

UTHSCSA
Fall 2006

SICKLE CELL RAPPER

THE CHILDREN'S REGIONAL SICKLE CELL CENTER, SAN ANTONIO

Dear Parents,

In the effort of teaching our patients, your child, to become self-sufficient in regard to their Sickle Cell Disease, our center has developed a new mission. We want our patients to grow up aware of their disease, how it affects their bodies, and how it affects their lives. We want them to become responsible adolescents/adults with a sound knowledge of Sickle Cell, knowing how to stay healthy and in control of the disease. It is in this capacity that we are calling on parents to help us.

The importance of regular office visits and specialized tests is crucial to the health of a person with a chronic disease. Many of the complexities associated with Sickle Cell remain "silent". It is only with preventative care that we can detect many of these complications and prevent organ damage, enabling our children to live a longer and healthier life. It is for this reason that we are concerned about your compliance with the following examinations:

MRI/MRA of the Brain—shows if there is any presence of stroke, blood, tumors, growths, swelling and/or blockages within the brain which can have no symptoms.

Transcranial Doppler (TCD) - Ultrasound test that measures the speed and turbulence of blood flowing through large vessels supplying the brain. This test will show any evidence of stroke or silent strokes.

Eye—Annual eye examinations show any damage to the vessels at the back of the eye. It can also detect early blood vessel damage in the eyes which can lead to blindness.

Echocardiogram—measures the blood pressure in the blood vessels that carry blood from the heart to the lungs. At the Memphis convention in April 2006 it was presented as a common complication in adults with Sickle Cell Disease.

We appreciate busy schedules; children, work, family, school, and all others that accompany everyday life, not to mention caring for a child with a potentially dangerous disease.

Remember: **KNOWLEDGE IS POWER!** Please call me at 210-704-3110 to talk about any concerns you or your child may have.

Donna Doulton, RN, BScN
Sickle Cell Nurse Coordinator

Reginald Moore, MD
Medical Director

**“WE ARE GOING TO RUN SOME TESTS ON
YOU...”**



Have you ever wondered what your doctor means by that?

Depending on what illness or infection you might have, your doctor may want to obtain a blood sample, urine sample, throat swab or other sample. First, a doctor, nurse, technician or phlebotomist draws your blood. Several tubes of blood may be need to be drawn for different type of tests. I am a Medical Laboratory Technician. Medical technicians and technologists are college or military educated professionals who specialize in clinic laboratory science. They run tests, look through microscopes, report and assess the quality of results, and implement new methods. When the sample gets to the laboratory, it is logged into the hospital computer. In some cases, the liquid portion of the blood is separated from the cells to prepare it for testing, and then the laboratory staff performs the testing.

The Pediatric Hematology/Oncology Lab on the 8th Floor of the Christus Santa Rosa Children’s Hospital, analyzes the amount and function of blood cells and plasma. Examples of Hematology tests include the Complete Blood Count (CBC) that tells the doctor how many cells of each type are in your blood and reticulocyte counts. A retic count is a blood test performed to assess the body’s production of immature red blood cells (reticulocytes). A reticulocyte count is usually performed when patients are evaluated for anemia and response to it’s treatment. On the 3rd floor of the hospital, in the Chemistry section of the lab, blood and other body fluids are tested for chemicals, drugs and substances that indicate disease. An example of a Chemistry test is a Complete Metabolic Profile. This test monitors how all major

body organs like the heart, lungs, and kidneys are functioning and help the doctor decide what might be wrong, if anything, and what treatment to give.

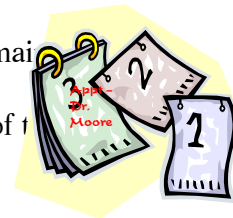
The Microbiology section of the lab tests patients for infections caused by bacteria, fungi, or parasites. Many types of specimens—including blood, urine, sputum, stool, and others are tested. An example of a Microbiology test is a urine culture for urinary tract infections.

My name is Zeff Gomes (The Lab Guy, The Blood Guy, or The Batman). If you ever have a question or want to personally see what it is that I do in the lab, come on in and say “hello”.

CHRISTUS SANTA ROSA
8TH FLOOR REGISTRATION STAFF

Hello, I would like to start by introducing myself. My name is Valerie and my co-worker is Brenda. We are the registration staff at the Howard A Britton Children’s Cancer and Blood Disorders Center.

We want to emphasize how **important** it is for you and your child to remain current with your scheduled appointments and procedures. A number of staff members are involved in preparing for your or your child’s visit.



First we must **verify the insurance**—Private, Medicaid, Chip, etc. Depending on the type of insurance, we must then **verify that a current referral** is in place from your child’s primary care physician. This is **required for all private HMO, Chip, and Medicaid Star plans**. Additional steps are required if you/your child is scheduled for any procedures—MRI, MRA, TCD, CT, Etc. These services require **authorization from the insurance prior to being done**. The average turn around time for the approval is 1-2 days after we submit

the request. However, once the authorization is obtained it is **only valid for a specific number of days**. Since the process is not a simple one step plan, **we strongly urge you to comply with all scheduled appointments** regarding your or your child's care. All the hard work involved to ensure a smooth process for you and/or your child's visit is wasted when you don't call or show up for your appointments.

I believe by working together we can expect a smooth and successful visit for you and your child.

Compliance not only eases the authorization process, but is primarily important in keeping yourself or your child healthy.

Valerie Navarrette, Christus Santa Rosa Children's Hospital

PARENT SUPPORT NETWORK

The Parent Support Network for Sickle Cell Children of San Antonio was established to offer a helpful avenue for adolescent sickle cell survivors. The organization is comprised primarily of their family members, friends, hospital professionals, and other persons affected by the disease.

Their mission is to provide support services for adolescent survivors of sickle cell disease in our city and surrounding communities. These services include, but are not limited to:

Contact with other Sickle Cell Survivors and families

Up-to-date information about the disease

Monthly Educational/Awareness Seminars

Quarterly Newsletter

Support Group Meetings

Educational Scholarships and Stipends

Social Resources—assistance with food, clothing, and others

Spiritual and Emotional Support

By providing such necessary support services, the plan is to eventually influence changes in the service, condition, and treatment, while increasing community awareness and social responsibilities on issues concerning Sickle Cell Disease.

For more information, or to become a part of the Parent Support Network for Sickle Cell Children, please contact:

Ms. Latesia Umblance, CEO

210-833-0318

PSNSCC@GRANDECOM.NET

**This Network is independent of CHRISTUS Santa Rosa Children's Hospital and the University of Texas Health Science Center.*



Santa is Coming to Town!

It might still be 100 degrees outside, but Christmas is only 3 months away! Below you will find the information for this year's Christmas party. We will also send notices closer to the event. Please take the

time now to reserve your spot. Hope to you and your family there!

The 2006 Sickle Cell Christmas Party will be held

December 6, 2006

6:00pm—9:00pm

Christmas Santa Children's Hospital

5th Floor, Child Life Center

Please RSVP* to:

Donna Douulton, RN

210-704-3110

Doulton@uthscsa.edu



333 North Santa Rosa, 8th Floor

San Antonio, TX 78207

Phone: 210-704-2187

800-227-3618

After hours call: 210-704-2011 and ask for Pediatric Hematologist on call.

E-mail: ocampor@uthscsa.edu

ICKLE CELL TEAM

Medical Director

Reginald Moore, MD

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Hematologists/Oncologists

Anne-Marie Langevin, MD

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Shafqat Shah, MD

Shannon Carpenter, MD

Immunologist

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Psychologist

Leanne Embry Segovia, PhD

Beneza Marquez, PsyD

Social Work

Elisa Ornelas, LSW

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Rosario Ocampo