

Name:

Day Two

Pushing Through Pain: Sickle Cell Anemia

Part 1: Tricky phrases and words

→ Read these phrases and words **out loud** to your partner.

- Our blood contains trillions of red blood cells
- has red blood cells that are sickle-shaped
- a crisis can occur at any time
- a few factors can be triggers
- there is no cure for sickle cell anemia

- sickle cell anemia **SIK** | ul **SEL** uh | **NEE** | mee | uh
- vessels **VESS** | ulz
- crescent **CRES** | ent
- crisis **KRY** | sis
- agony **AG** | uh | nee



Decoding practice:

We break words into syllables where we see two consonants in the middle of words.

- Underline the middle two consonants
- Draw a line between the two consonants
- Put a short vowel sign [˘] over the first vowel
- Say the word with your partner

The first one is done for you.

contains

victim

absent

factors

impact

intense

public



Day Two

// one minute

Pushing Through Pain: Sickle Cell Anemia

Part 2: Last read

WPM _____

“The pain is in my arms and my shoulders,” said Maya. “It’s hard pain. There’s no break. It’s constant, all the time.” Maya has sickle cell anemia. She told her story in a video by the DNA Learning Center.

Our blood contains trillions of red blood cells. Most people’s red blood cells are round,	54
and move easily through their blood vessels. A sickle cell victim has red blood cells that	70
are sickle-shaped. They look like crescent moons. These cells are sticky and hard. They	85
can get stuck in blood vessels. When vessels get clogged, it causes intense pain in the	101
chest, stomach, and bones. This pain is called a crisis.	111

If you have sickle cell, a crisis can occur at any time. However, a few factors can be	129
triggers. Getting tired or thirsty can trigger a crisis. So can becoming too hot or too cold.	146
These triggers are hard to avoid.	152

Sickle cell anemia has a huge impact on victims’ lives. Maya was absent from school so	168
much that she needed a tutor. She loves to dance, but dancing can bring on terrible pain	185
the next day.	188

Right now, there is no cure for sickle cell anemia. Pain is always a challenge. “Sickle cell	205
pain is not the kind of pain you get used to,” said Maya. In public, she hides her agony.	224
“You learn to put on a face that makes you look somewhat normal,” she said.	239

Part 3: Comprehension and discussion

Do you know anyone with sickle cell anemia, or another painful disease? How do they handle the pain?

Share your answer with your partner. How did your partner answer?
