

Sickle Cell Trait (SCT) Fast Facts

Know Your Sickle Cell Status. Get Screened for SCT.



More than 100 million people have sickle cell trait (SCT) worldwide.

Get screened to find out your SCT status.



If you have SCT and your partner has a similar red blood cell trait, you could have a baby with sickle cell disease (SCD) with each pregnancy.



If you have SCT and/or a similar red blood cell trait, you may be at risk for some health complications.



Discuss your SCT status with your health care providers and family members.

- *(SCT) is an inherited biological characteristic that can impact an individual's reproductive and personal health considerations.*
- *SCT evolved ages ago to protect against certain kinds of malaria. Because of this, SCT is most common among people with ancestry from regions with large populations of mosquitoes that transmit malaria. However, anyone can have SCT.*
- *If one parent has SCT and the other parent has SCT or a similar red blood cell trait, they can have a child with sickle cell disease (SCD).*
- *SCT is not a disease. Most people who have SCT do not notice any symptoms and live long, healthy lives.*
- *There are rare cases in which SCT is connected to extreme medical issues, like renal medullary carcinoma (RMC) and sudden collapse following exercise.*
- *Researchers have discovered that dehydration, exertion, and extreme changes in altitude can prompt medical complications associated with SCT.*
- *People who have SCT should talk to their health care providers and family members about their trait status and discuss interventions to prevent and detect any potential medical issues.*
- *If you do not know your SCT status, you should talk to your doctor about genetic screening.*

To learn more about SCT, visit <http://www.scdcoalition.org/sickle-cell-trait.html> and check out these related resources:

- [Educational Resources for Sickle Cell & Other Blood Disorders](#) – Source: *St. Jude Children's Research Hospital Hematology Program*
- [Family Planning Options for Couples with Sickle Cell Trait or Sickle Cell Disease](#) – Source: *Dr. Macy Early and Sickle Cell Reproductive Health Education Directive (SCRED)*
- [Find a Genetic Counselor Directory](#) – Source: *National Society of Genetic Counselors (NSGC)*
- [Know & Tell: Sickle Cell Trait and Renal Medullary Carcinoma](#) – Source: *Sickle Cell Disease Association of America (SCDAA) and the Kidney Cancer Association*
- [Operation Hydration](#) – Source: *As One Foundation*
- [Position Statement on Sickle Cell Trait](#) – Source: *American Society of Hematology (ASH)*
- [Sickle Cell Disease and Pregnancy](#) – Source: *March of Dimes*
- [Sickle Cell Disease and Sickle Cell Trait Brochure](#) – Source: *SCDAA*
- [Sickle Cell Trait](#) – Source: *Sick Cells*
- [Sickle Cell Trait Awareness Campaign – California](#) – Source: *Cayenne Wellness Center*
- [Sickle Cell Trait – Patient Education](#) – Source: *ASH*
- [Sickle Cell Trait Toolkit](#) – Source: *Centers for Disease Control and Prevention (CDC), ASH, and SCDAA*
- [Statement on Screening for Sickle Cell Trait and Athletic Participation](#) – Source: *ASH*
- [What is Sickle Cell Trait?](#) – Source: *CDC*
- [What is SCT](#) – Source: *Breaking the Sickle Cell Cycle (BTSSCC)*