

The University of Texas at Tyler Athletic Training
Sickle Cell Trait Verification Form

What is Sickle Cell Trait?

Sickle cell trait is an inherited blood condition. It is not a disease. It occurs when a person has inherited one gene for normal hemoglobin and one for sickle hemoglobin. (Hemoglobin is a protein in red blood cells and carries oxygen to your body.)

What is Sickle Cell Anemia?

Sickle cell anemia is an inherited, life-long disease. It occurs when you inherit two sickle cell genes – one from each parent. In sickle cell anemia, a lower than normal number of red blood cells occur because sickle cells don't last very long. Normal red blood cells "live" for about 120 days; whereas sickled red blood cells last about 10-20 days.

Red blood cells with abnormal hemoglobin cause them to be shaped like a "sickle" or the shape of a banana. Sickle-shaped cells don't move easily through your blood vessels. They are rigid and sticky and tend to form clumps where they get stuck in blood vessels. These clumps block blood flow that leads to organs and limbs. Blocked blood vessels can cause pain, serious infections and organ damage.

Who Can Have Sickle Cell Trait?

Anyone can carry the sickle cell trait, but you are more likely to have it if you have one or more of the following ethnic backgrounds: Hispanics, Greek, Italians, East Indians, Saudi Arabians, Asians, Syrians, Turks, Cypriots, Sicilians and African Americans.

Most people with sickle cell trait lead completely normal lives. However, they may have severe problems with extreme physical activity. It is important that, as an athlete, you know if you have the sickle cell trait.

Therefore, the NCAA has requested that its' member institutions verify sickle cell trait status on all student-athletes. All newborns in the United States are tested for the trait.

You may or may not be aware of your sickle cell status, but please answer the following questions to the best of your knowledge and submit the form to your coach as soon as possible.

Name: _____ Date of Birth: _____ Sport: _____

Mother's Name: _____ Mother's Maiden Name: _____

State in which you were born: _____ Birth county: _____

Do you have sickle cell anemia? (Please circle one) Yes No

Do you have sickle cell trait? (Please circle one) Yes No Don't Know

If you are unsure about your sickle cell status, you should check with your birth doctor or birth hospital. If you have difficulty finding this information, the athletic training department may be able to access it on your behalf with your permission. You may sign the statement below giving us permission to do so.

I, _____, give permission to The University of Texas at Tyler athletic training staff and/or team physicians to request sickle cell records from the State Department of Health & Human Services for the sole purpose of preventing and managing the potential risks of sickle cell trait and sickle cell disease.

(Signature of Student-Athlete if 18 years of age or older)

(Signature of Legal Guardian if student-athlete is a minor)

If you have any questions or concerns regarding this information, please contact Rebekah Grube, Head Athletic Trainer at rgrube@uttyler.edu.