ASK DR. Q
INTERACTIVE SOCIAL MEDIA

Keith Quirolo, MD
APPROACH TO QUESTIONS

- **Compassion:** think about the sender
- **Equanimity:** there are no good or bad questions
- **Generosity:** give questions your time and though
- **Diligence:** make sure your answer is accurate and complete
- **Discipline:** answer questions promptly
- **Wisdom:** use your experience to answer the question
Questions answered as complete as possible, given the information received
- Answers are compassionate and reassuring
- Anticipate other issues behind question
- Do not give a diagnosis or specific treatment in the answer: give multiple suggestions, direct the sender to seek answers or treatment from their provider

Answers should be as personal as possible
- Knowing who the question comes from is important to formulate the answer
  - Not possible with most questions

Do not use medical jargon, the language should be simple and direct: about 8th grade level

Read the answer before hitting “SEND”
- If you’re unsure whether your answer is the best it could be, look at it again in 24 hours
“What could be the reason my daughter’s eyes are always yellow—they are never white. She had her gb removed July 2015 and her liver tested; all the tests were good and it isn’t enlarged. Her G.I. has her taking ursodiol.”

“I am scared to do the test but my son has been fine since birth although our family has a currier history; at what age can I be able to tell if my son is a sickler or not. Writing from East Africa Uganda.”

“How can a woman of a blood group O marries a man with the same blood group give birth to a sickle cell child?”
● “My 7 years son has scd SF . since February 2016 he is taking wheatgrass juice & folic acid tab with healthy diet and has relief than before but still gets suffered from joint pain & fever but hospitalization is not required, blood transfusion was also not needed for 9 months. Now query is that what should we do? What about evenflo? Any other treatment? Any cure? India.”

● “Hi Dr. Q. I am xxxx, sickle cell (SC) patient in Ghana. I would like to know more about sickle cell pain management and the medications that go with it.”

● “How bad is smoking marijuana for a sickle patient?”
Most senders did not identify their sickle diagnosis; diagnosis could not be determined by the questions.

The relationship to the person having the symptoms or problems was not always apparent.

Many questioners asked about a family member, relative, or friend.

Questions that had the most information were concerning self, child, close friend.
Most questions did not specify gender, though some could be inferred from the question.
Questions regarding diagnosis and inheritance that were straightforward and revealed lack of medical information.

Majority of questions concerned complications of SCD.

Few questions were specifically about pain, however discussion of complications frequently included pain.

Treatment questions included:
- Hydroxyurea
- Transplant
- Alternative treatments
- Treatment of pain without opioid
- Avascular necrosis

Types of Complications:
- Reproductive Health
- Jaundice
- Necrosis
- Pain/Crisis
- Aplastic Anemia
- Other
Most senders were younger

The age of most senders is not known

Older senders were more likely to have personal questions with a history

Parents generally gave age of their child
Results

- Questions (and the answers) will be helpful when writing literature for patients.

- There were very few "technical" questions, most were straightforward and simple.

- There is a need for more patient centered web interaction/education as shown by the questions.

- Helpful to have more information from the sender. A follow-up questionnaire asking demographic information.
THANK YOU

KEITH QUIROLO, MD

contact me kquirolo@sc101.org
website http://sc101.org

CONNECT ON SOCIAL MEDIA

facebook Sickle Cell 101
instagram + twitter @sicklecell101