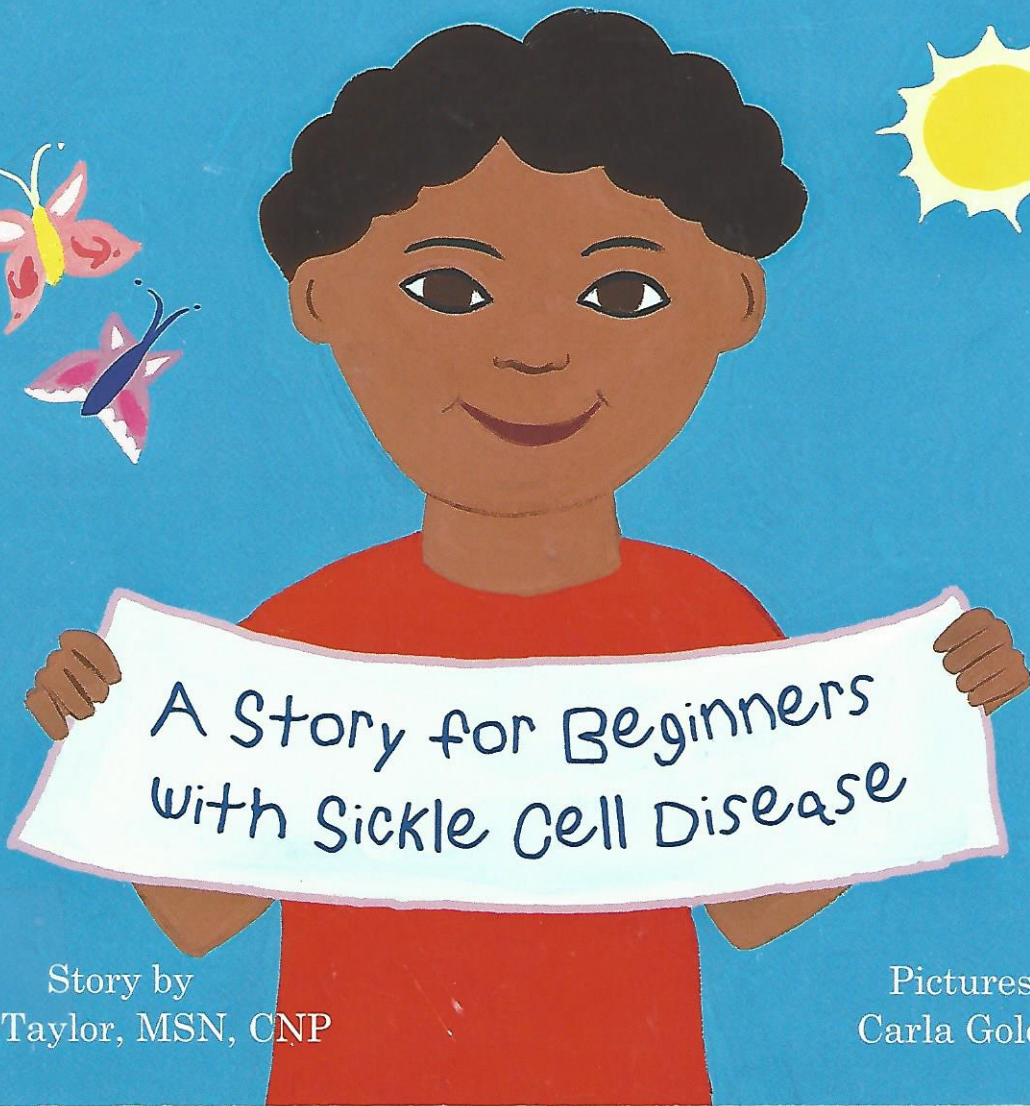
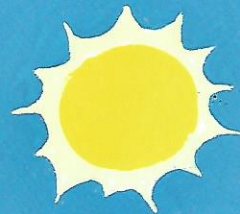


# Just Like Me!!!



A Story for Beginners  
With Sickle Cell Disease

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Story by  
Tina Taylor, MSN, CNP

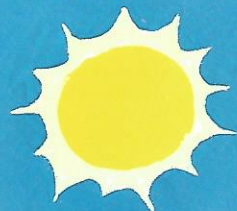
Pictures by  
Carla Golembe

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# Just Like Me!!!



A Story for Beginners  
With Sickle Cell Disease



Many thanks to the wonderful sickle cell team at  
Children's Healthcare of Atlanta.

Our patients and families are truly special!

This book is dedicated to Mama (aka Lucy Armstrong),  
a true pioneer in pediatric nursing.

Tina A. Taylor, Author

For all medical practitioners who are also  
compassionate healers.

Carla Golembe, Illustrator

## **Introduction**

Just Like Me!!! is a picture book designed for young children with sickle cell disease. Filled with colorful pictures and simple concepts, this resource is an easy reference for children to use when they have questions about their disease.

Parents, use this story to help your child understand the sickle cell disease process. This book can also be used by sickle cell providers and staff members as a resource for young sickle cell disease patients. Review the glossary of terms often used in the care of children with sickle cell disease.

This book does not replace the expertise of the healthcare providers who specialize in sickle cell disease. If you have specific questions, please consult your healthcare provider.

This book belongs to:

Name: \_\_\_\_\_


Age: \_\_\_\_\_





“Hi!

My name is Buddy and I am special.”

A decorative border surrounds the page. It features yellow stars at the corners, blue wavy lines, purple flowers with green leaves, red spirals, and purple butterflies. The border is drawn with a crayon-like texture.

Use your crayons to draw  
a picture of something special.

"You are special too!"





"I have big brown eyes to see butterflies  
and rainbows. Just like you."





"I have soft curly hair that my mommy  
combs every day...just like you."



"I have a special family...just like you."





"I have sickle cell disease...just like you."

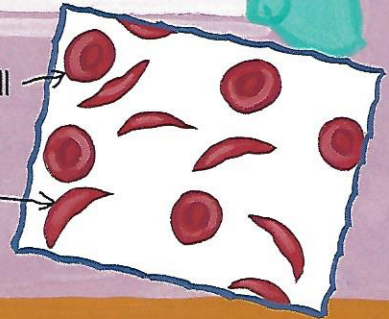


"Sometimes I don't feel so good."



Normal blood cell

This is what sickle cells look like



"My blood is sticky with sickle cells that look like raisins. They become sticky and clumpy in my blood vessels."

“Sometimes when this happens I become  
tired and have pain...just like you.”







"So I rest for a while...just like you."

"I take my pain medicine...just like you."







"I drink plenty of water...just like you."





"I go to the sickle cell clinic...just like you."



"I get my finger pricked...just like you."



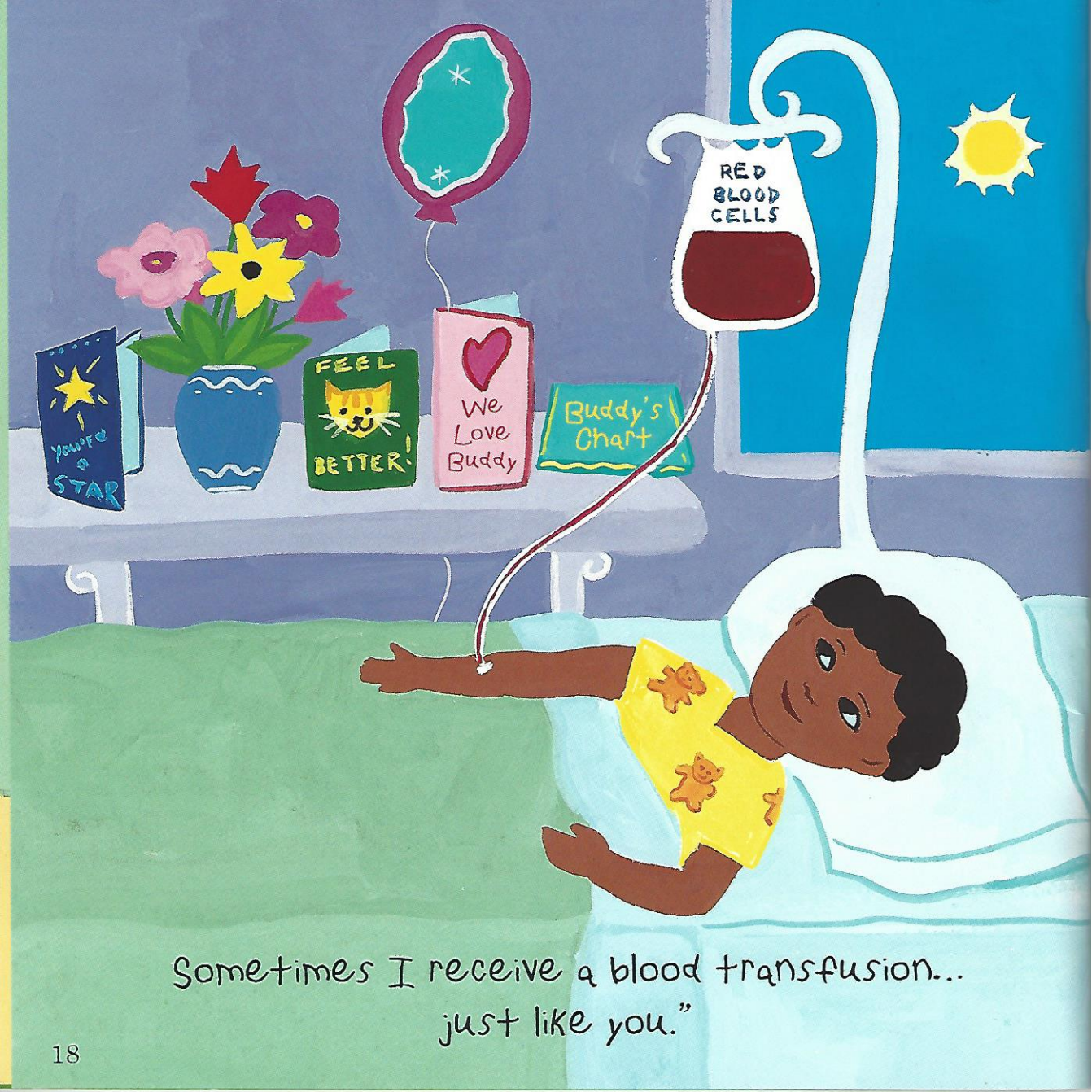


"I have nice sickle cell providers and nurses who take care of me...just like you."



"Sometimes I even stay in the hospital...  
just like you."





Sometimes I receive a blood transfusion...  
just like you."

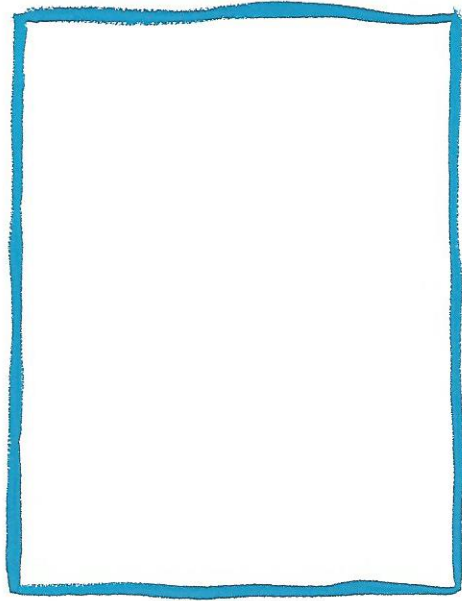




"Then I feel better. Just like you."



Attach a special picture of yourself.



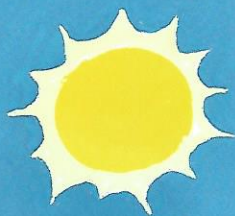
"You are Special...Just Like Me!"

How Do I Feel Today?



Use your crayons to circle the face  
that shows how you feel.





The End



## Glossary

- Acute Chest Syndrome** The chest is congested due to pneumonia, sickling, a fat embolism, or all of the above. There may be coughing or even a fever. This is diagnosed with a chest X-ray.
- Aplastic Crisis** A low hemoglobin (a substance found in the blood that helps carry oxygen) and reticulocyte (immature red blood cells) count because the bone marrow is unable to produce red blood cells. This can cause a child to look pale and feel weak.
- Dactylitis**  
(Dak-tie-lie-tis) The swelling of the hands and feet of infants and toddlers. Often there is pain associated with this condition.
- Electrophoresis**  
(E-lectro-for eesis) A way of separating closely related blood components on a laboratory slide. One component is hemoglobin which helps carry oxygen in the blood.
- Fetal Hemoglobin** The main type of hemoglobin (a substance in the blood that helps carry oxygen) present at birth. It is high for the infant's first 6 to 12 months of life and then begins to drop down.
- Folic Acid** A "B" vitamin that helps enhance more red blood cell production.



<b>Hemoglobin</b>	A substance that is found in red blood cells that carries oxygen to all parts of the body. The most common hemoglobin is adult hemoglobin or hemoglobin A. There are less common types of hemoglobin like hemoglobin S (sickle hemoglobin) and hemoglobins C, Beta-Plus Thalassemia, Beta-Zero Thalassemia, and E.
<b>Hydroxyurea</b> (Hi-drox-e-you rea)	A drug therapy that stimulates the production of fetal hemoglobin (hemoglobin present at birth).
<b>Iron Overload</b>	An excess buildup of iron in the body often as a result of 10 or more blood transfusions. If left unmanaged, iron overload may lead to organ damage.
<b>Jaundice</b> (Jon-dis)	A condition where the skin and the eyes become yellowed due to bilirubin in the blood as a result of excessive red blood cell destruction.
<b>Painful Event</b>	A time when there is a great deal of pain. The pain is a result of sickling. The pain can be felt in the legs, arms, feet, hands, stomach or anywhere in the body.
<b>Penicillin</b>	An antibiotic used to prevent life-threatening bacterial infections in the first five years of life.
<b>Pneumovax</b> (New-mo-vax)	An immunization given to children between the ages of 2 to 5 who have sickle cell disease. Pneumovax helps prevent them from getting life-threatening bacterial infections.

<b>Reticulocyte Count</b> (Ree-tik you-lo-site)	A blood test that measures how fast bone marrow makes new blood cells and releases them in the blood.
<b>Sickle Cell Trait</b>	It's when you have one normal gene and one sickle gene. A child with the trait does not have sickle cell disease and does not show any signs.
<b>Spleen</b>	An organ that acts like a filter for the blood stream. Sometimes sickle cells get trapped in the spleen. That makes the organ get bigger and cause extremely low blood counts.
<b>Stroke</b>	When sickle cells block the vessels that carry blood to the brain. This could lead to nerve and brain damage.
<b>Transfusion</b>	An IV infusion of normal red blood cells that replaces sickle red blood cells. Any person who has received 10 or more transfusions in his or her lifetime is at risk for iron overload. Make sure that your child's healthcare provider periodically tests your child for iron overload.
<b>Vaso-Occlusive</b> (vaso-ok-KLOO-siv)	When round blood cells become "sickle" shaped due to a lack of oxygen. This makes it hard for the cells to flow freely through the bloodstream.





Tina A. Taylor, MSN, CPNP, is a pediatric nurse practitioner specializing in sickle cell disease in the Aflac Cancer Center and Blood Disorders Service at Children's Healthcare of Atlanta. She has been in pediatric nursing for over 25 years. Tina Lives in Johns Creek, Georgia with her husband Darcey, her two children, Imani and Khari, and her Lhasa Apso, Muffin.



Carla Golembe is a painter and illustrator. She has illustrated over 20 books for children. Carla teaches at the Art School of the Boca Raton Museum of Art. She lives with her husband, Joe Eudovich and their cats Zippy and Zoe, in Delray Beach, Florida



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