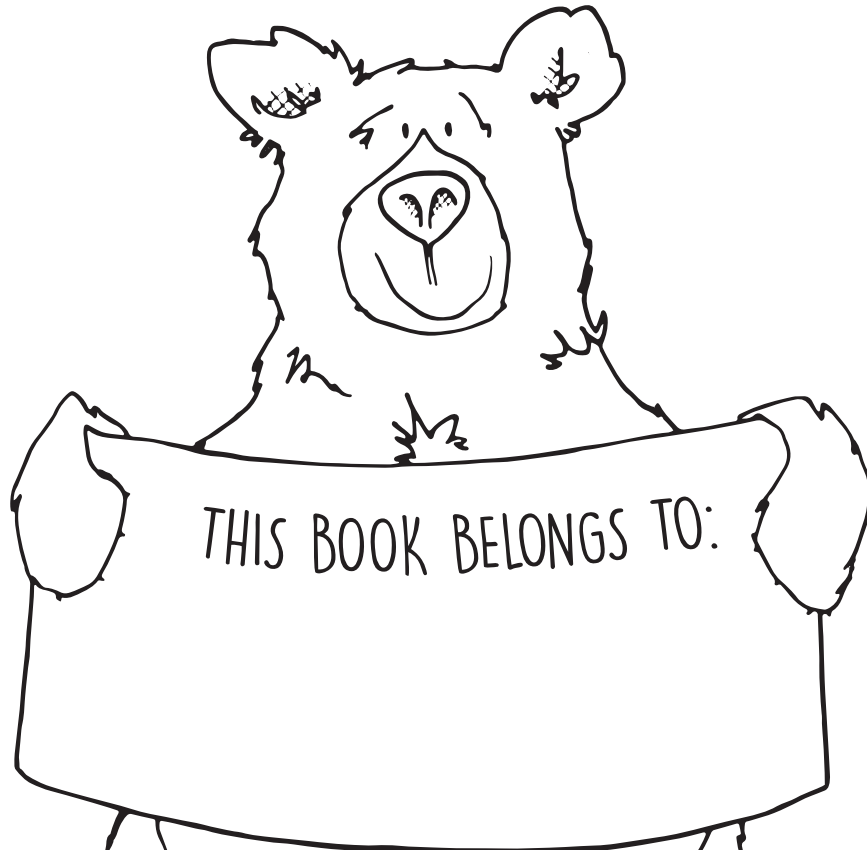
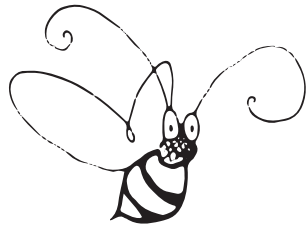


THE BEAR NECESSITIES OF SICKLE CELL



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AND
LEXIE MUTCH



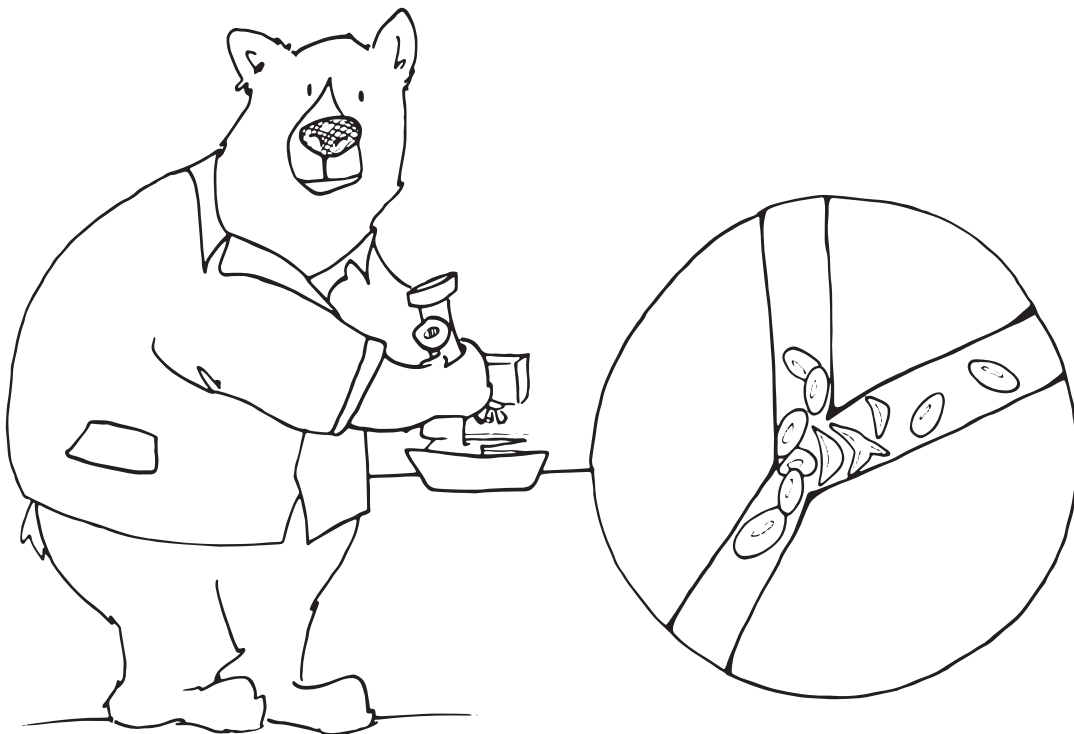
THIS BOOK BELONGS TO:



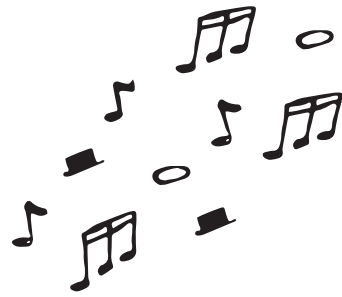
WHAT MAKES ME SPECIAL?
I HAVE SICKLE CELL!



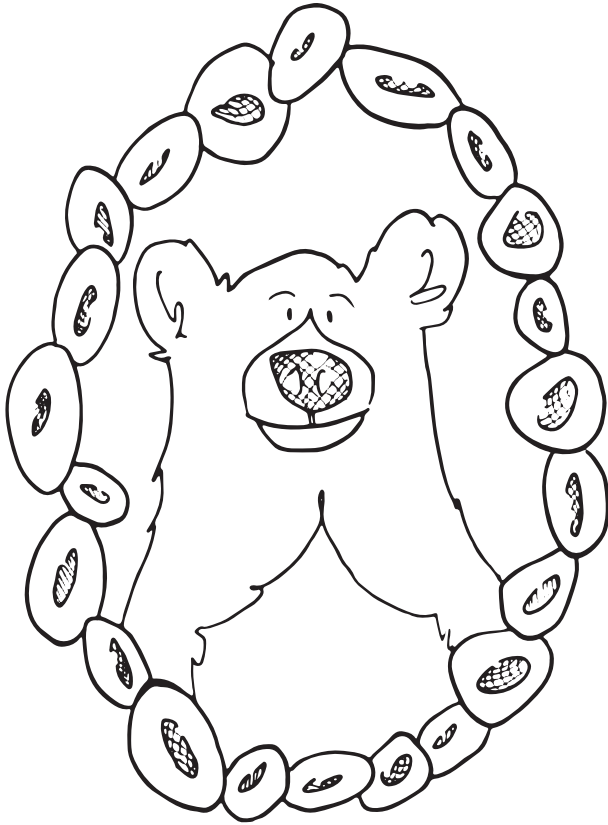
RED CELLS ARE SOFT AND SQUISHY
SICKLE CELLS ARE HARD AND STICKY



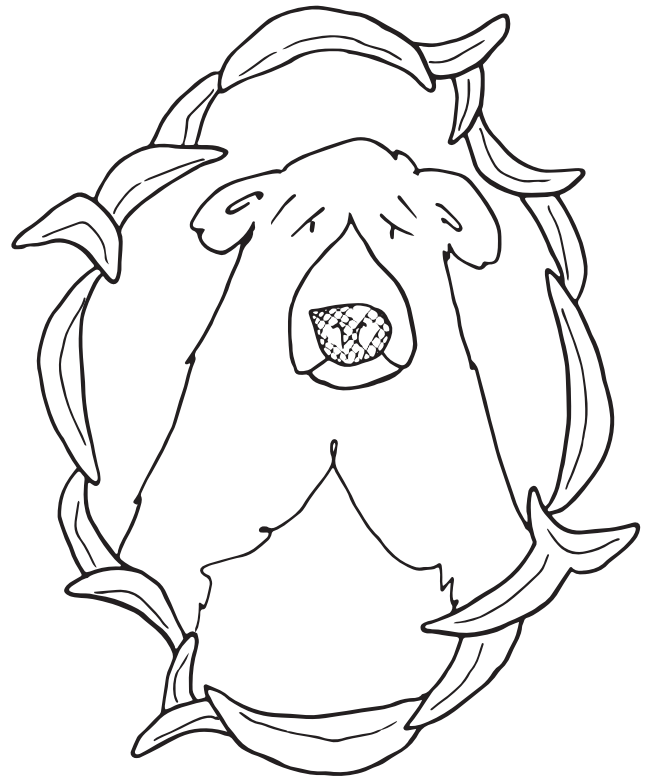
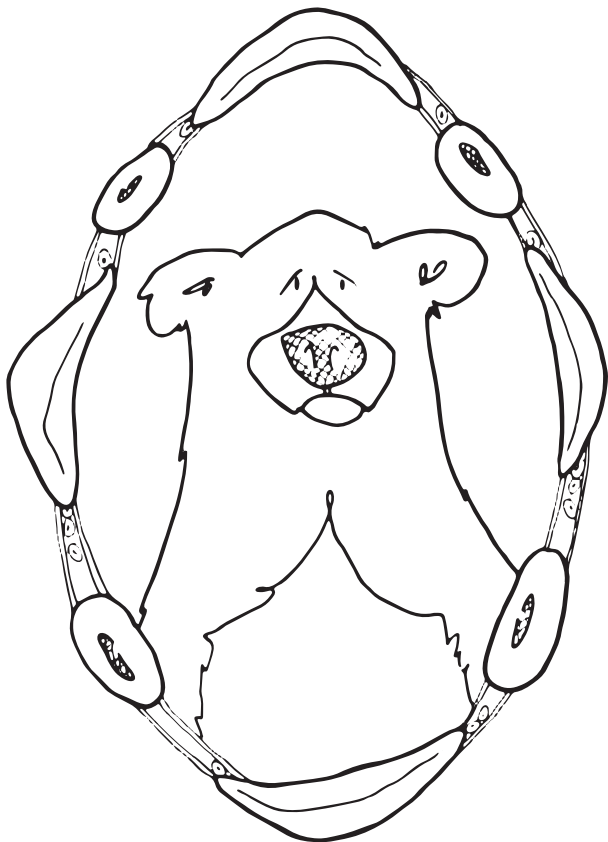
SICKLE CELL WON'T GET ME DOWN
'CUZ I HAVE MY TEAM AROUND
SICKLE CELL WON'T MAKE ME BLUE
'CUZ I KNOW JUST WHAT TO DO



WHAT'S YOUR RHYME?
(MILITARY CADENCE)



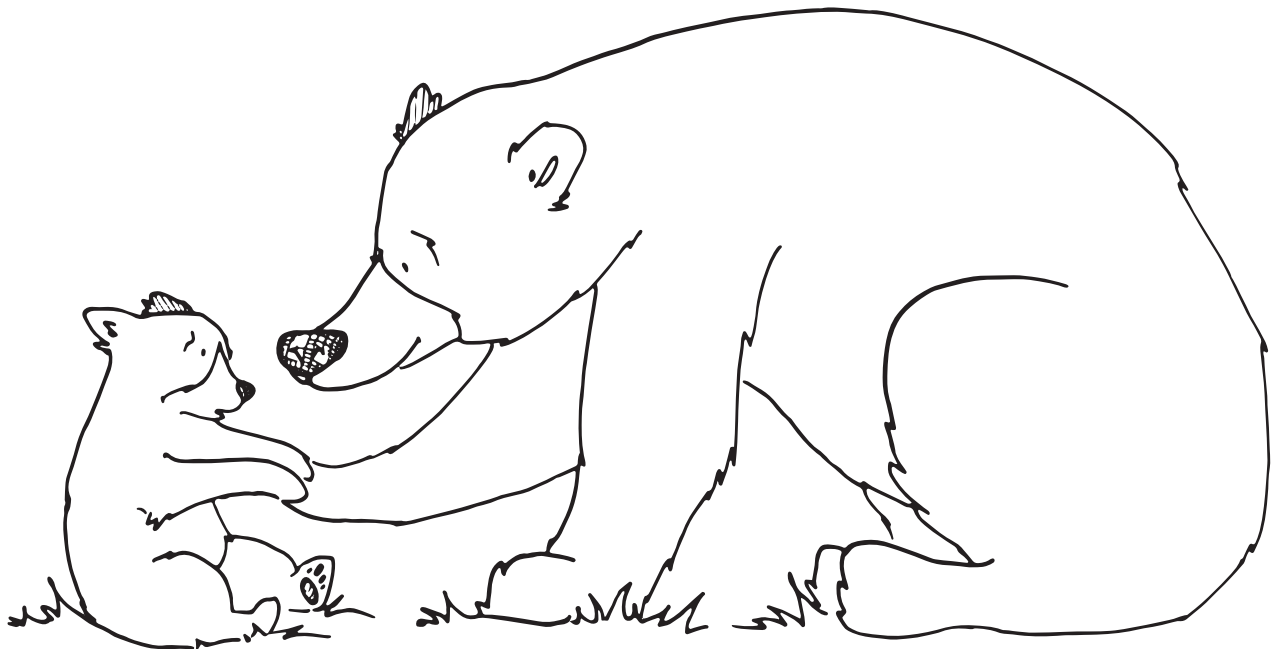
HOW ARE YOU FEELING?





ARE YOU
FEELING
BAD?

TELL SOMEONE!



TAKE YOUR PAIN MEDICINE

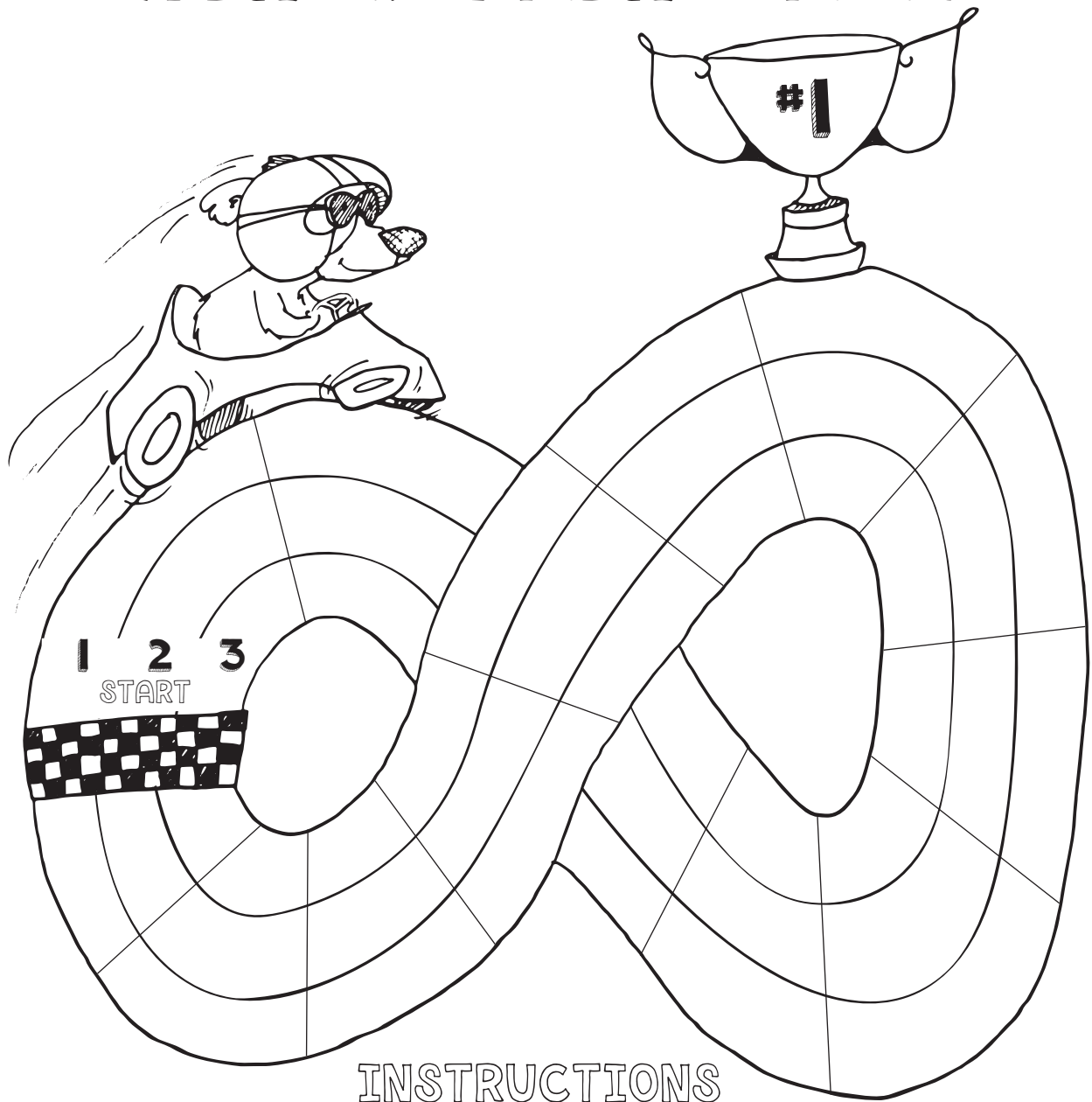
USE THE RACE TRACK TO MARK EACH DOSE YOU TAKE



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

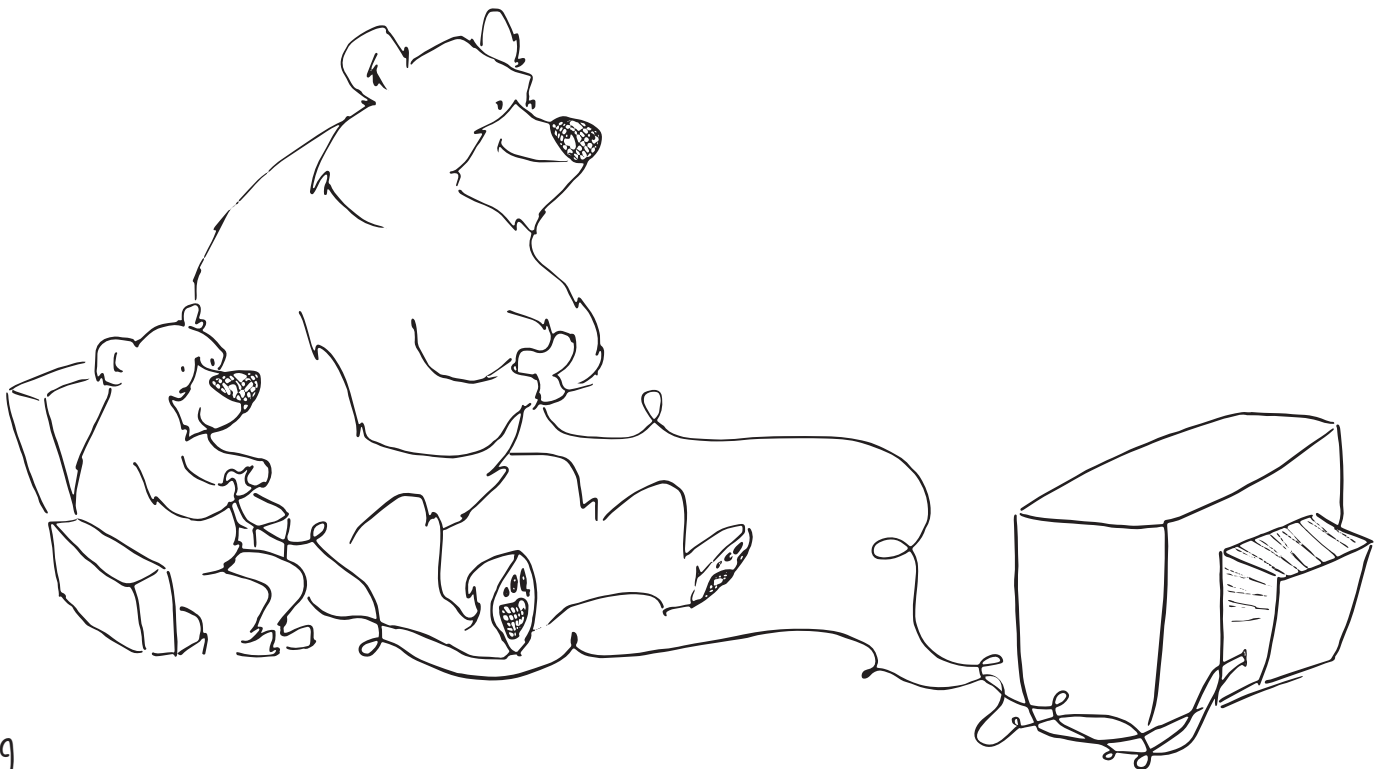


USE A WARM BATH OR HEATING PAD TO
APPLY HEAT
WHERE IT HURTS

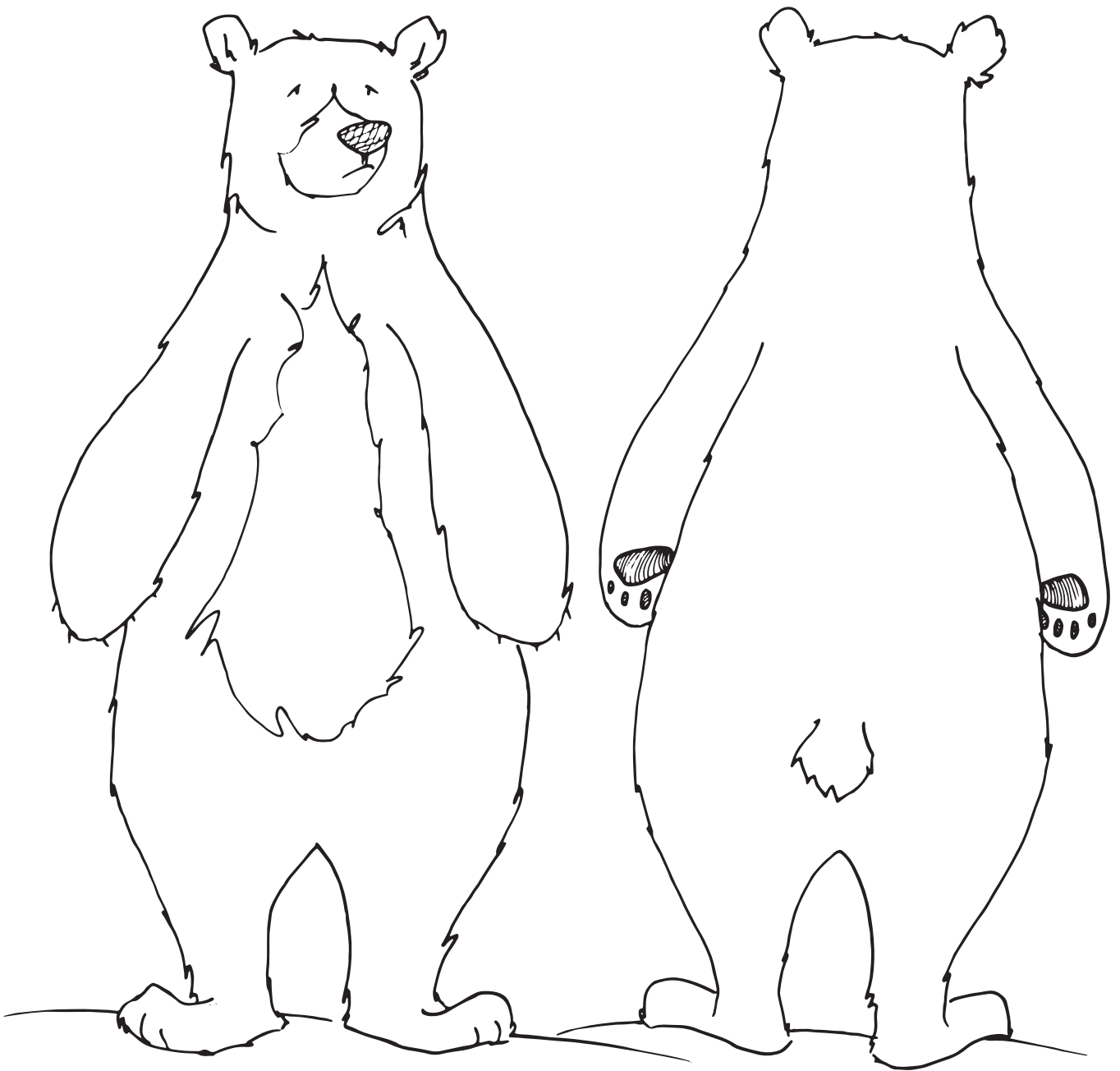




REST AND TAKE IT EASY

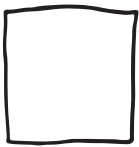


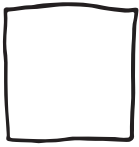
WHERE DO YOU HURT?

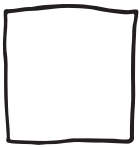


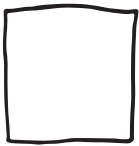
REVIEW

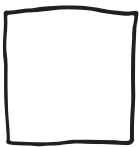
WHAT CAN YOU DO?













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.AARONARDOINFOUNDATION.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 / 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 / CONTACT: HELLO@THEFICKLEJAR.COM

YOU'RE A **WINNER!**

