**Wellness Fundamentals**

*Reimagining Comprehensive Care for Individuals Living with Sickle Cell Disease*

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**Sickle cell disease is a complex chronic illness** in which people require comprehensive care across the lifespan and across disciplines:

- Patients, Families, Providers, Support Networks & Health Systems
- Community-based organization/Advocacy groups
- Federal agencies, private industry and political representation
- Innovators

The end goal of a multidisciplinary, comprehensive care for individuals with sickle cell disease is a **patient-centered model**.

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The best approach to the treatment of an individual living with SCD is the **bio-psychosocial approach**.

In order to remain person focused, incorporate the wellness fundamentals:

Scientific research has shown that this approach can have a significant impact on the individual's well-being. It has been proven to positively impact the course of the chronic illness, lengthen telomeres, decrease inflammation, slow aging, and improve the immune system overall.

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Wellness Fundamentals created by Dr. Marjorie Dejoie-Brewer.

For more information on sickle cell disease, please visit [www.sickcells.org](http://www.sickcells.org)

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