

Name:

Day One

Pushing Through Pain: Sickle Cell Anemia

Part 1: Silent read

➔ What is it like to live with sickle cell anemia? Read silently.

“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, and move easily through their blood vessels. A sickle cell victim has red blood cells that are sickle-shaped. They look like crescent moons. These cells are sticky and hard. They can get stuck in blood vessels. When vessels get clogged, it causes intense pain in the chest, stomach, and bones. This pain is called a crisis.

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

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

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

Source: “What is it like to have sickle cell?,” *Your Genes Your Health*.



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Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

What is sickle cell anemia?

What can trigger sickle cell anemia?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

“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. //

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I read the passage in phrases out loud to my partner.