

## Why Go To Support Group Meetings

1. ***If you have sickle cell disease, you should go*** because you will meet people who have gone through many of the same things as you; people who understand. You can learn about your choices for medical treatment and you can learn what others have done to cope with this condition. Doctors are wonderful but there is nothing like hearing it “from the horse’s mouth”.
2. ***If you know all there is to know about SCD you should go.*** Just think of all the new members who could benefit from your wisdom and expertise, but only if you are there!
3. ***If you are not feeling well, you should go*** because you will probably find someone at the meeting who has experienced the same thing. “They may be able to give you suggestions on how to make things easier for you. At the very least, you will find a room of people who understand – and who will not say, “*but you don’t seem sick*”.
4. ***If you feel great, you should go.*** How about sharing some of the great feeling of optimism with others who are not so fortunate. Knowing that others who have suffered the day-to-day effects of SCD (not to mention a major crisis), are now leading normal lives can be incredibly encouraging to people with SCD. Someone else’s good health is good news and beneficial to all of us.
5. ***If you are not sure about your doctor’s methods or treatment,*** of if you have questions about some of the symptoms you are experiencing, ***you should go.*** You can compare notes with others in the same boat. Someone may ask if anyone else had ever experienced a certain symptom. Maybe the doctor has told you that the symptoms were not typical of SCD, yet nearly everyone in the room with SCD had experienced the same thing.
6. ***If you think the meeting will be depressing, you should go*** because you will meet people who, although they may be worse off than you are physically, continue to be upbeat & positive in their attitude and they can help you learn to do the same. You will meet others who are doing well and could get better. Having a disease like SCD can be depressing – that is why we offer the meeting. “Support” is not depressing.
7. ***If you think the meetings are boring, you should go.*** Of course they are, but that is only because you have not been there. Fresh faces and fresh ideas make for exciting meetings. Bring yours to the next one!

***We hope to see you at the meeting!***