Sickle Cell Disease & Sexual Health

World Sickle Cell Day 2026

Patients voices

Sexual health is an important part of overall wellbeing, yet many people living with SCD face challenges that often go unspoken.

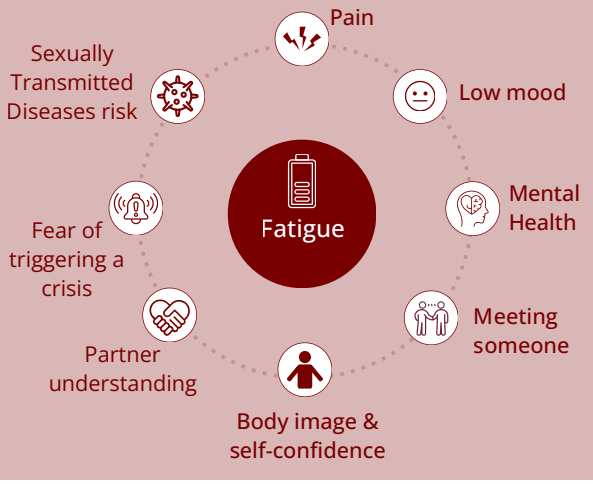
1 BREAKING THE SILENCE

Are sexual health conversations happening?

Most respondents said they rarely discuss their sexual life with their hematologist.

2 WHAT ARE THE BIGGEST CHALLENGES?

Patients highlighted several challenges affecting sexual wellbeing.



Sexual health in SCD is influenced by physical, emotional and social factors.

3 THE PARTNER COMMUNICATION GAP

Talking about SCD with a partner is easier than talking about intimacy.

Comfort discussing sexual difficulties related to SCD with a partner:

3.3/5

Comfort level

Many people feel comfortable discussing SCD with their partner, but conversations about intimacy remain more difficult.

4 FAMILY PLANNING MATTERS

100% of respondents believe partner testing is importante before planning a pregnancy

Patients need clear, timely information to make informed decisions about family planning.

- Pregnancy risks
- Medication safety
- Support services
- Delivery planning
- Fertility

5 WHAT PATIENTS NEED

Open conversations
Sexual health should be part of routine SCD care.

Trusted information
Patients need guidance on fertility, pregnancy and relationships.

Holistic support
Physical, emotional and sexual wellbeing are interconnected.

Sexual Health is part of SDC.

Let's start the conversation !

RADeep

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