAZINE

INAUGURAL ISSUE | MARCH - APRIL 2017

Avascular Necrosis
What is it?

9 Ways To Live Longer

Career or Calling
What Drives You To Help Others

Patient Story
My Life With Sickle Cell Disease

Kiki Shepard

Living a healthy, happy life with Sickle Cell Trait and giving back to the community

SICKLE CELL DISEASE QUIZ

Test Your Knowledge: *TRUE OR FALSE*

Sickle Cell Disease is one of the most common genetic diseases in the United States. Sickle Cell Disease affects about 70,000 to 100,000 Americans.

1. **Only African Americans get Sickle Cell Disease.**
2. **It's still important to know whether or not you have Sickle Cell Trait even if you don't have any symptoms.**
3. **Sickle Cell Disease affects different people in different ways, but almost always includes pain.**
4. **A women with Sickle Cell Disease cannot have a healthy pregnancy.**
5. **There are several different types of Sickle Cell Disease.**
6. **There is no cure for Sickle Cell Disease.**
7. **People with Sickle Cell Disease need to have their vision checked more often than people who do not have Sickle Cell Disease.**
8. **People with Sickle Cell Disease should not get vaccinations.**
9. **There are things a person with Sickle Cell Disease can do to avoid some of the complications.**
10. **Due to the growing number of interracial relationships Sickle Cell is in many nationalities.**

JOIN THE SICKLE CELL FIGHT....
Help stop the misconception about Sickle Cell Disease; it's not just a BLACK DISEASE!
WRITE YOUR NAME IN THE GLOVE TO PLEDGE TO FIGHT SICKLE CELL DISEASE!

Answers: 1) FALSE, 2) TRUE, 3) TRUE, 4) FALSE, 5) TRUE, 6) FALSE 7) TRUE, 8) FALSE, 9) TRUE, 10) TRUE

WHAT DRIVES YOU TO HELP OTHERS?

On a cognizant level, I don't normally expect anything in return when I assistant someone or help people out, and I'm not sure whether or not I believe in chance, so, at first glance, I don't think this is what drives me.

Depending on your goals, age and at what stage you are in your life, the factors that motivate us will be different. However, as creatures of habit, we are enticed by one or more of the following:

Which one(s) you can relate to?

- Aspiration
- Money
- Self-esteem
- Status
- Respect/Recognition

> *"No one has ever become poor by giving."*
>
> **— Anne Frank diary of Anne Frank: the play**

What motivates a visionary person? What motivates a person to do for another and those that don't? There are those who want to make the world a better place, and then there are those who are so frustrated with their life, the world, that they want to destroy it, themselves and those around them. What drives you to help others? There is in *human* nature, a heart of compassion that runs through our veins and triggers the "help" processes. What might be to our own benefit and good for our own survival might not be what we choose. We might desire the exact opposite. We were all created to be kind. Created to know we should love and demonstrate that same love to others. I think those of us who commit to acts of unselfishness on behalf of making the world a better place do so because it makes us feel better about ourselves. Something within us doesn't feel good enough/ valuable enough/ worthy enough unless we're devoted to helping others. We don't believe that we're good and valuable and worthy not because of any external action but because we all have within us a spark of the Divine which makes us inherently worthy. So we venture out and help people, and people tell us how we've saved their lives, and then we feel more worthy. We matter because we matter to someone else. Then our worried, scared, "never good enough" egos feel better. Is it in the mind, the body and the soul, or is it all three, you decide.

-Lisa Anderson

We Need Healthy People To Register To Donate Stem Cells!

Your Baby's Cord Blood Has Amazing Healing Potential!

New Resources in Sickle Cell Trait Toolkit!

Did you know that 1.5% of babies born in the United States have Sickle Cell Trait (SCT). That's almost 1 in every 50 babies! While people with SCT often lead normal lives with few health problems, it is important for people with SCT to be aware of their trait status and the risk of passing it on to their children. The Sickle Cell Trait Toolkit provides valuable information for people with SCT.

What is sickle cell trait?

Sickle cell disease (SCD) is a genetic condition that is present at birth. It is inherited when a child receives two sickle cell genes—one from each parent. People who inherit a sickle cell gene from one parent and a normal gene from their other parent have sickle cell trait (SCT). People with SCT usually do not have any of the signs of sickle cell disease and typically live a life without any problems from their sickle cell gene. However, they can pass the trait on to their children. Additionally, there are a few, uncommon health problems[763 KB] that may potentially be related to sickle cell trait.

What is the sickle cell trait toolkit?

CDC, together with the American Society of Hematology (ASH) and the Sickle Cell Disease Association of America (SCDAA) , created the Sickle Cell Trait Toolkit, an online collection of educational materials related to SCT. We hope that the tools and resources provided are both helpful and informative, and they empower you or those you know with SCT to learn more and take action.

Who is the toolkit for?

The SCT toolkit has information for everybody. Resources included in the toolkit are specifically intended for:

- People that may be carriers of SCT but are unaware of their trait status.
- People who already know they have SCT.
- Healthcare providers who can educate their patients about SCT.

In addition, the toolkit provides helpful information and resources for athletes who may be affected by SCT, as well as their trainers, team doctors, and coaches.

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CONTENTS

SICKLE CELL 911

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Maroon 9 Sickle Cell Support Organization is committed to serving the immediate needs of Sickle Cell patients and making a positive impact in the lives of Sickle Cell families within the Fort Worth Tarrant County Texas area.

OUR VISION is to make sure everyone knows their Sickle Cell status. Knowing if you carry the Sickle Cell Trait will stop the reproduction of Sickle Cell Disease.

The material in *Sickle Cell 911* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Maroon 9 Sickle Cell Support Organization does not provide clinical services as employees or agents to any medical center. Sickle Cell 911 is published, marketed and distributed by Maroon 9 Sickle Cell Support Organization. Maroon 9 Sickle Cell Support Organization complies with applicable civil rights laws and does not discriminate, exclude or otherwise treat individuals differently on the basis of race, ethnicity, color, religion, sex, sexual orientation, gender identity, national origin, age, disability genetic information, veteran status or any other protected characteristic under applicable law.

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Kiki Shepard & The K.I.S. Foundation

Kiki Shepard (born Chiquita Renee Shepard) is an American television host, best known as the longtime co-host of *It's Showtime at the Apollo*. She is a native of Tyler, Texas. Besides her work on "Showtime..." Shepard has also worked as an actress and voice actor. Feature films include, *Miss Evers' Boys* (1997) as Sadie, *Thunder in Paradise II* (1994), *The Josephine Baker Story,* (1991) as a Dancer, *A Rage in Harlem*, (1991) as a Chorus Dancer and *The Cotton Club,*(1984) as a Dancer.

Kiki was referenced in the song "So Fresh, So Clean" by the hip hop group *Outkast* which was released in 2001, and in the song "No Church in the Wild" on the duet album *Watch the Throne* by Jay Z and Kanye West, released August 2011.

Kiki made her presence known every time she sashayed on stage at the Apollo Theater and raised her hands over the contestants' heads to let the crowd scream for who they loved and booed the ones they hated. Make-up free and flawless, the way Kiki shimmied onto the stage with style and grace in those beautiful gowns and dresses was the epitome of a classy female beauty.

After the Apollo, Kiki went on to continue her acting career and her career as voice-over actress, but one of the projects she's most passionate about is her foundation that raises awareness for sickle cell disease.

After seeing first-hand the pain and suffering Sickle Cell Disease causes, Kiki started her foundation, K.I.S. Foundation, Inc. to raise awareness and help to find a cure for sickle cell disease, a cause she has been fighting to help since 2003. Every year in September, Sickle Cell Awareness Month her foundation has a big bowling event, *Kiki's Celebrity Bowling Challenge* to raise money and awareness for the disease.

While Kiki does not have the disease, she does carry the hereditary Sickle Cell Trait and enjoys giving back to the community. Her foundation actively pursues federal, state, and private grants to fund programs designed to benefit the Sickle Cell Disease community.

The K.I.S. Foundation, Inc. is a 501(c) (3) nonprofit organization committed to improving the social health and quality of life for children, adults, and families living with Sickle Cell Disease, because "sickness has no boundaries and compassion has no limits."

A unique element of the K.I.S. Foundation is that it can be described as a "celebrity based" foundation with four of its board members, Dawnn Lewis, Vanessa Bell Calloway, Obba Babatunde', and founder, Kiki Shepard, being very prominent in the entertainment community. The board members make strong use of their associations with other name celebrities, civic leaders, corporate and local businesses, churches and other religious affiliations, advocacy groups, medical, political, and social contacts to help mount and maintain the Sickle Cell Disease programs created by the foundation.

"The Catch-Up Plan" Tutorial Program

When a student with SCD misses a significant amount of school as a result of an SCD crisis, it can become challenging to stay current on the lessons being taught in the classroom.

The "CATCH-UP PLAN" Tutorial Program is designed to bridge the gap between general instruction in the classroom and detailed independent learning because of unexpected absences. It is a two (2) week dedicated tutoring program created for Sickle Cell Disease patients from grades Pre-K to 12, that supports students after emerging from an in-hospital crises stay.

The K.I.S. Foundation, Inc., in partnership with The Knowledge Shop Los Angeles, is offering One-on-One / Group tutorial services from accredited Tutors to boost those subjects in greatest need.

Our goal is to help patients with Sickle Cell Disease to become more confident in their learning and to no longer feel frustrated, overwhelmed or puzzled before returning to the classroom.

Crisis Care Package

A Response-Aid Kit/Package for Sickle Cell Disease patients who have been admitted to the hospital

because of a Sickle Cell Crisis.

When a SCD patient is admitted to the hospital due to an ongoing SCD crisis, pain management is of major importance, and needs to be addressed immediately. Pain medication is very expensive. Quite often, it can take up to 4-6 days to gain control of this pain.

During the patients stay, this kit helps to provide many necessities and allay some out-of-pocket expenses. It includes numerous items which the family is often dependent upon the hospital to supply, over and over again, at great cost. The package is housed in a backpack for convenience to the patient. It includes special heating pads to help relieve excessive pain, Gatorade to replenish electrolytes and hydrate the patient's body, thermometer, pain relieving topical medications, blanket, water bottles, hygiene packs, notebooks, pens, pencils, etc, and, Hospital Parking Assistance for two weeks to the SCD patient's immediate family.

The goal of the Crisis Care Package program is to assist Sickle Cell patients and families in offsetting some of the extensive initial hospital expenses which occur when a SCD patient is admitted due to a SCD crisis.

Financial Planning/Literacy Seminar

A Financial Planning/Literacy Seminar designed for parents of Sickle Cell Disease patients to aid them in creating a lifetime financial planning program to support family members diagnosed with SCD.

The five hour seminar is held two times a year. Four experts in the areas of law, medicine, finance, and social work will be provided to address these specific areas of concern, and any additional areas requested by the parents.

Specific areas of interest can include but are not limited to building and managing finances, the cost of medications, homecare, child-care, tutoring, social activities, legal issues, housing, etc.

The Mission of the K.I.S. Foundation, Inc. is *to inform and educate the public and raise awareness about Sickle Cell Disease through community outreach programs and educational scholarships; also financially helping support the efforts of research institutions to find a universal cure.*

A Personal Message from Kiki -

I have dedicated myself to "raising awareness" of Sickle Cell Disease for the past 18 years. This journey began when I saw the effect on the family of a personal friend whose brother suffered and died as a result of this terrible disease. The strong desire to combat my shared grief and sense of helplessness led me to offer my services to the Sickle Cell Disease Association of America, Inc. Through this national organization, I was introduced to SCD families across America, and was able to interact with many patients whose bodies and minds are ravaged by this disease.

On one occasion while visiting Childrens Hospital Los Angeles, one of the gallant doctors there shared with me the story of how he had administered "enough morphine to kill an adult" to a child having a sickle cell crisis, and it didn't even make a dent in the pain this child was experiencing. Hearing these life stories of SCD patients fueled my desire to help even more. My commitment continues.

Although there is a procedure that eliminates/cures this disease – the bone marrow transplant – the procedure is out of financial reach for many families and is not always successful. Awareness and education are paramount.

This year the K.I.S. Foundation, Inc. is focusing on young adults in transition from pediatric care to adult care. Young adult Sickle Cell Disease patients are often denied medical care in emergency rooms due to a lack of knowledge of Sickle Cell symptoms and appropriate procedures.

Sickle Cell Disease research is not given the same priority as similar blood disorders. It is up to us to change that!! The need for awareness, financial research resources, and an affordable, universal cure continues.

Please …. Help Me To Help Others!! Let's Break the Cycle of Sickle Cell Disease

Peace and Love,
Kiki Shepard.

Vincent Gray: How I Live With The Disease

I'm Pastor Vincent Gray and I have Sickle Cell Disease. I have three brothers who have Sickle Cell Disease as well. My sister was born without Sickle Cell Disease or Sickle Cell Trait. Growing up we all were told we would not live to see our 21st birthday, but they were wrong. My brothers who are all still living are; 63, 57, and 53 and I am 51 years old. Sickle Cell Disease is not a death sentence as some misinformed people might try to make you believe. Something else they told us that was wrong is that we would not be able to play sports or be active in any extracurricular activities, but one brother played tennis for years, another played basketball for years and I played in the Poly High School band all four years.

As time progressed, after college I got married and I had my oldest daughter. She was born with Sickle Cell Trait. Years later, I remarried and had my youngest daughter who was born without Sickle Cell Trait. Sickle Cell Trait tends to skip a generation from time to time; hence my grandson born from my daughter who has Sickle Cell Trait was not born with Sickle Cell Trait.

In my professional life, I accepted my calling into ministry and I have been a Pastor for the past 16 years; beginning at First Saint John Baptist Church to currently serving as Assistant Pastor at New Mount Rose Baptist Church, both in Fort Worth Texas. I am also a School Resource Officer with All Saints Episcopal Private School of Fort Worth and a Chaplin Liaison with the Fort Worth Police Department.

Whenever I have a Sickle Cell Crisis nine times out of ten it's from low blood or dehydration. I deal with my pain through prayer and through my faith in God. I'm usually hospitalized for a short time to either receive a blood transfusion or IV to replenish my deficiency in fluids. Once released from the hospital I resume my normal everyday activities of being active in the community.

As a word of encouragement to those that are going through be not dismayed. I drink lots of water and take all of my medication religiously and you should do so as well. I walk a lot because my doctor tells me that walking 45 minutes a day every day opens up my veins and provides oxygen. This too should be a part of your daily regimen.

With that being said Sickle Cell Disease is not a death sentence it is a disease that's functional. I am believing by faith that there is going to be a cure really soon for adult Sickle Cell patients. Those young with Sickle Cell Disease can often times be healed with a bone marrow transplant so I encourage you to check with family and friends to see if there is a donor and a match.

Sickle Cell By The Numbers:

- *1 out of every 500 African American Births*
- *1 out of every 16,000 Hispanic American Births*
- *Sickle Cell Trait occurs in approximately 1 in 12 African Americans*
- *A simple blood test will reveal if you carry Sickle Cell Trait*
- *Sickle Cell Disease life expectancy in women in the USA is 48 years old*
- *Sickle Cell Disease life expectancy in men in the USA is 42 years old*
- *Texas women have a life expectancy in early 40's; in California is 35 years old*
- *Texas men have a life expectancy in mid 40's; in California is 32 years old*
- *Sickle Cell Support Group Meeting*
  Every last Monday of the Month at 7:30pm
  @ 4612 Granbury Rd. Fort Worth, TX 76133

Ask Nita

Q1. Do all people that are diagnosed with Sickle Cell have the same kind of pain?

A1. No. Since body types are different and there are over 400 types of Sickle Cell, the pain can be different depending on the area of the body the crisis is in, its intensity, the length of the crisis , the stressor that caused the crisis, as well as a host of other possible reasons. Actually, some people have so few and light intensity of pain that Sickle Cell Disease is not discovered until after an autopsy is done on their body!

Q2. Is it true that children should not sit with their legs crossed in class?

A2. True! Sitting with your legs crossed can cause a sickle cell crisis because the blood vessels become bent making it harder for blood to flow which creates the unfortunate situation for sickle cells to stick together. Moreover people with Sickle Cell Disease that sit in a chair, on a couch or on a floor should not do so for long periods of time; they should stand often to keep blood circulating.

Q3. Which is better for people diagnosed with Sickle Cell Disease, the summertime or the wintertime?

A3. Neither season is better than the other if you're referring to having a pain crisis or other health challenges.

In the wintertime, you deal with the cold and wet weather; the change in barometric pressure from incoming storms; inside heat verses outside weather and temperature; many people who have colds or the flu can spread germs to a Sickle Cell person causing them to become sick which can trigger a sickle cell crisis. Sickle Cell patients should consider wearing clothing that shields their nose and mouth from outside germs.

In the summertime, you have to deal with dehydration from perspiration; air conditioning verses going out into really hot weather; water relaxation and sports are great but can cause over exertion and exhaustion which could trigger a sickle cell crisis. Sickle Cell patients must stay hydrated by drinking half their body weight in water and consider wearing hats to block the sun.

In either season, conditions that cause breathing challenges can result in pneumonia or acute chest syndrome; don't let your decision to not participate in an activity due to what's best for your body result in stress from non participation, and should you decide to participate don't overdo it!

Keepin' You in the Know!

Nita Thompson

YOUR SICKLE CELL EDUCATOR

Inspirational Corner

In life, we all have challenges and obstacles we must face. Often we forget the power of the spirit that is the Creator God working in and through us. In the Bible, Joshua was a person who faces formidable odds. Joshua took over leadership of the Hebrew Israelites after Moses died. God instructed them to go and take the land of Canaan from the Canaanites. This would involve battling many groups and being outnumbered and fighting giants. In spite of the seeming impossibility of this task, God gave Joshua the following commands:

5No one will be able to stand against you all the days of your life. As I was with Moses, so will I be with you; I will never leave you nor forsake you 6Be strong and very courageous 7Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:5-9 NIV

God said three different times to be "strong and courageous". He said to meditate on and obey the Law. God said that He would never fail or forsake us and promised prosperity and success.

In Hebrew, Joshua means Yahweh (God) is savior; Yahweh (God) is deliverer. I think the scriptures above are a formula to deal with negative circumstances that we all must face in life.

Now, remove Joshua's name and insert YOUR name. Do not be afraid; Do not be discouraged, Be Strong and Have courage; for the Lord your God will be with you wherever you go.

Rev. Alcee Chriss Jr. Sr. Pastor
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DVA Productions, Inc

DVA Young Artist Mentor Program

DVA Productions, Inc. presents the DVA Young Artist Mentor Program. These students, ages 10-21, hail from communities throughout the Dallas/Fort Worth area. These students study (with Artistic Director and Professional Performing Artist Sheran Goodspeed) various disciplines of music, dance, acting and writing. They also learn life skills and service to their community through the Educational, Literacy and Homeless Outreach Programs. DVA Productions is a small nonprofit arts organization that prides itself on providing these services to the students who haven't the resources nor the knowledge of how to pursue careers in professional performance. It also provides excellent and much-needed leadership training. The youth performers bring a socially-conscious, yet fun and energetic message to every audience they touch!!

Diverse Visionary Arts/dvaproductions.org

Sandy's Delicious Spring Flower Ambrosia

MAKES: 6 servings

Ingredients:

- 2 16oz cans of frozen pineapples chunks, thawed and drained, set juice aside
- 16oz Cool Whip, Thawed
- 2 ripe bananas cut in half sleeves
- 1 cup of seedless green grapes, whole and cut in half
- 1 cup of miniature marshmallows
- 3 medium oranges, peeled and separated
- ½ cup flaked coconut
- Blue food coloring

Directions:

Using a glass round bowl, arrange fruit in layers

Dip banana sleeves in pineapple juice and place at the bottom of bowl

Add coconut then marshmallows

Layer each additional fruit and top each with coconut, then marshmallows

Continue layer pattern until bowl is full

Spread blue whip cream over the top of fruit

Refrigerate 30 minutes to 1 hour or until whip cream topping becomes stiff

(Preparing topping while you wait)

Flower Topping Ingredients:

- Green and Yellow food coloring
- Flaked Coconut
- 3 ripe Bananas cut in half sleeves
- Pineapple juice
- Chopped walnuts

Topping Directions:

Using green food coloring, color coconut for grass, set aside

Color pineapple juice yellow, set aside

Cut bananas into half sleeves

Dip some bananas sleeves into yellow pineapple mixture and arrange like flower pedals on top of blue whip cream; leaving a hole in the center of the flower design

Dip one banana sleeve into green pineapple mixture to make the stem

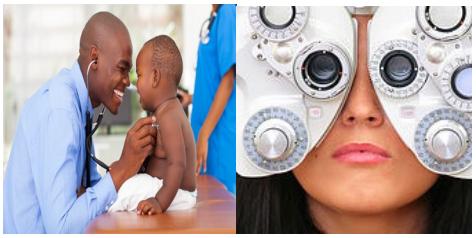
Sprinkle chopped walnuts in the center hole of flower

Sprinkle green coconut at the bottom of flower to make grass

Cover and place in the refrigerator for 2 hours before serving

Recipe courtesy of Sandy Gilbert, 2017

9 Principles to create a HEALTHER & HAPPIER LIFE with SICKLE CELL DISEASE



1) SEE YOUR DOCTORS REGULARLY!

2) EXERCISE NORMALLY AND DRINK PLENTY OF WATER!

3) SURROUND YOURSELF WITH FAMILY

4) GET PLENTY OF REST AND SLEEP!

5) JOIN A FAITH-BASED COMMUNITY!

6) LIVE WITHIN YOUR MEANS!

7) DON'T DRINK OR SMOKE!

8) EAT A BALANCED NUTRITOUS DIET!

9) MANAGE AND REDUCE STRESS!

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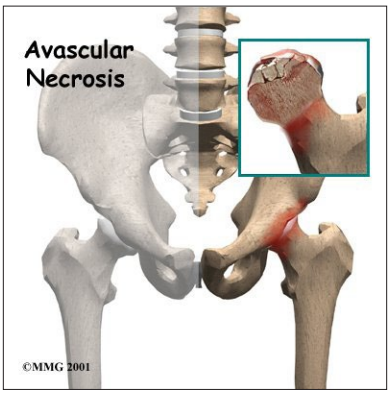
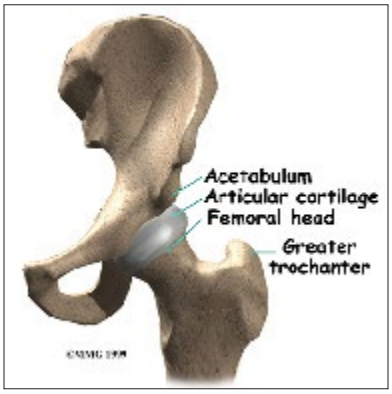
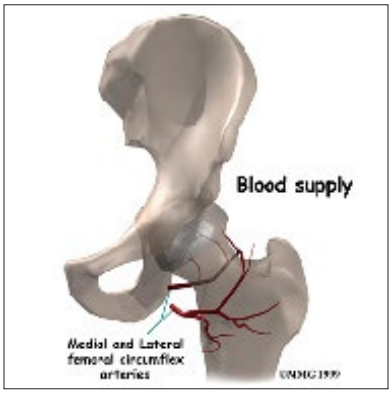
Avascular Necrosis



Bones are living tissue, and like all living tissue they rely on blood vessels to bring blood to keep them alive. Most living tissues have blood vessels that come from many directions into the tissue. If one blood vessel is damaged it may not cause problems, since there may be a backup blood supply coming in from a different direction. But certain joints of the body have only a few blood vessels that bring in blood. One of these joints is the hip. When this blood supply is damaged, it results in what is called *avascular necrosis* (AVN) of the hip. Another name for this condition is *osteonecrosis* (which means "bone death").



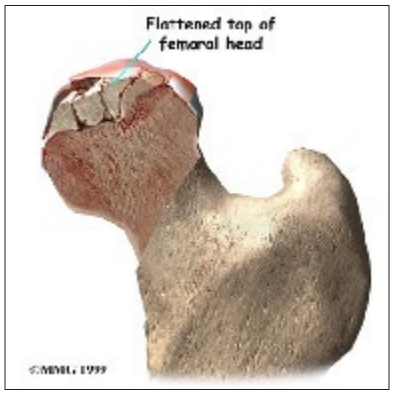
The thigh bone itself is called the femur, and the ball on the end is the *femoral head.* Thick muscles of the buttock at the back and the thick muscles of the thigh in the front surround the hip. The surface of the femoral head and the inside of the acetabulum are covered with ***articular cartilage***.



Avascular Necrosis of bone is a common problem in patients with sickle cell disease. Patients usually report that the quality of the pain associated with avascular bone necrosis differs substantially from their sickle cell pain. The joints can deteriorate to a condition of bone-on-bone interface. Movement of the joint becomes wrenchingly painful. Early on, non-steroidal anti-inflammatory agents can be useful. With more severe situations, injections of corticosteroids may help. Finally, decompression of the tissue in the head of the humerus or the head of the femur is used by some orthopedic surgeons with success. This invasive procedure should be reserved for patients with more advanced cases of avascular necrosis.

Even with these interventions, the process cannot be completely halted, leading to joint replacement in some instances. Since most of the patients are in their 20's or 30's when this becomes an issue, the decision to proceed with joint replacement is difficult. Artificial joints are not well-tolerated by some patients with sickle cell. As many as one-third of patients require a second surgery within four years of joint replacement. Also, these patients, for unclear reasons, are very vulnerable to infections of their orthopedic hardware. The unfortunate result sometimes is a destroyed articular interface and a flail joint which, in the case of the femur, can leave the patient confined to a wheelchair.

More research is needed to identify patients at risk early in the course of the degenerative process so that preventive measures can be instituted. One promising addition to the diagnostic armamentarium is MRI imaging. This technique can detect very early evidence of damage to the bone and holds the hope of improved management of this very debilitating complication of sickle cell disease.



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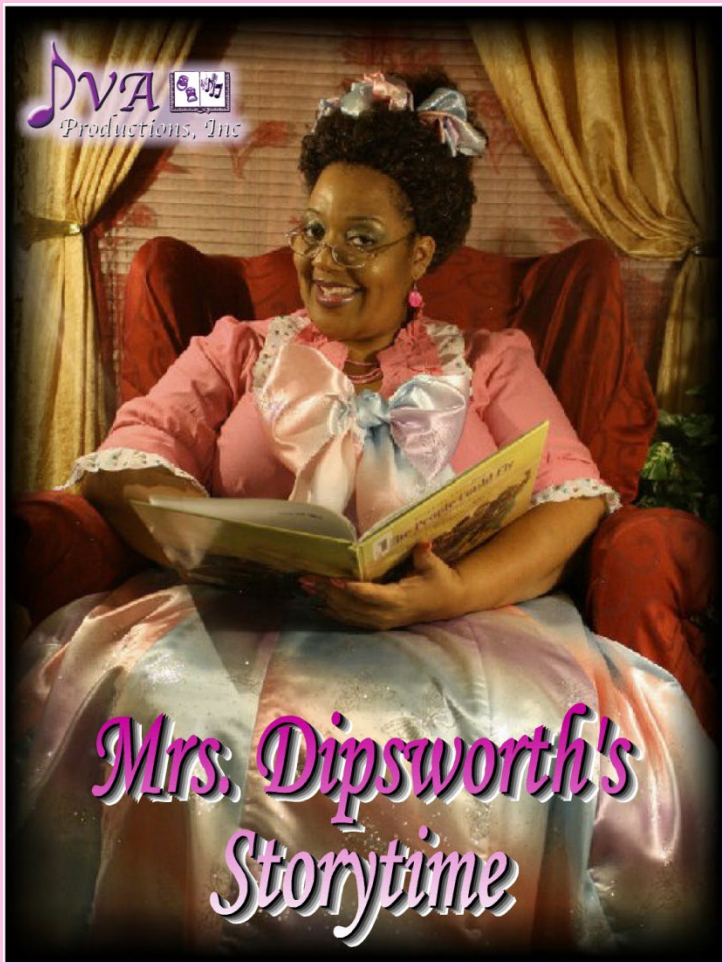
Maroon 9's Kool-Aid Sickle Pickle Recipe:

Ingredients:

1 Gallon Jar of Dill Pickles
4 cups of sugar
2 packs of unsweetened flavored drink mix

How we make it:

- Pour pickle juice off pickles into another gallon container
- Remove pickles from jar
- Slice pickles in half and set aside
- Add packets of unsweetened flavored drink mix to pickle juice
- Add sugar
- Stir until sugar and drink mix are dissolved
- Arrange pickle halves back in its original gallon pickle jar
- Pour flavored drink mix over pickles until pickle jar is full of liquid
- Replace lid tightly
- Shake jar vigorously to ensure liquid is evenly distributed to cut sides
- Refrigerate at least 5 days up to 2 weeks
- Shake pickle jar daily to ensure continued distribution of drink mix and to prevent drink mix and sugar from settling at the bottom of pickle jar
- Serve by removing pickles from jar.
- Enjoy!



Mrs. Dipsworth's Storytime is quite simply a unique presentation of stories and songs. Mrs. Dipsworth is a fairy godmother style character with a larger than life presence. She reads stories chosen by the teacher or librarian that align with the current theme or curriculum. Songs that compliment the story are added to enhance the overall experience for the students. The wonderful thing about this show is that the information covered is always applicable to what the students are learning; and the delivery is comparable to that which every grandmother would give.

To Book Mrs. Dipsworth contact:

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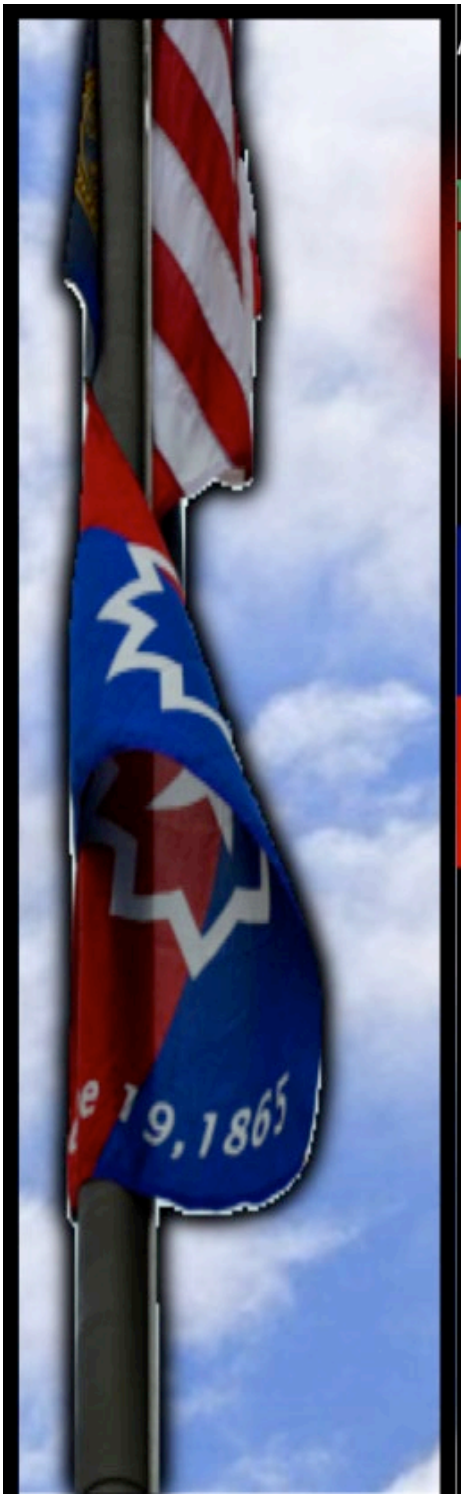

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- See more at: http://www.lifescript.com/health/centers/pain/news/2015/04/28/most_people_with_sickle_cell_pain_dont_get_needed_drug.aspx#sthash.LkyLVxew.dpuf

Patients and their family should learn more about hydroxyurea from objective and reliable sources, such as their doctor or the website of the National Heart Lung and Blood Institute. Doctors and patients should discuss the potential side effects as well as the benefits, so that they can together make a decision that is right for them. - Dr. Nicolas Stettler of The Lewin Group in Falls Church, Virginia

(See here, for example: http://1.usa.gov/1EjjeVe.)

SOURCE: http://bit.ly/1DEzZYq JAMA, April 28, 2015