I would like to introduce you to Charles Jonassaint. He is a clinical psychologist who addresses the mental health needs of individuals with chronic diseases such as sickle cell. Over the past 8 years, Charles has worked directly with patients who have sickle cell disease, both as a clinician and a researcher.

As a clinician, Charles is trained in behavioral therapy, and alternative stress reduction techniques such as mindfulness meditation. Charles completed his PhD in psychology at Duke University where he studied the negative effects of psychological stress on health and disease outcomes. Charles did his residency at the Duke University Medical Center, where he served as the psychology resident for the Comprehensive Sickle Cell Center. He completed a joint fellowship in genetics at Duke and the University of North Carolina at Chapel Hill where he studied the role of genetics in sickle cell.

Currently, Charles is working here at Hopkins in Internal Medicine as a clinical fellow. His goal is to help our patients who have sickle cell to better cope with life stress and issues related to their disease.
William E. Proudford was a devoted man who had a number of physical challenges including sickle cell disease. He had progressive hearing loss, diabetes, and kidney failure. After he passed, his children started the Proudford Sickle Cell Fund. Their mission is to support sickle cell awareness, education, advanced treatment and research, and to bring hope to the families affected by this disease. They have already raised $100,000 for Nemours Alfred Dupont Hospital for Children. Their present goal is to raise money for The Sickle Cell Center for Adults at Johns Hopkins. We attended the 6th Annual Fund Raiser on September 22, 2011 titled “All Jazzed Up”.
What: Community Forum on Sickle Cell Disease
When: Thursday, November 10, 2011 from 5-8:30pm
Where: Hopkins East Baltimore Campus
Albert Owens Auditorium
Koch Cancer Research Building
1551 E. Jefferson Street
Baltimore, Maryland 21231

We invite you to have dinner with us and participate in this community forum as we hear from guest panelists who are making strides to improve lives of persons living with Sickle Cell Disease.

Join us as we discuss the importance of community participation and help us identify resources needed for individuals and families affected by Sickle Cell Disease.

This event is co-sponsored by:

♦ Sickle Cell Center for Adults at Johns Hopkins
♦ Office of Diversity and Cultural Competence
♦ iHOMES Network

It is so important to have a huge turnout at this community forum. We need you to come and support us in the fight against Sickle Cell Disease.

Please RSVP to Donna Perry via email to dperry@jhmi.edu or phone (410) 955-2941. Also, let us know if you have dietary restrictions or special needs requiring accommodations.
At a very early age, Maryland based producer Orren “Ojizz On the Trak” Eaton has always had a strong passion for music. Listening to his father’s Jazz records and cassettes helped him to gain a keen ear for rhythm making him the next best thing in this everyday changing world of music production. At the age of 14, Ojizz would develop his style by listening to all-star producers the Neptune’s, Timberland, 9th wonder and all-time favorite Quincy Jones. By doing this, he has developed his ear to weed out what’s hot and what not! Attending Sheffield Institute for the Recording arts in 2006 gave him a firm base in learning the technical and business end of Production & Engineering. Humble but yet very confident when critiquing his music, Orren “Ojizz On the Trak” is far from your average producer, therefore he is known as an underdog in the industry. Despite having an illness (Sickle Cell Anemia) Ojizz never let that hinder him from pursuing his dream of becoming a successful music producer. By staying determined and focused, it led Ojizz to produce for artist such as Lloyd Banks, Gucci Mane, Tieara Marie, Lil Flip & more. Ojizz is not satisfied with gaining a placement. In 2008, Ojizz decided to do music "his own way" by starting a production Label & Studio called "It'z Alive Entertainment" showcasing talented "not your average" artists. Holly Heff, Jaxx, Veli Smallz, Lola, & new artist A-Boogie make up the It'z Alive family. Looking for the right sound, Ojizz is ready to stamp It'z Alive entertainment on the industries forehead. Also starting his own media company It’z Alive Media in 2010, Orren “Ojizz On the Trak” Eaton NEVER WORKS as he says, because when you do what you love to do, you never work! It’z Alive Media specializes in creating a "ONE STOP SHOP" in the services of: Music Production, recording, mixing, graphic design, photography, videography (Music Video, Promotion Video)
Many of you already know me but to those who don't allow me to introduce myself...my name is Shamia but I go by Shay. I'm a 31yr.old mother of a 5yr.old girl and I'm living with Sickle Cell Disease.

In the year of ’97’ I suffered a traumatic brain Injury. Because of the injury, I developed Post Traumatic Stress Disorder or (PTSD) as well as a fear of my medication. Out of fear, I wouldn't take my medicine for weeks at a time. Even on the days I would take my meds., I would take a dose that was much smaller than prescribed. I didn't want to become a drug addict so I constantly tapered my medication..Many times, I'd be in a crisis and I'd wait until I couldn't stand the pain any longer before I'd decide to take my medicine. Unsurprisingly, I would end up in the hospital because I waited too long before taking anything. Adding to my anxiety was that I saw the many affects of drugs on people in this world and it's very scary!

I just knew that I was helping myself, but that wasn't even the case. In the long run, I hurt myself more than you could imagine. I'd have withdrawals and longer admissions because it took higher doses of medicine to treat my pain. I was constantly vomiting. I was also tired and unable to do things with my family. One day I thought, if I'm able too get off my meds, I wouldn't have to fear taking my medicine! I talked to Dr. Carroll from psychiatry and he suggested detox on Meyer 6

I agreed and checked myself into Meyer 6. Now I'd be lying if I said that I wasn't worried about being treated as if I were a drug addict. I thought the doctor would just take my meds away on the first day and I would have to go cold turkey. My biggest fears was the pain I would have to endure and being ignored if I had a serious health problem or a Sickle Cell Crisis. Well, thank God I was wrong! On my first day there, I met the doctor in charge of the program and the nurses that would be taking care of me. Over the course of time, I was slowly tapered off my meds and the Sickle Team ,and my parents were constantly involved in my care.

By no means was my time there a piece of cake and I had to use every ounce of strength that I had! This isn't a program for the weak minded or the faint of heart. Yes I did have pain and withdrawal but I was given medicine to help with me with them. I was also given vitamins, folic acid and medicine to help me sleep. And God knows, I needed that because my day started at 7a.m and ended at 7p.m. Our weekends are free though so we get to go home or anywhere else.

I made lots of new friends and we had a strong bond because they knew what I was going through and what I was feeling! We always supported each other. Some people were just coming into the program, some were in the middle, and others were at the end. That was very helpful because I got to see every stage I would go through. This is what we call the x-factor.

There are many benefits to such a program, but the best benefits are being at home more with my daughter, and the rest of my family, with a clear head and a narcotic free life!

By Shamia Gorham
Pain specialist have new treatments in pain management from effective drugs to implants and electrical stimulation. These advances have emerged in the past several years. The origins of chronic pain can be from sports injuries, back injuries, car accidents or avascular necrosis (AVN).

In the past people were told the pain was “all in their heads”. Pain specialists understand how the nervous system interacts with the brain to create that sensation. The use of antidepressants and other drugs work with specific brain chemicals that affect emotions and help with perception of pain.

Overtime if chronic pain is not treated effectively, it can lead to more sensitivity. Even the slightest touch can be very painful. Doctors promote the use of psychotherapy, relaxation techniques, and alternative therapies. Initial therapy for chronic pain includes Tylenol and non-steroidal anti-inflammatory drugs (NSAIDS), such as motrin, advil, naprosyn, and celebrex. These reduce inflammation and relieve pain. Finding drugs to relieve your chronic pain is a trial and error process. Physicians try different drugs or combination of drugs until they find the best pain relief.

Severe pain can be treated with seizure or antidepressant medications. Drugs used to treat seizures such as lyrica, neurontin, or tegretol have been effective in treating chronic pain. Antidepressants also help whether the person is depressed or not. The doses needed to treat pain are usually lower than doses used for depression treatment. Cymbalta is another drug initially developed to treat depression, but was recently approved for chronic pain.

Pain relief creams and skin patches have also been effective in chronic pain management. Oral narcotics are reserved to treat severe chronic pain. Combining medications can lessen the use of narcotics and provide better pain relief.

Ultram ER is a non-narcotic drug option as well. It is indicated for moderate to moderately severe chronic pain. Fentanyl patch is a narcotic treatment for moderate to severe chronic pain that provides continuous delivery over 72 hours.

Procedures used to treat chronic pain includes nerve blocks, radiofrequency ablation, transcutaneous electrical stimulation therapy, trigger point injection, pain pacemakers, spinal drug pumps, and surgery. You can be referred to a pain specialist if your current regimen is not effective. We refer patients to surgery when their AVN has advanced. Surgeries have been done on shoulders, hips and knees with good pain relief. An x-ray of the affected joint is usually ordered first, followed by an MRI.

Living with chronic pain is hard, and depression, anxiety, stress, and anger can make pain worse. These negative emotions reduces the body’s natural painkillers and increases the body’s sensitivity to pain. When chronic pain takes over, you are less active and less likely to exercise. This worsens the pain cycle. Your health, work, and relationships may suffer. You may have trouble sleeping as well. With counseling, people learn coping skills in dealing with chronic pain.
SICKLE CELL TEAM: PROVIDERS

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John Strouse, M.D., PhD
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(right)

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THE SICKLE CELL TEAM……..

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