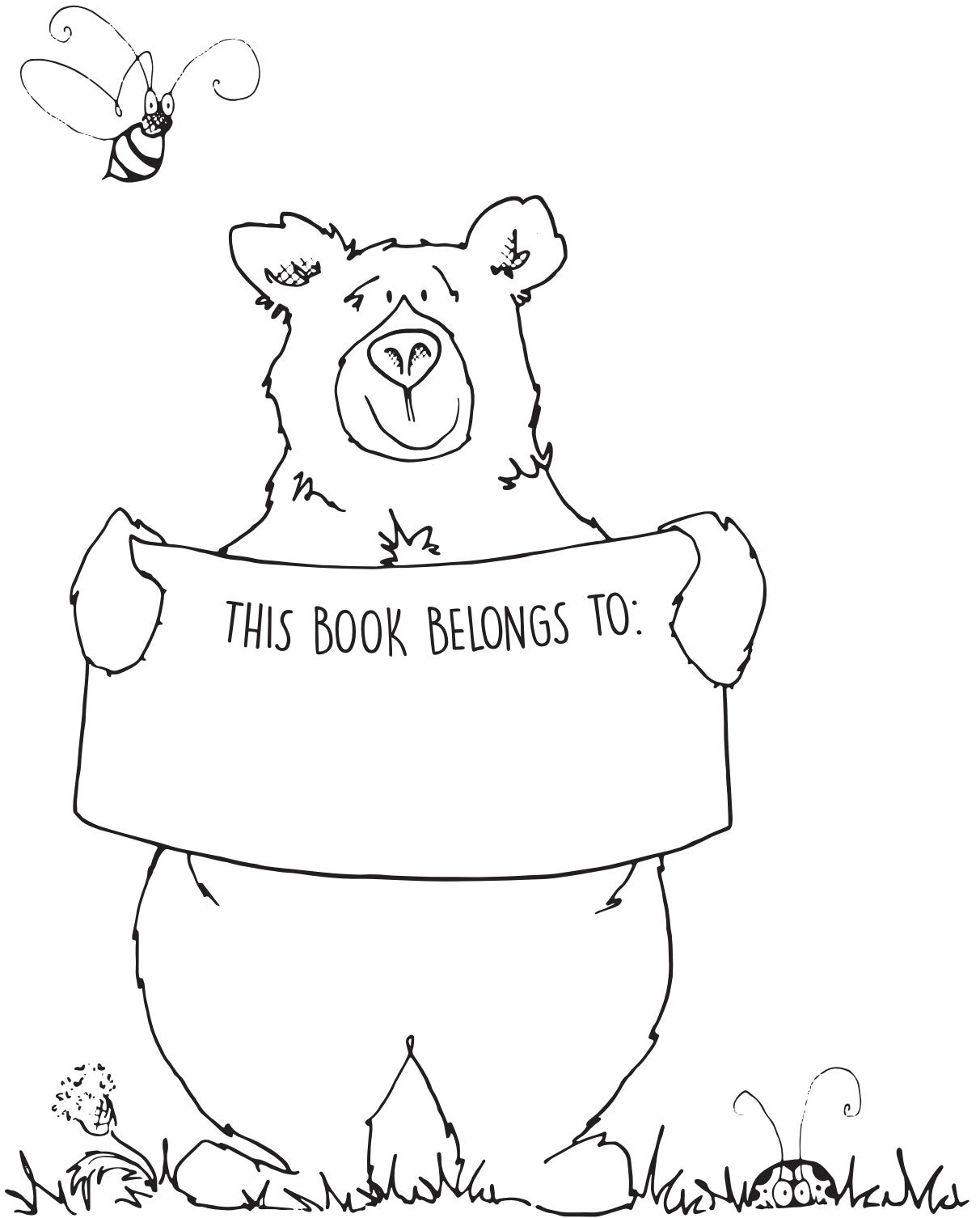


# LIVING WELL WITH SICKLE CELL

## THE BEAR NECESSITIES



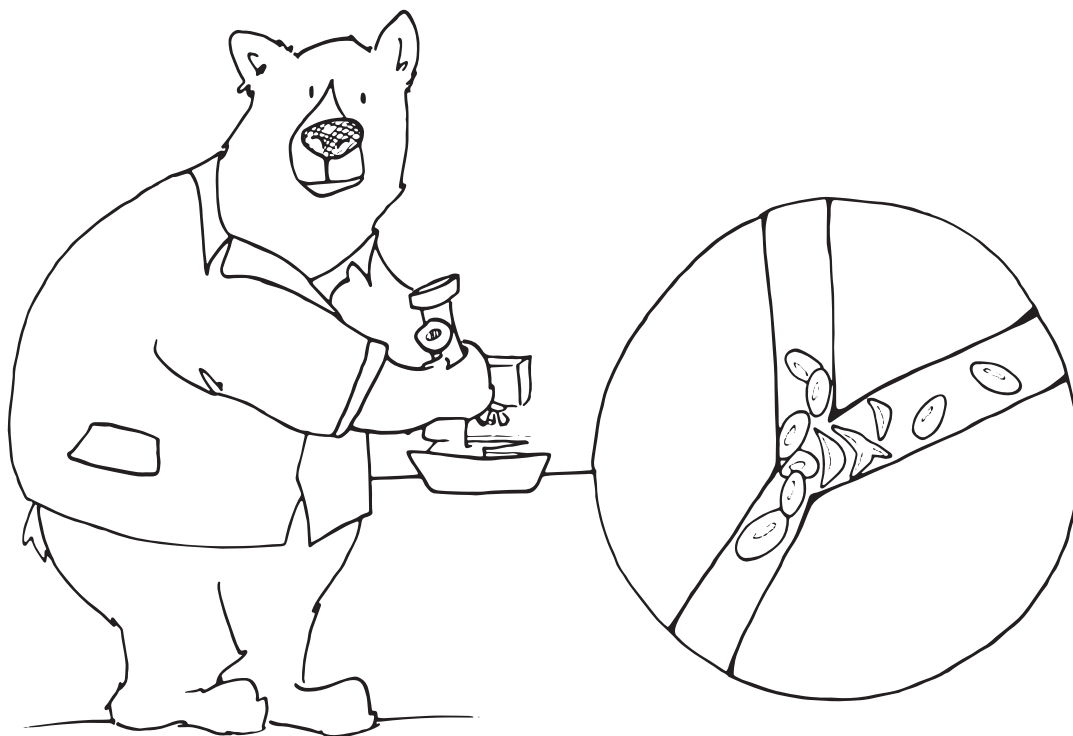
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UT HEALTH, SAN ANTONIO, TEXAS  
AND  
THE FICKLE JAR  
[WWW.THEFICKLEJAR.COM](http://WWW.THEFICKLEJAR.COM)



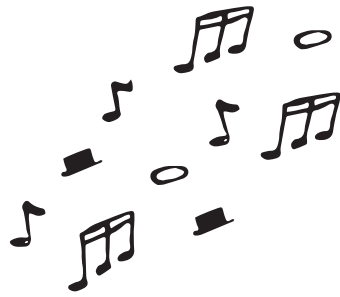
WHAT MAKES ME SPECIAL?  
I HAVE SICKLE CELL!



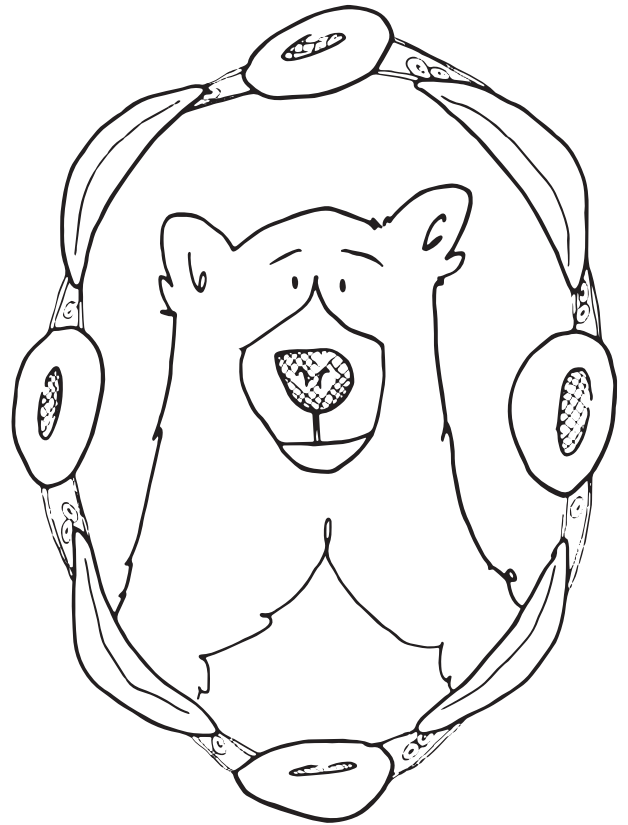
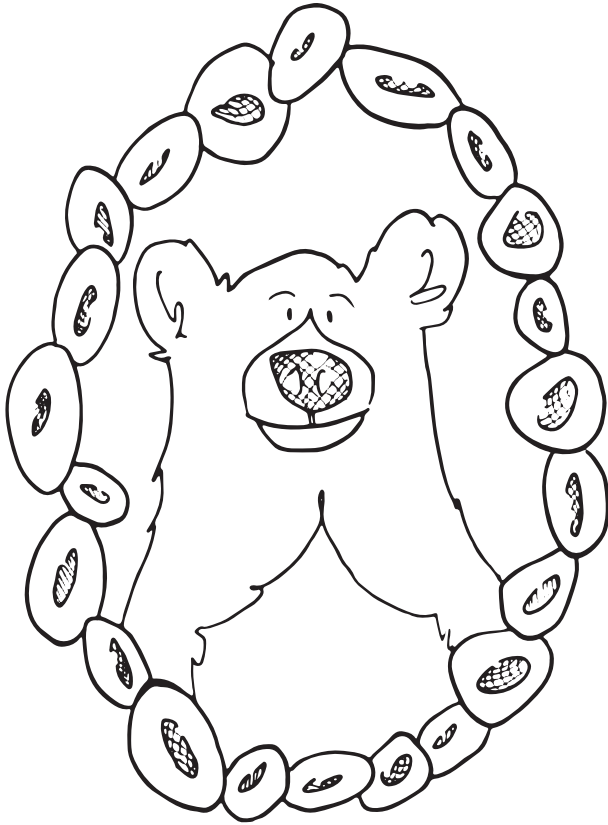
RED CELLS ARE SOFT AND SQUISHY  
SICKLE CELLS ARE HARD AND STICKY



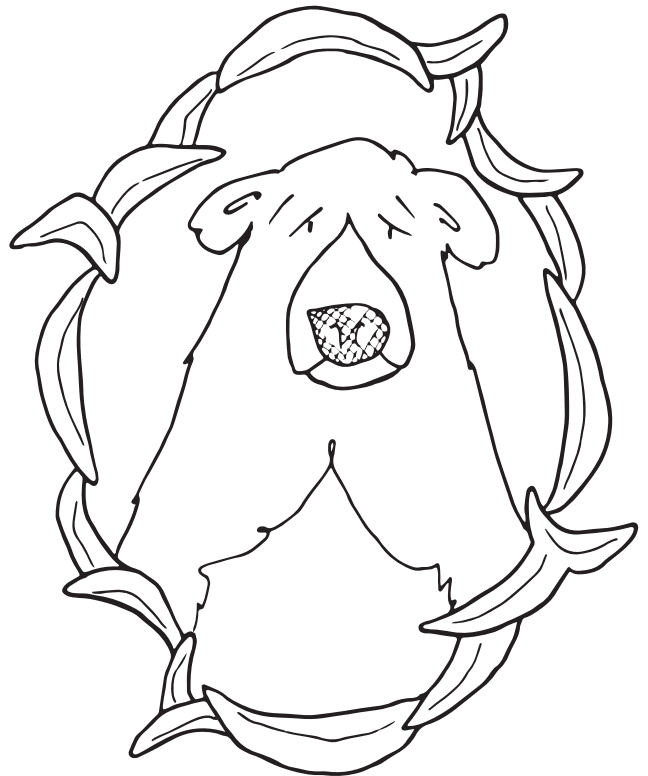
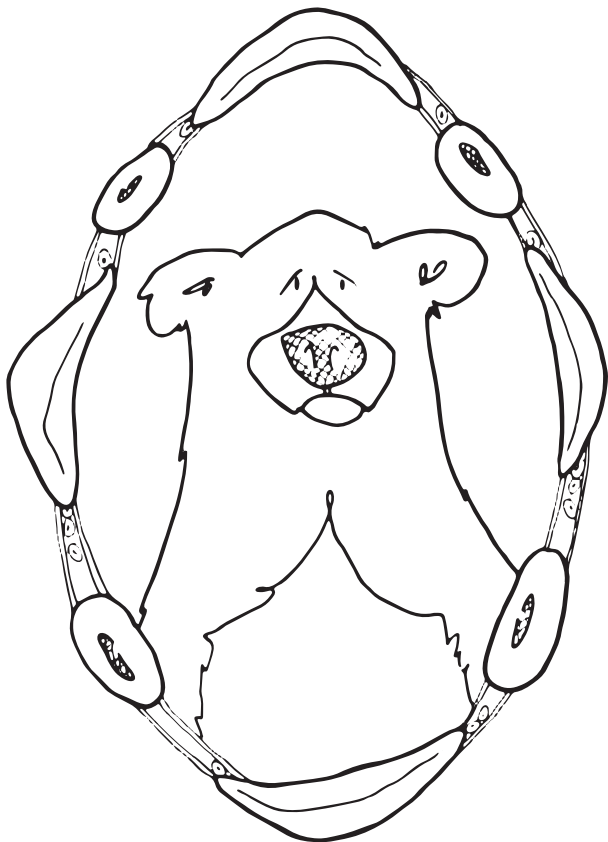
SICKLE CELL WON'T GET ME DOWN  
'CUZ I HAVE MY TEAM AROUND  
SICKLE CELL WON'T MAKE ME BLUE  
'CUZ I KNOW JUST WHAT TO DO



WHAT'S YOUR RHYME?  
(MILITARY CADENCE)



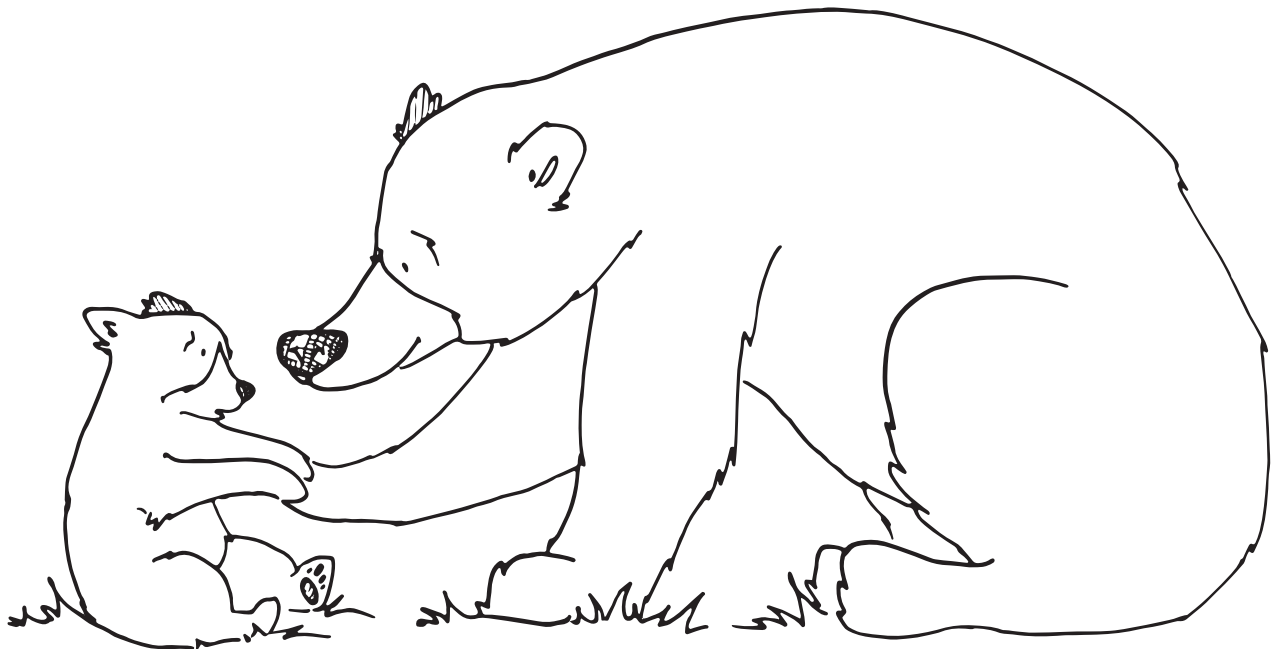
HOW ARE YOU FEELING?





ARE YOU  
FEELING  
BAD?

TELL SOMEONE!



# TAKE YOUR PAIN MEDICINE

USE THE RACE TRACK TO MARK EACH DOSE YOU TAKE

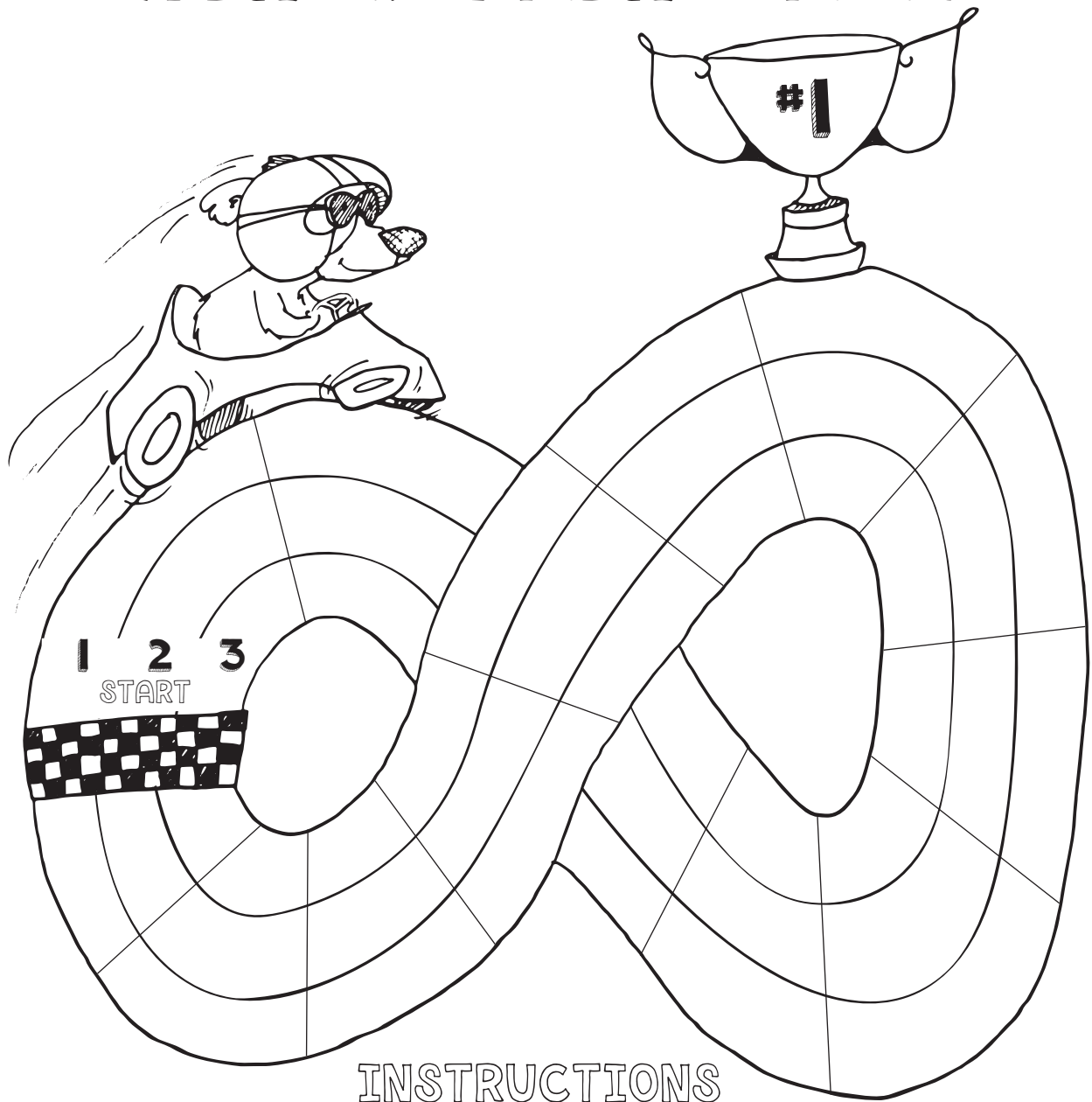


MY MEDS ARE:

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_



# WIN THE PAIN GAME



## INSTRUCTIONS

- COLOR IN THE SPACES FOR EACH MEDICATION YOU TAKE
- START WITH MED 1
- IF YOU ARE NOT FEELING BETTER WITHIN 2 HOURS, ADD MED 2
- ALTERNATE MED 1 AND 2 EVERY \_\_\_\_\_ HOURS
- AFTER \_\_\_\_\_ HOURS IF YOU ARE STILL HAVING PAIN, ADD MED 3 AND CALL YOUR NURSE. PHONE: \_\_\_\_\_

ALWAYS FOLLOW THE PAIN MANAGEMENT PLAN THAT YOUR SICKLE CELL TEAM HAS MADE FOR YOU

# REMEMBER TO DRINK LOTS OF FLUIDS

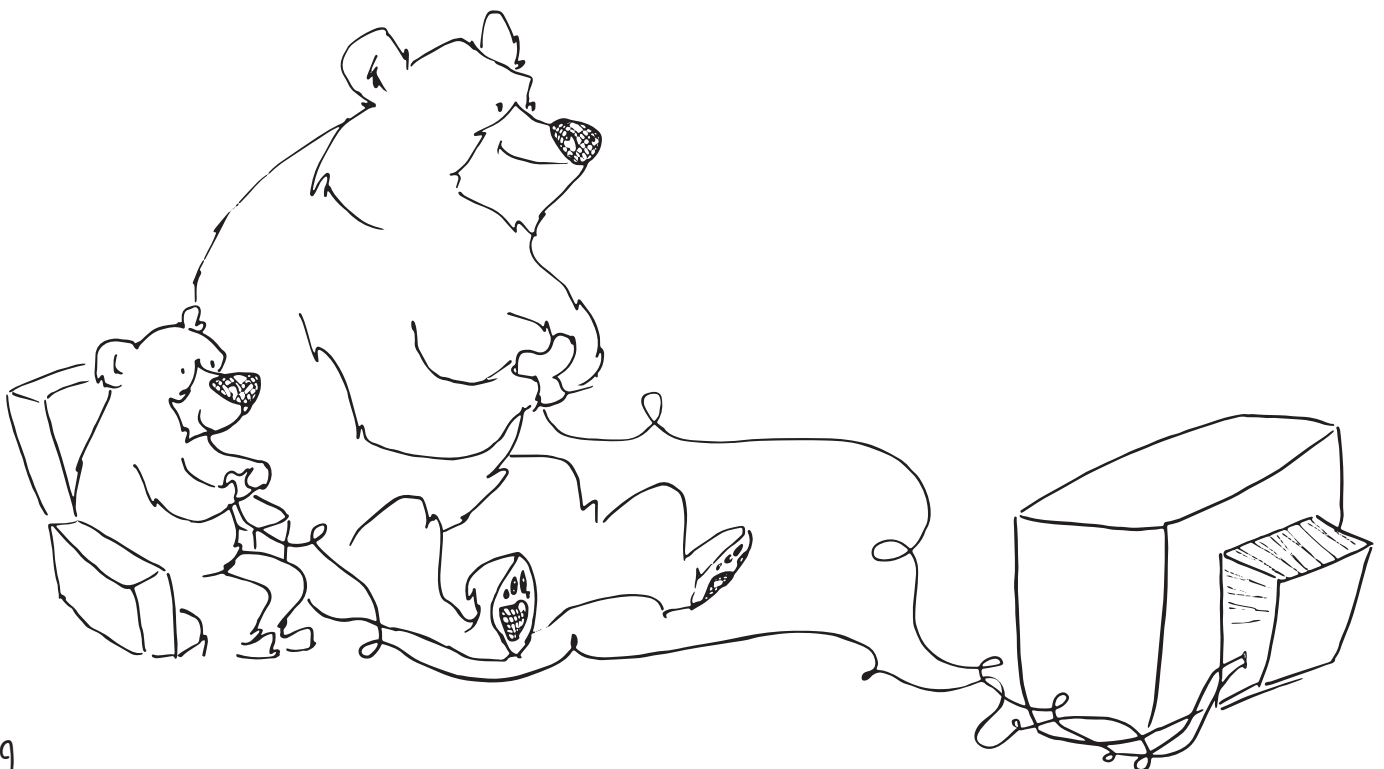


USE A WARM BATH OR HEATING PAD TO  
APPLY HEAT  
WHERE IT HURTS

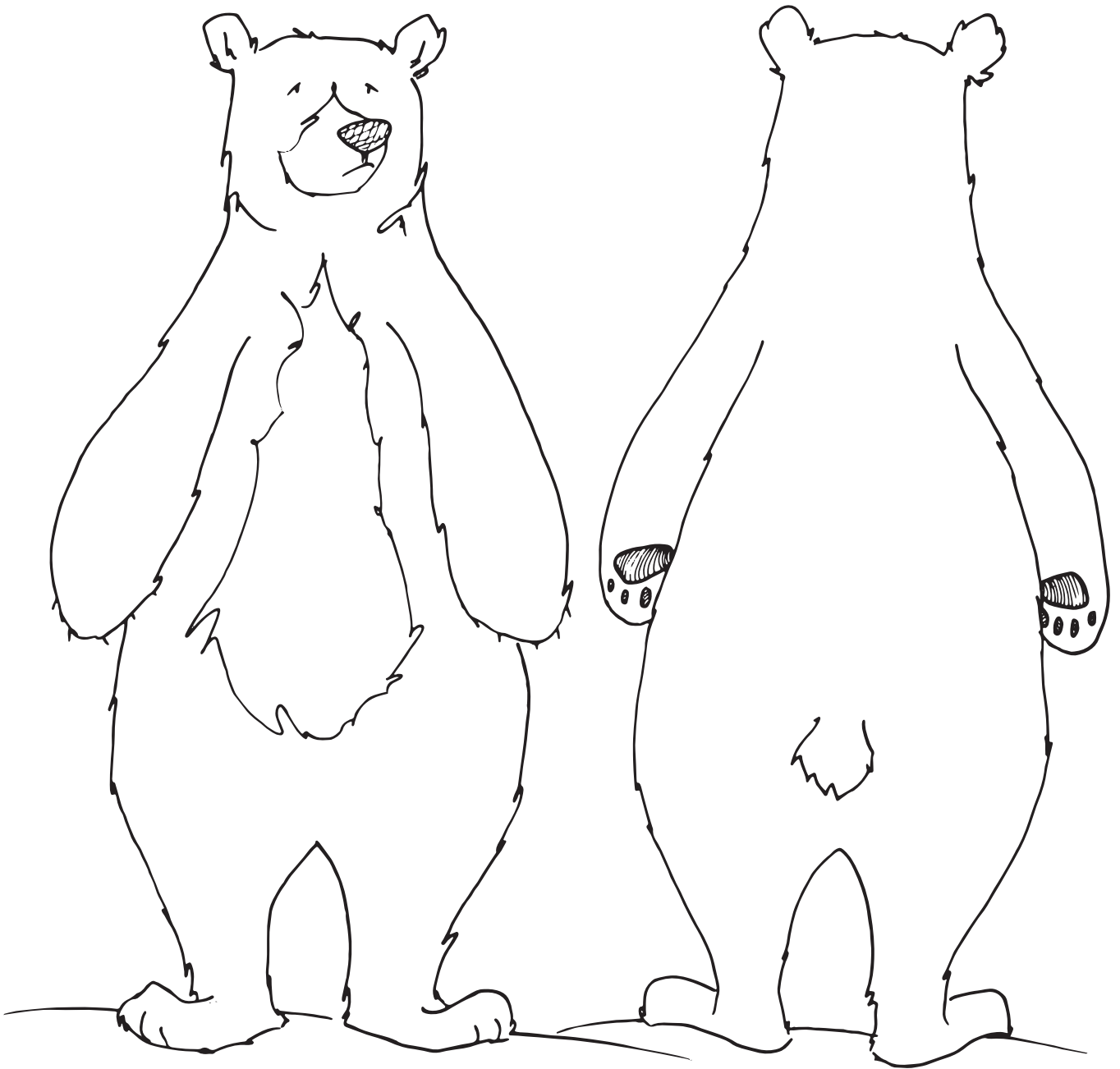




REST AND TAKE IT EASY

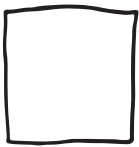


# WHERE DO YOU HURT?

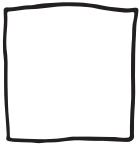


# REVIEW

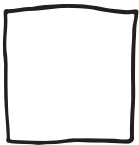
## WHAT CAN YOU DO?



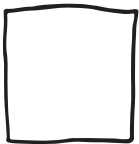
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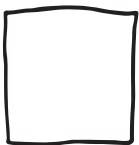
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# ABOUT



## AARON ARDOIN FOUNDATION

THE AARON ARDOIN FOUNDATION FOR SICKLE CELL RESEARCH AND EDUCATION STANDS AS A VEHICLE OF HOPE FOR THE COURAGEOUS CHILDREN, ADULTS AND FAMILIES THAT SUFFER WITH THE DISEASE.

FIND MORE INFO AT: [WWW.AARONARDOINFUNDATION.ORG](http://WWW.AARONARDOINFUNDATION.ORG)



## DONNA M. DOULTON, RN / UT HEALTH, SAN ANTONIO, TEXAS

HOW LUCKY AM I TO ABSOLUTELY LOVE WHAT I DO! I HAVE BEEN BLESSED TO BE ABLE TO NURSE CHILDREN AND THEIR FAMILIES WITH SICKLE CELL DISEASE FOR OVER THIRTY YEARS.

EMAIL: [DOULTON@UTHSCSA.EDU](mailto:DOULTON@UTHSCSA.EDU) / PHONE: 210-331-3814



## LEXIE LEIGH / ILLUSTRATOR AND FOUNDER OF THE FICKLE JAR

LEXIE IS AN ILLUSTRATOR BASED IN ROLLA, MISSOURI WHO WORKS IN INK AND WATERCOLOR. SHE FINDS INSPIRATION DAILY ON HER FAMILY FARM WITH HER HUSBAND, TWO BASSET HOUNDS, FIVE DUCKS AND THREE PIGS.

FIND MORE WORK AT: [WWW.THEFICKLEJAR.COM](http://WWW.THEFICKLEJAR.COM) / CONTACT: [HELLO@THEFICKLEJAR.COM](mailto:HELLO@THEFICKLEJAR.COM)

YOU'RE A **WINNER!**

