



World Sickle Cell Day: Shine the Light on Sickle Cell Disease

FRIDAY, JUNE 19, 2020

5:00 PM – 7:30 PM CST

Educational Objectives:

Upon completion of this educational activity the participants will be able to:

1. Describe the Novel treatments for Sickle cell disease
2. Practice mindfulness and minimize stress induced triggers for VOC
3. Describe healthy nutritional choices for Sickle cell disease
4. Emphasize the need of mental and emotional wellbeing in addition to physical health

PRESENTED BY A MULTIDISCIPLINARY PANEL



Shivi Jain, MD

Assistant Professor of Medicine
Director, Diagnostic Bone
Marrow Services
Rush University Cancer Center



Lewis Hsu, MD PhD

Professor of Pediatrics
Director, Sickle Cell Center
University of Illinois at
Chicago



Nupur Mittal, MD

Assistant Professor,
Division of Pediatric
Hematology Oncology
Department of Pediatrics
Rush University Medical Center



Talana Hughes, MPH

Executive Director
Sickle Cell Disease
Association of Illinois
(SCDAI)



**Angela Johnson, DACM, MSTOM,
MPH, LAc, Dipl OM**
Doctor of Acupuncture &
Chinese Medicine Assistant
Professor, Supportive Oncology
Rush University Medical Center



**Hannah Manella MS, RD,
LDN, ACSM-CEP, CET**
Registered Dietician &
Certified Clinical Exercise
Physiologist
Rush University Cancer Center



Kasey Franco, MA
Director of Training &
Education
National Alliance on Mental
Illness, Chicago



Dennis McCullum
Patient Advocate,
Treasurer
Sickle cell board member

AGENDA:

- 5:00 pm: Sickle Cell Disease: Where we started, how far we have come and where we are headed next
Shivi Jain, MD
- 5:15 pm: Sickle Cell Disease Association of Illinois
Talana Hughes, MPH
- 5:30 pm: Changing the News about Sickle Cell Disease: From Health Disparities to New treatments, care delivery and new cures
Lewis Hsu, MD PhD Nupur Mittal, MD
- 5:45 pm: Mindfulness: The Art & Science of Being Present
Angela Johnson, DACM, MSTOM, MPH, LAc, Dipl OM
- 6:10 pm: Eating Well for Sickle Cell: Optimize your food choices
Hannah Manella MS, RD, LDN, ACSM-CEP, CET
- 6:30 pm: Wellness Strategies
Kasey Franco, MA
- 6:45 pm: **Dennis McCullum**

Closing remarks and opening the forum to patients

Please join to celebrate 110 years of Sickle cell disease.

A multidisciplinary panel discussion on key issues that surround Sickle Cell Disease

Followed by Question and Answer Session

REGISTER AT:

<https://rb.gy/euuw2q>