

Understanding CAD

Cold Agglutinin Disease (CAD) is a rare autoimmune disease which causes the immune system to mistakenly attack and destroy red blood cells. CAD is a chronic condition and causes various symptoms that can impact and interfere with a patient's daily life.

It's possible you may not have heard of CAD before, as it only affects 16 per one million people. Living with a chronic condition is different for everyone, but the rarity and lack of common knowledge about CAD can make patients feel isolated and misunderstood.

What Can CAD do to the Body?

For those with CAD, red blood cells are destroyed faster than they can be produced in a process called hemolysis. The result, ongoing anemia, can cause a variety of symptoms. People living with CAD may experience symptoms like:



Fatigue



Weakness



Shortness
of Breath



Light-
Headedness



Chest Pain



Irregular
Heartbeat



Bluish Hands
or Feet

Ways You Can Help

Living with a chronic condition can impact one's life in different ways. Here are ways you can offer support and empathy to a person with CAD.



Cold Temperatures Trigger Symptoms

You may notice a person with CAD being more cautious with things like high air conditioning, the freezer aisle at the grocery store, or even cold beverages, as cold temperatures can trigger symptoms.



Be Accommodating

Keep a person with CAD's symptoms in mind when making plans for certain activities. Consider factors like room temperature, physical exertion, ample seating, etc.



Offer Empathy and Understanding

A person with CAD may need to adjust their lifestyle due to their CAD symptoms. This looks different for everyone, but may affect what activities they participate in, where they live, or their ability to work.



Lend a Listening Ear

Help a person with CAD feel seen and heard by checking in and respecting their needs for symptom management.

To learn more about CAD, its impact, and opportunities for support, visit patient.understandcad.com.

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unraveled

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Ways You Can Help (continued)



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