

IV INFUSIONS & HYDRATION

Intravenous (IV) hydration is a common treatment for people with sickle cell disease (SCD) experiencing a Vaso-occlusive crisis (VOC). A VOC is a painful episode caused by sickled red blood cells blocking blood flow in small blood vessels.

Here are some potential benefits of IV hydration for people with SCD:

- Decreases red blood cell sickling: Dehydration can worsen SCD by concentrating the blood and promoting sickling of red blood cells. IV fluids can help to thin the blood and reduce sickling.
- Improves blood flow: By thinning the blood, IV hydration can improve blood flow throughout the body, which can help to deliver oxygen to tissues and organs.
- Reduces pain: VOCs can cause severe pain. By improving blood flow and reducing sickling, IV hydration may help to reduce pain.
- Prevents complications: VOCs can increase the risk of serious complications, such as stroke, acute chest syndrome, and organ damage. IV hydration may help to prevent these complications.

Vitamin infusions, also known as intravenous (IV) vitamin therapy or intravenous micronutrient therapy, are a procedure where high doses of vitamins and minerals are delivered directly into your bloodstream through a vein in your arm. This differs from taking oral supplements or getting nutrients from food, which are absorbed through the digestive system.

Here's a breakdown of vitamin infusions:

Delivery Method: A thin needle is inserted into a vein, and a liquid solution containing vitamins, minerals, and sometimes other fluids like electrolytes is dripped into your bloodstream over 20-60 minutes.

Benefits:

- Increased energy levels
- Improved athletic performance
- Faster hangover recovery
- Boosted immune system function
- Reduced symptoms of certain conditions like migraines or fatigue