

WINTER 2020

SICKLE CELL NEWS



Welcome

Sickle Cell News is a newsletter for children, adolescents and adults with sickle cell disease (SCD) and their families, produced by the Hematology team at Children's Hospital Los Angeles. Stay tuned for more information about living with SCD, upcoming activities and special events.

All About Transition

What is health care transition? Transition is a natural part of growing up. In health care, we use the word "transition" to describe the time when patients move from pediatric health care into the adult health care system.

Parents, we know you are experts in sickle cell disease. Now it's your child's turn! Here at Children's Hospital Los Angeles, we believe in empowering patients to be advocates for their

own health care. An important part of this effort is making sure our patients know what type of sickle cell they have and know their baseline hemoglobin. When they reach age 12, we will begin asking children to name and explain their disease, and expect them to know their hemoglobin, medication dosages and pharmacy information. Don't worry if they don't know it; we will keep working with them until they do!



Child Life in Clinic: Family-Centered Care in Action

We know coming to clinic can be a stressful time for our young patients and their families. The Child Life staff at Children's Hospital work in partnership with physicians, nurses, social workers and other members of the patient care team to meet the developmental, social and emotional needs of patients, their siblings and other family members. Child Life staff help patients cope with the stress and uncertainty of illness when they need it most, and prepare children and families for procedures. Ask for a Child Life specialist at your next clinic visit.

Tips on Preparing Your Child for a Medical Procedure

- **Talk it out:** Talk to your child a day or two before the procedure. Use words your child will understand.
- **Be honest:** If you do not know the answers to your child's questions, tell your child you do not know, but will find out.
- **Be open:** Encourage your child to discuss feelings and ask questions about what's upcoming.



It's flu season!

Remember to wash your hands frequently.
Call us if your child needs a flu shot.



Meet Our Staff: Christopher Denton, MD

Christopher Denton, MD, is an attending physician in pediatric hematology and Assistant Professor of Clinical Pediatrics at CHLA. A native of Seattle, Dr. Denton completed his undergraduate degree at Stanford and his medical training at Oregon Health

Sciences University. During his residency at Seattle Children's Hospital, he became interested in pediatric hematology, which led

him to pursue a fellowship at CHLA. Dr. Denton served as Chief Fellow during his third year of fellowship, and subsequently joined the CHLA provider team.

Dr. Denton is committed to his patients and strives to treat them with dedication and confidence. In addition to providing clinical care, he is engaged in research to improve patient outcomes. His current research project involves looking at the protective role of alpha thalassemia trait in patients with sickle cell disease.

An avid runner, Dr. Denton has participated in over a dozen marathons. He also enjoys live music, snowboarding and fancy dinners with his wife, Audrey. We are fortunate to have such a bright and committed physician on our team.

We miss you!

If you have not been to see us in a while, please call the sickle cell team at 323-361-3414 to schedule an appointment.

Send your suggestions or comments about the newsletter to tpeterson@chla.usc.edu