



Michigan Stars FC Sports Medicine Department Sickle Cell Trait Testing



A copy of results is required to be on file in the Michigan Stars FC sports medicine department before you will be permitted to participate. As of 2024, it is now a Michigan Star FC requirement to have the testing completed. Parents/Guardians must also sign the waiver if the athlete is under 18 years of age.

About Sickle Cell:

- Sickle cell trait is an inherited condition of the oxygen-carry protein, hemoglobin, in the red blood cells.
- Sick cell trait is a common condition, present in more than 3 million Americans.
- Although sickle cell trait is most predominant in those of African, Mediterranean, Middle Eastern, Indian, Caribbean, South and Central ancestry, persons of all races, sex, and ancestry may test positive for sickle cell trait.
- Sickle cell traits are usually benign but can cause life-threatening sickling events, especially during intense, sustained exercise. Hypoxia (Lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a natural disc shape to a crescent or “sickle” shape). Should sickling occur, red blood cells can accumulate in the bloodstream and “logjam” blood vessels, leading to rhabdomyolysis which is a collapse from the rapid breakdown of muscles starved of blood.
- Sickle cell trait does not preclude any athlete from participation. However, carrying the trait insurances the health risk to the athlete during participation. Therefore, the individual should be monitored carefully during activity.

Sickle Cell Testing:

- Michigan Stars FC sports medicine mandates all athletes have knowledge of their sickle cell trait status before they participate in any Professional event, including strength and conditioning, practices, competitions, etc.
- Be sure to consult your primary care physician to determine if this test has been performed previously.
- If you have already been tested for sickle cell trait, please provide a copy of the written results to the Sports Medicine Department: 65665 Powell Rd. Washington, MI 48095
- If you have not been tested for sickle cell trait
 - **(A):** You may choose the physician/lab of your choice to have the test administered. Michigan Stars FC is not responsible for any fee that may be associated with the test. Once the results of the test are returned, please provide a copy of the written test results to the sports medicine department.
 - **(B):** Most individuals are tested for this trait at birth, if you are not sure – you can ask your PCP to look at your medical history to see if the testing as already been conducted.
 - **(C):** If you are a returning athlete and have paperwork on file, you do not to do the test or complete this form.



**Michigan Stars FC
Sports Medicine Department
Sickle Cell Trait Testing**



To be completed by a licensed healthcare provider (MD, NP, DO, PA) only

Athlete's Name: _____ Date of Birth: _____

<input type="radio"/> Sickle Cell Trait Positive	<input type="radio"/> Sickle Cell Trait Negative	Date of Testing: _____
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Contraindications to Activities:

Healthcare Provider Name: _____ (MD, NP, DO, PA)

Address:

City: _____ State: _____ Zip: _____

Telephone Number for Consultations: _____

Healthcare Provider Signature: _____ Date: _____