



HEALTH *checks* AND INFORMATION

WHAT IS COLD AGGLUTININ DISEASE?

Cold Agglutinin Disease is a rare type of autoimmune hemolytic anemia (AIHA) in which the body's immune system mistakenly attacks and destroys its own red blood cells.

YOU ARE NOT ALONE



GOT CAD?

CAD FOUNDATION
CARES

Cold Agglutinin
Disease Foundation | **CARES**

Community-Awareness-Resources-Education-Support

www.coldagglutininindisease.org



UNCOVER THE FACTS ABOUT COLD AGGLUTININ DISEASE



COLD AGGLUTININ DISEASE (CAD) IS A FORM OF AUTOIMMUNE HEMOLYTIC ANEMIA (AIHA), WHICH MEANS THE IMMUNE SYSTEM MISTAKENLY ATTACKS AND DESTROYS RED BLOOD CELLS.

WHAT'S HAPPENING IN MY BODY?

If you're living with cold agglutinin disease, certain abnormal bone marrow cells (called cold agglutinins) activate a part of your immune system known as the complement pathway. This activation results in ongoing, constant destruction of red blood cells (hemolysis).

Even if you're not exposed to the cold, the ongoing hemolysis could lead to complications like anemia, a lack of red blood cells or hemoglobin in the blood that can cause severe fatigue.

When you have CAD and red blood cells are destroyed prematurely, they are not able to do the vital job of carrying oxygen throughout your body. If your organs and tissues don't get enough oxygen, they can't function normally—making you feel tired.

PEOPLE LIVING WITH CAD MAY EXPERIENCE SYMPTOMS LIKE

**FATIGUE
WEAKNESS
SHORTNESS OF BREATH
LIGHT-HEADEDNESS
CHEST PAIN
IRREGULAR HEARTBEAT
A BLUISH COLOR OR DISCOMFORT OF THE HANDS AND FEET**



These symptoms may get worse if you have a compromised immune system or an infection, or if you're exposed to cold temperatures. The average age of onset for CAD is 58 years old, but it has been seen in patients as young as 30.

For more information visit: www.coldagglutinin disease.org