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# Sickle cell disease: a comparative perspective on global and national initiatives

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Sickle cell disease (SCD) is a genetic disorder caused by mutations in the  $\beta$ -globin chain of hemoglobin, leading to abnormal red blood cells, severe pain, anemia, organ damage, and increased infection risk. Inherited in an autosomal recessive manner, it mainly affects regions with high malaria incidence, like sub-Saharan Africa, the Middle East, and the Indian subcontinent. Management includes blood transfusions, hydroxyurea, folic acid, iron chelators, and hematopoietic stem cell transplantation (HSCT), the only curative option but limited by donor compatibility. Comprehensive healthcare management (CHCM) emphasizes patient education, nutrition, prophylactic antibiotics, and early intervention to reduce morbidity and improve quality of life. SCD presents a significant global health burden, particularly in regions with limited healthcare access, contributing substantially to child mortality. In sub-Saharan Africa, India, and the Middle East, SCD is prevalent, with approximately 300,000 infants born annually with the condition. In the United States, about 100,000 individuals, predominantly African Americans, are affected. National initiatives, such as Nigeria's National Sickle Cell Disease Control Program and India's National Sickle Cell Anaemia Elimination Mission, aim to improve outcomes through early screening, public education, and enhanced healthcare access. Global efforts by the WHO, GSCDN, and SCDC focus on strategic policies, advocacy, and international collaboration to improve care and reduce mortality. Challenges in implementing SCD prevention programs include the need for extensive genetic screening, robust healthcare infrastructure, and overcoming cultural stigmas. Research funding disparities between the Global North and South further hinder advancements. Future research avenues include gene editing technologies, improving prenatal diagnosis, enhancing newborn screening, understanding genetic modifiers, developing new pharmacological agents, and optimizing stem cell transplants. Collaborative efforts among researchers, healthcare providers, policymakers, and patient advocacy groups are essential to translate research into practical applications, ensuring accessible, effective, and equitable advancements in SCD prevention and treatment.

#### KEYWORDS

sickle cell disease, health inequity, public health, National Sickle Cell Anaemia Elimination Mission, sickle cell anemia

#### Introduction

Sickle cell disease (SCD) is an inherited disorder caused by mutations in the  $\beta$ -globin chain of hemoglobin, leading to hemoglobin S (HbS). This abnormal hemoglobin makes red blood cells stiff and sickle-shaped, blocking blood flow and causing severe pain, anemia, organ damage, and infections. SCD is inherited in an autosomal recessive pattern, with the homozygous state (HbSS) known as sickle cell anemia. Symptoms include acute and chronic pain, organ dysfunction, and increased infection risk, with a median life expectancy of 43 years (1). Management includes blood transfusions, hydroxyurea, folic acid, iron chelators, and hematopoietic stem cell transplantation (HSCT), the only curative treatment but limited by donor availability and compatibility (2). Comprehensive healthcare management (CHCM) is crucial for SCD patients which involves patient and parent education, proper nutrition and hydration, prophylactic antibiotics and antimalarials, folic acid supplementation, specific vaccines, continuous medical follow-up, and early complication management to reduce morbidity and improve quality of life. SCD is prevalent in sub-Saharan Africa, the Middle East, and the Indian subcontinent (3). In India, the sickle cell gene is common among marginalized tribal and economically disadvantaged populations, with carrier frequencies from 1 to 35% (4). The clinical presentation is milder than in Africa but varies widely, with common vaso-occlusive crisis. In Orissa, India, high alpha thalassemia and HbF levels, splenomegaly, painful events, febrile illness, and anemia are prevalent. In Maharashtra and Gujarat, non-tribal populations have higher rates of painful crisis, hospitalizations, and infections compared to tribal groups. Vaccinations, adequate fluids, and avoiding extreme temperatures have reduced crisis episodes (5-7).

## Global and national burden

Sickle cell disease (SCD) presents a significant global health burden, with millions affected worldwide, particularly in sub-Saharan Africa, India, and the Middle East. The disease accounts for a substantial portion of child mortality in these regions due to limited access to adequate healthcare. According to Grosse et al., approximately 300,000 infants are born annually with SCD globally, with the highest incidence in Africa where it contributes to 5-16% of under-five mortality (8). The burden of SCD is also profound, particularly in countries with diverse populations such as the United States, where it predominantly affects African Americans. Hassell reports that SCD affects about 100,000 Americans, with significant healthcare costs and challenges in disease management (9). India ranks second in the world for the number of predicted SCD births, with an estimated 42,016 newborns (interquartile range: 35,347-50,919) born with sickle cell anemia in 2010 (10).

In Nigeria, India, and the Democratic Republic of the Congo, up to 2% of the population has SCD, with sickle cell trait prevalence of 10% to 30% (10, 11). These countries host 90% of the world's SCD population, with 150,000 infants born with SCD annually in Nigeria (12).

In India, the sickle cell gene is prevalent among tribal populations in the Nilgiri Hills, Bihar, and Odisha, and socioeconomically disadvantaged groups. A pilot screening programs for SCD among newborn in Gujarat, Maharashtra, and Chhattisgarh revealed HbAS prevalence rates between 2% and 40%. The highest frequency of the  $\beta$ s allele, reaching up to 10%, is observed in Central India, spanning from South-Eastern Gujarat to South-Western Odisha (6, 13, 14). It is observed that the disease severity varies, with some tribal groups like those in Valsad experiencing milder symptoms due to high alpha thalassemia rates (15). Differences in severity are also influenced by assessment methods, with hospitalized cases showing more severe disease compared to outpatient reports (16–18). In Sindh Province, 40% of SCD patients had SS disease, with 16% having alpha thalassemia, compared to higher rates in Odisha and Valsad (18, 19).

#### Global and national initiatives

The WHO's guidance frameworks for SCD in Africa and globally aim to enhance care through strategic policies and advocacy. The SICKLE technical package integrates interventions, education, and community empowerment (20). These frameworks emphasize early diagnosis through newborn screening, public education, and improved access to healthcare services. According to McGann et al., early diagnosis and intervention have resulted in decreased mortality rates among children with SCD in several African countries (21). The WHO's efforts have also led to the establishment of national programs that enhance the availability of comprehensive care, including vaccination, prophylactic antibiotics, and pain management strategies. As Tshilolo et al. provides an overview of practices employed in neonatal screening and clinical care programmes for sickle cell disease in sub-Saharan African countries. The development of these programmes is pivotal to improving the health care of those affected by hemoglobin disorders. However, such programmes require major economic and organizational resources, which must take into account and balanced against other local health priorities (22). Additionally, the WHO's advocacy for research and data collection has improved the understanding of SCD, facilitating more effective public health strategies. Overall, the WHO's guidance frameworks have played a crucial role in mitigating the impact of SCD in Africa through coordinated efforts in early detection, comprehensive care, and public health policies. The Global Sickle Cell Disease Network (GSCDN) and Sickle Cell Disease Coalition (SCDC) focus on improving care and collaboration globally. The GSCDN, by establishing a global platform, has facilitated the sharing of best practices and resources, leading to improved standards of care across various regions. As reported by Telfer et al. in East London, UK documented the survival rate for children with HbSS at 16 years was 99.0% (95% CI, 93.2-99.9%), with a pneumococcal sepsis rate of 0.3 episodes per 100 patient-years (95% CI, 0.1-0.8). The risk of overt stroke was 4.3% (95% CI, 1.5-11.4%), which could be reduced further with early transcranial Doppler screening and transfusions for high-risk children (23). Similarly, the SCDC has been instrumental in uniting diverse stakeholders, including healthcare providers, researchers, and patient advocacy groups, to address the multifaceted challenges of SCD. Together, the GSCDN and SCDC have played a pivotal role in elevating the global response to SCD, ensuring that patients receive better care and support through enhanced collaboration and advocacy.

Nigeria's National Sickle Cell Disease Control Program has made substantial strides in improving the management and outcomes of sickle cell disease (SCD). This program focuses on comprehensive strategies, including early screening, public education, and enhanced healthcare access. A study found that the program's newborn screening initiatives have significantly improved early diagnosis and treatment, leading to better clinical outcomes and reduced mortality rates among children with SCD in Nigeria (24). Furthermore, the integration of community-based awareness campaigns has increased public knowledge about SCD, promoting timely medical interventions. According to a study, the program's emphasis on training healthcare providers and improving treatment protocols has led to more effective management of SCD complications, enhancing patient quality of life (25). Overall, Nigeria's National Sickle Cell Disease Control Program represents a critical model for addressing SCD through a multifaceted approach that combines screening, education, and improved care.

For the past eight years, the Sickle Cell Trust (Jamaica) has successfully run an efficient and cost-effective newborn screening program for sickle cell disease, using umbilical cord samples with only 0.05% maternal contamination. The program identified 130 rare hemoglobin variants: 15 alpha chain (all HbG Philadelphia), 57 beta chain (10 different variants), 23 gamma chain variants, with 30 still under analysis, and 5 cases lost to follow-up (26).

In the US, the Sickle Cell Treatment Act of 2003 supports Medicaid reimbursement for treatments and services, including genetic counseling and educational campaigns (27).

The National Sickle Cell Anaemia Elimination Mission, launched by the Prime Minister of India on July 1, 2023, in Shahdol, Madhya Pradesh, integrates with existing National Health Mission mechanisms to optimize resources and avoid duplication of efforts (28). The National Sickle Cell Elimination Mission is an ambitious healthcare initiative aimed at eradicating sickle cell disease through comprehensive screening, early diagnosis, and advanced treatment protocols. The components of screening programme are mentioned in Figure 1.

These components collectively aim to reduce the burden of sickle cell disease and improve the quality of life for affected individuals in India. Although in Gujarat, the Sickle Cell Anaemia Control Program, initiated in 2006 and expanded state-wide, focuses on early diagnosis, treatment, and counseling. By March 2011, it screened one million three hundred ninety-six thousand nine hundred four tribal people, identified ten thousand six hundred seventy-three SCD patients, and provided necessary care (29). The on-going national mission aims to screen approximately seventy million people from fiscal year 2023-24 to 2025-26, achieving significant milestones such as screening over thirty-three million seven hundred thousand individuals, confirming nine hundred seventy-five thousand individuals as sickle cell trait carriers, diagnosing one hundred forty thousand with SCD, and verifying the status of over three hundred fifty-nine thousand individuals (30).

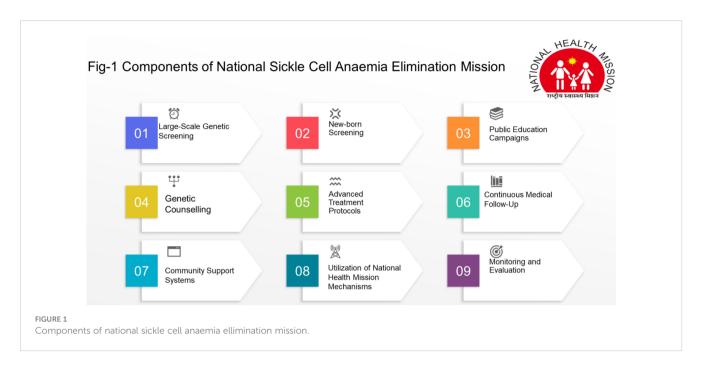
## Challenges

Globally and nationally, implementing a sickle cell disease (SCD) prevention program presents a complex array of challenges,

encompassing medical, social, economic, and infrastructural aspects (31). One of the primary obstacles is the need for widespread genetic screening and counseling, which necessitates substantial financial investment and robust healthcare infrastructure-resources often lacking in regions where SCD is most prevalent, such as sub-Saharan Africa and parts of India. Ensuring accurate and accessible genetic testing requires sophisticated laboratory facilities and trained personnel, which can be scarce (32). Moreover, cultural and social stigmas associated with genetic testing and SCD can significantly hinder community participation and acceptance of these programs (33). In many societies, there is a lack of awareness and understanding of the disease, compounded by misinformation and traditional beliefs, which can lead to resistance against preventive measures. Effective education and awareness campaigns are critical but challenging to implement, especially in areas with varying literacy levels and limited access to reliable information (34). Furthermore, once individuals are diagnosed, establishing a comprehensive care system is essential for managing the disease, yet this is often complicated by a shortage of healthcare professionals skilled in treating SCD and a lack of access to essential medications and treatments (31). The need for ongoing patient monitoring and the provision of specialized treatments further strain already overburdened healthcare systems. Additionally, socioeconomic factors play a significant role; families affected by SCD often face financial hardships due to medical expenses and the inability to work regularly, which can exacerbate the burden of the disease (35). Coordination among healthcare providers, government agencies, and non-profit organizations is crucial to address these multifaceted challenges effectively. Such collaboration must focus on integrating genetic services with existing healthcare frameworks, ensuring equitable access to care, and fostering community engagement to overcome cultural barriers (36). Without a comprehensive, multidisciplinary approach, the successful implementation of SCD prevention programs remains a daunting challenge at global as well as national level.

Apart from this, inequality in research funding for sickle cell disease (SCD) starkly contrasts between the Global North and Global South. Despite the majority of SCD sufferers residing in sub-Saharan Africa and parts of Asia, most research funding and resources are concentrated in high-income countries of the Global North. For instance, in the United States, the National Institutes of Health (NIH) allocates significant funds for SCD research, while African countries, where SCD prevalence is highest, struggle with limited financial resources for similar research endeavors (31). This disparity in funding creates a vicious cycle where resource-limited settings remain under-researched and underfunded, hindering the development of effective treatments and interventions tailored to the needs of those most affected.

Access to research funding in the Global South is impeded by several factors, including inadequate infrastructure, limited access to international research grants, and insufficient local funding mechanisms (37). Researchers in these regions often face significant challenges in securing financial support for their projects, resulting in a reliance on collaborations with institutions in the Global North. However, these partnerships are frequently imbalanced, with the Global North entities controlling the majority



of the resources and decision-making power (38). This dynamic can marginalize the voices and contributions of local researchers and sufferers, who possess valuable insights into the disease and potential treatment strategies.

Involving sufferers from the Global South in SCD research is crucial for generating more relevant and context-specific knowledge. Patients and researchers in these regions can provide unique perspectives on the disease's progression, response to treatments, and cultural factors influencing care (39). Enhancing their participation can lead to more effective and culturally appropriate interventions. Additionally, investing in research capacity building in resource-limited settings can empower local scientists, foster innovation, and ultimately improve health outcomes for SCD patients in these regions (40). Addressing the funding disparities and promoting equitable research collaboration are essential steps toward reducing the global burden of sickle cell disease.

#### Future research avenues

Future research avenues for sickle cell disease (SCD) prevention are multifaceted and highly promising. A key area of focus is the advancement of gene editing technologies, such as CRISPR-Cas9, which have the potential to correct the genetic mutation responsible for SCD at its source, offering a permanent cure. Research into safer and more efficient delivery methods for these gene therapies is critical to ensure their accessibility and effectiveness. Additionally, enhancing prenatal and preimplantation genetic diagnosis (PGD) techniques can prevent the transmission of SCD, allowing couples with the genetic trait to have healthy offspring through assisted reproductive technologies. Improving newborn screening programs is another vital research avenue. By identifying infants with SCD at birth, early interventions can be implemented to prevent complications and improve quality of life. This requires the development of more sensitive and cost-effective screening tools, especially for lowresource settings. Furthermore, understanding the genetic and environmental factors that influence the severity and manifestation of SCD can lead to personalized medicine approaches. This involves studying the genetic modifiers that may mitigate or exacerbate the disease, potentially leading to targeted therapies that can be tailored to individual patients. Investigating new pharmacological agents that can prevent the sickling of red blood cells or protect organs from damage is also a crucial research direction. Advances in biotechnology could lead to the discovery of novel drugs that are more effective and have fewer side effects. Moreover, exploring the role of stem cell transplants and improving the safety and success rates of these procedures can provide another curative option for patients with SCD.

The sickle cell cohorts in their studies frequently encounter major obstacles in obtaining advanced treatments like gene editing and new drugs, largely due to factors such as their geographic location, socioeconomic status, and the healthcare infrastructure available to them. In regions where sickle cell disease is most prevalent, particularly in sub-Saharan Africa, there is a critical shortage of specialized medical facilities and trained personnel, which hampers the availability of these cutting-edge treatments. To improve access, a global shift is necessary that includes increased investment in healthcare infrastructure, enhanced training for local healthcare providers, and the development of affordable treatment options. Moreover, fostering international collaborations and funding research initiatives can help bridge the gap, ensuring that these life-saving therapies reach those who need them most and reducing health disparities on a global scale. In addition to this, it is essential to translate these research findings into practical, realworld applications. This includes not only scientific and medical research but also social science research to address the cultural, ethical, and economic barriers to the adoption of new prevention and treatment strategies. By integrating these diverse perspectives, future research can ensure that advancements in SCD prevention are accessible, effective, and equitable, ultimately improving outcomes for individuals affected by this challenging condition.

Key messages on the global and national burden of sickle cell disease.

1. Global Prevalence: SCD affects millions worldwide, with the highest

concentrations in sub-Saharan Africa, India, and the Middle East, contributing to high child mortality rates due to inadequate healthcare.2. Annual Births and Mortality: Approximately 300,000 infants are born with

SCD annually, with Africa experiencing the highest incidence and significant under-five mortality rates (5-16%).

**3. National Burdens:** In the US, SCD affects about 100,000 individuals, mainly African Americans. India sees around 42,016 SCD births annually, especially in tribal and socioeconomically disadvantaged populations.

**4. High Burden Regions:** Up to 2% of the populations in Nigeria, India, and the Democratic Republic of the Congo have SCD, with these countries hosting 90% of the world's SCD cases.

5. Regional Variations: In India, the  $\beta$ s allele is most prevalent in Central India, with disease severity varying due to genetic factors like alpha thalassemia and differences in healthcare accessibility.

6. Healthcare Costs: In the US, managing SCD incurs significant healthcare costs and presents substantial challenges in disease management and patient quality of life.

**7. Genetic Screening:** Widespread genetic screening and counseling are essential but require substantial financial investment and robust healthcare infrastructure, often lacking in high-prevalence regions.

**8. New-born Screening Programs:** Early diagnosis through new-born screening has significantly improved clinical outcomes and reduced mortality rates in several African countries and regions with effective programs.

9. Educational and Awareness Campaigns: Public education and awareness campaigns are critical to improving understanding and management of SCD, but they face challenges due to varying literacy levels and cultural barriers.
10. Research and Funding Disparities: There is a stark contrast in research funding for SCD between the Global North and Global South, with the latter struggling with limited resources for research and healthcare advancements.

# Data availability statement

The original contributions presented in the study are included in the article/supplementary material. Further inquiries can be directed to the corresponding authors.

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#### Ethics statement

The manuscript presents research on animals that do not require ethical approval for their study.

#### Author contributions

AK: Writing – original draft, Writing – review & editing. SB: Writing – original draft, Writing – review & editing.

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# **Conflict of interest**

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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