

# SICKLE CELL UPDATES, GUIDELINES, AND MORE 2021

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# DISCLOSURES

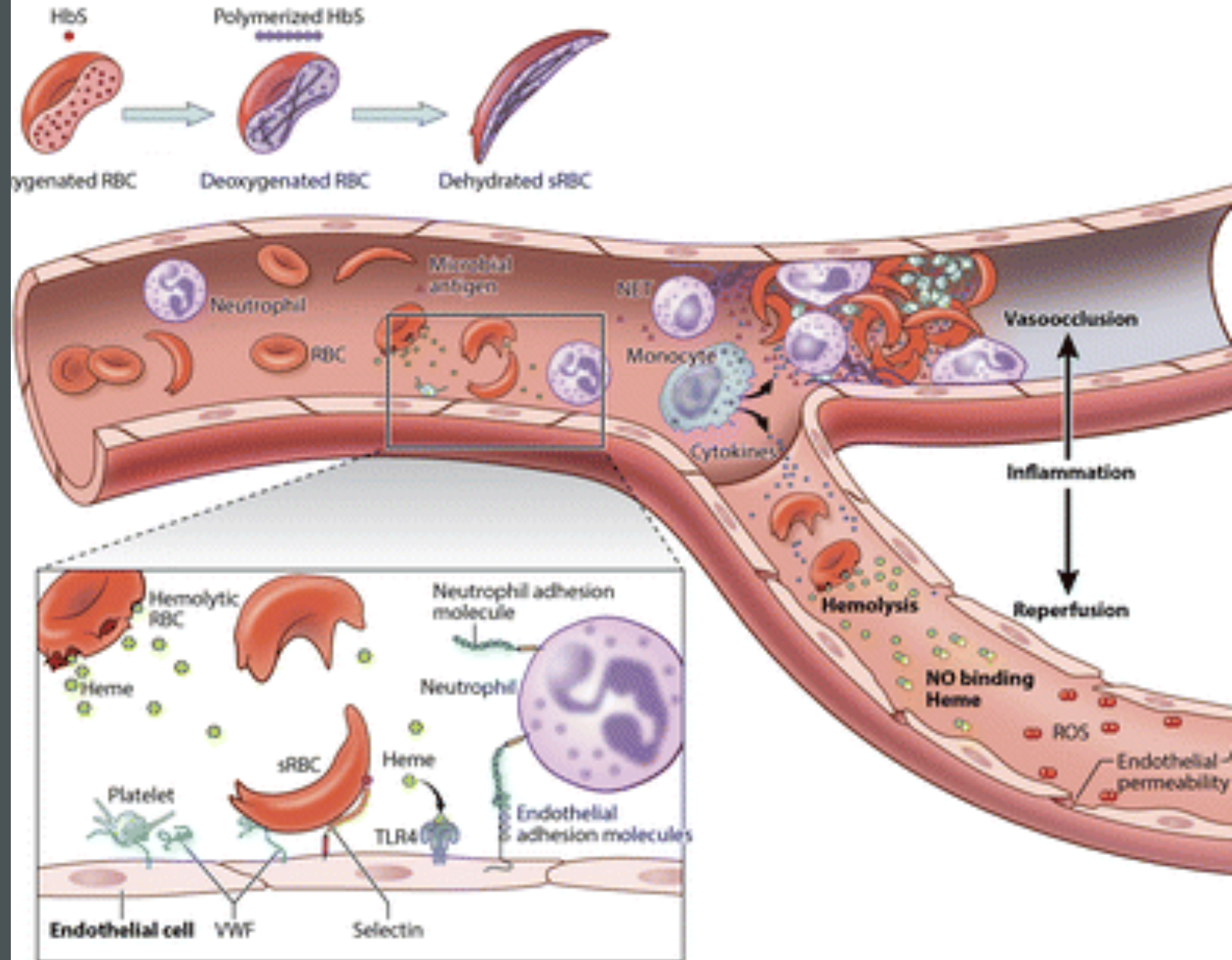
- No Relevant Disclosures

# OUTLINE

- Pathophysiology
- Therapeutic Interventions
- ASH Guidelines 2020
- COVID-19

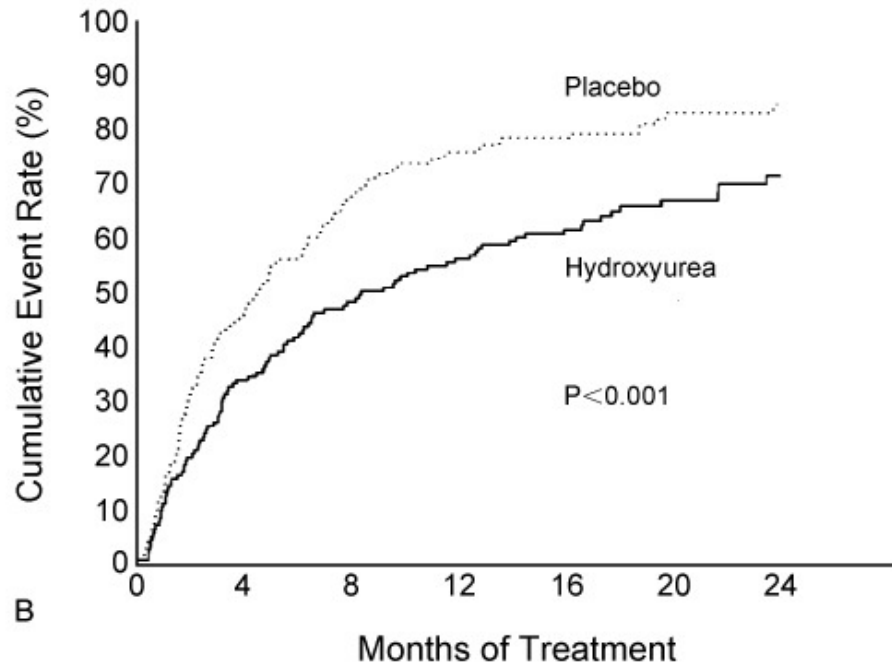
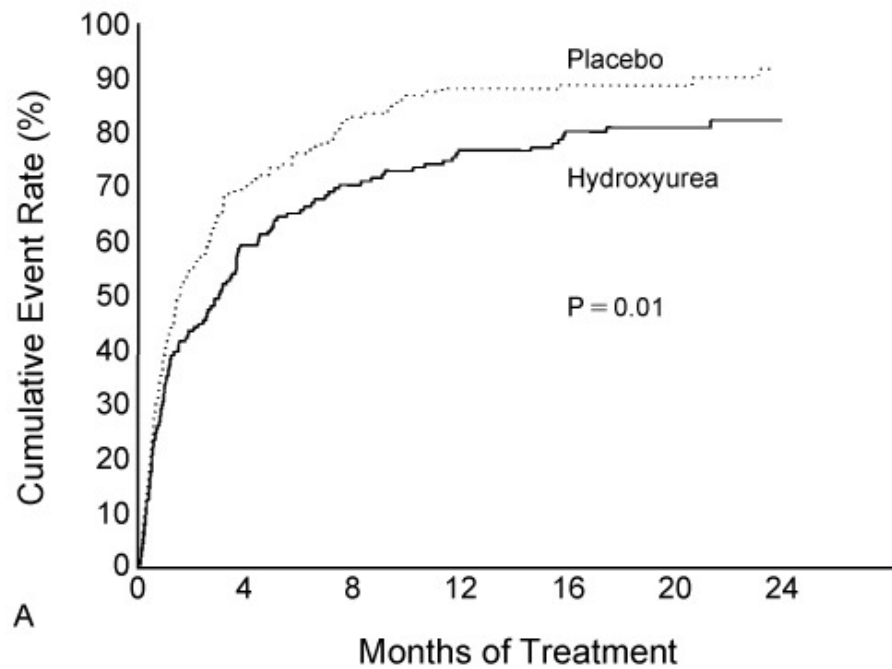
# PATHOPHYSIOLOGY

- RED CELLS POLYMERIZE AND FORM SICKLED SHAPE WHEN DEOXYGENATED
- SLUDGE IN VASCULATURE, RBCS ADHERE TO EACH OTHER, CAUSE INFLAMMATION, OXIDATIVE INJURY AND MEMBRANE DAMAGE
- DECREASE NITRIC OXIDE PRODUCTION
- ISCHEMIA AND NECROSIS IN VITAL ORGANS-LUNGS, SPLEEN, CEREBRAL ARTERIES, CORONARY ARTERIES, BONES



# THERAPEUTIC INTERVENTIONS

- **Hydroxyurea**
- L-glutamine
- Voxelotor
- Crizanlizumab
- Transplant
- Gene Therapy

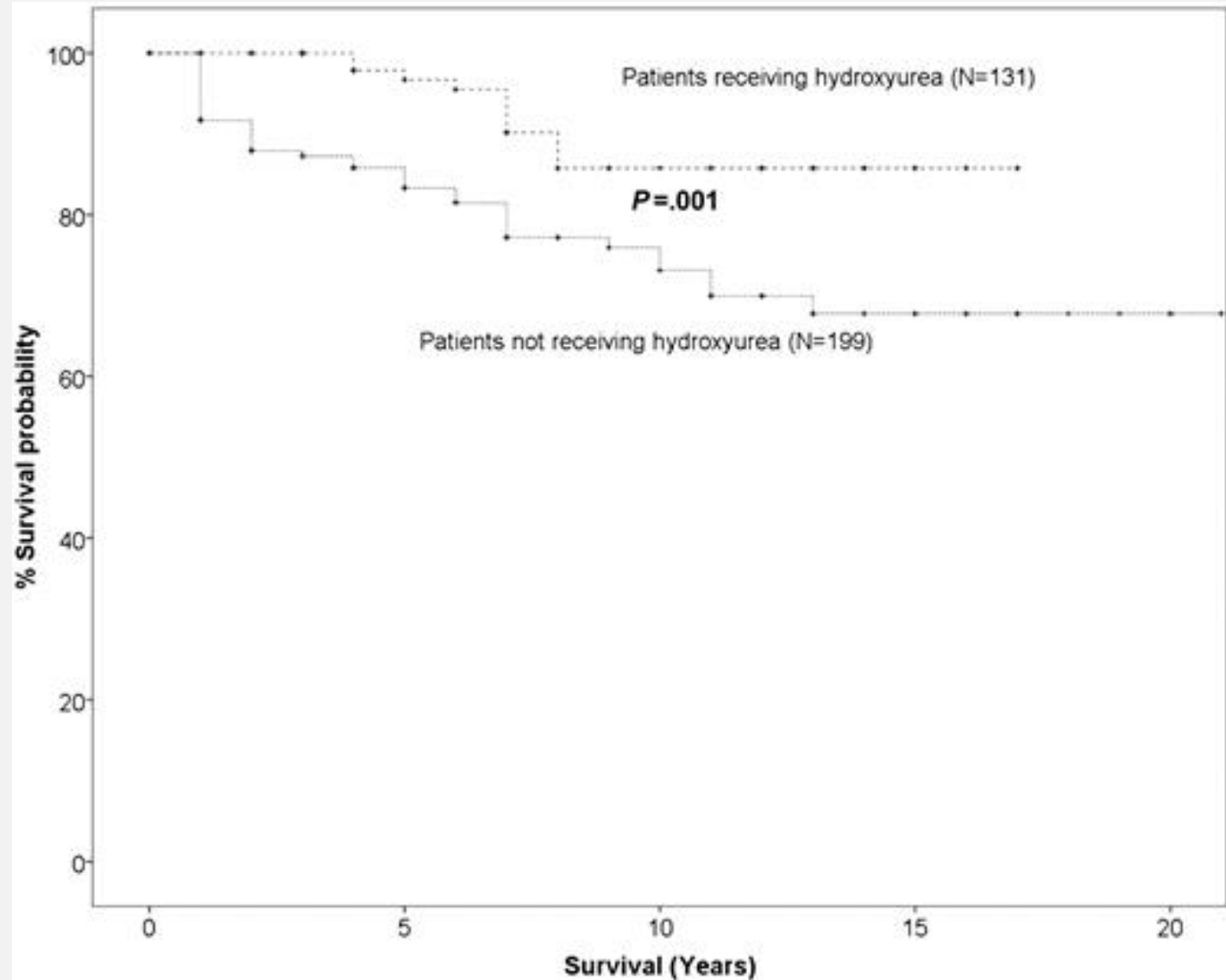


## HYDROXYUREA

- Primary outcome: Pain-visit to medical facility lasting longer than 4 hours requiring parenterally administered narcotics
- Pain crisis: median rate 2.5 crises per year in hydroxyurea arm compared to 4.5 crises per year in placebo
- Increase in MCV correlated with HgbF
- Secondary outcomes
  - Acute chest syndrome: 25 hydroxyurea vs 51 placebo arm
  - Transfusions: 48 h

# HYDROXYUREA AND SURVIVAL

- ONLY MEDICATION TO IMPROVE SURVIVAL IN SICKLE CELL PATIENTS
- MULTICENTER STUDY OF HYDROXYUREA(MSH) IMPROVED SURVIVAL OVER 10 YEARS
- PATIENTS >16 YEARS OLD WITH 3+ PAIN CRISES PER YEAR
- 330 PATIENTS WITH SS AND SBETA THAL
- 10 YEAR SURVIVAL FOR HU PATIENTS WAS 86% AND NON HU PATIENTS WAS 65%



Voskaridou, Ersi et al "The effect of prolonged administration of hydroxyurea on morbidity and mortality in adult patients with sickle cell syndromes: results of a 17-year, single-center trial (LaSHS)." *Blood* 115.12 (2010): 2354-2363. Web. 11 Dec. 2018.

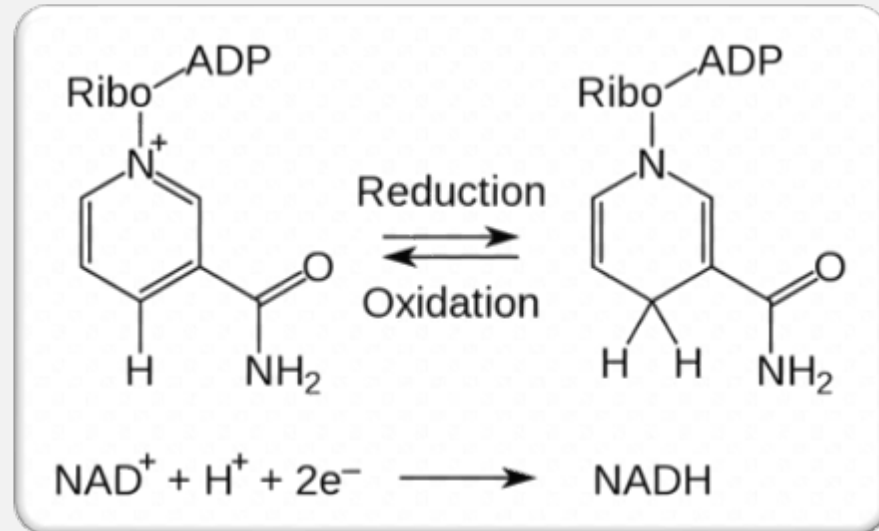
# THERAPEUTIC INTERVENTIONS

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# L GLUTAMINE

- FDA APPROVED FOR SICKLE CELL DISEASE JULY 2017
- L GLUTAMINE PRECURSOR TO NAD AND NADH, A NATURAL ANTIOXIDANT
- L GLUTAMINE REDUCES
- OXIDATIVE STRESS
- RBC ADHESION
- VASO-OCCLUSION
- PAIN CRISES



# L GLUTAMINE

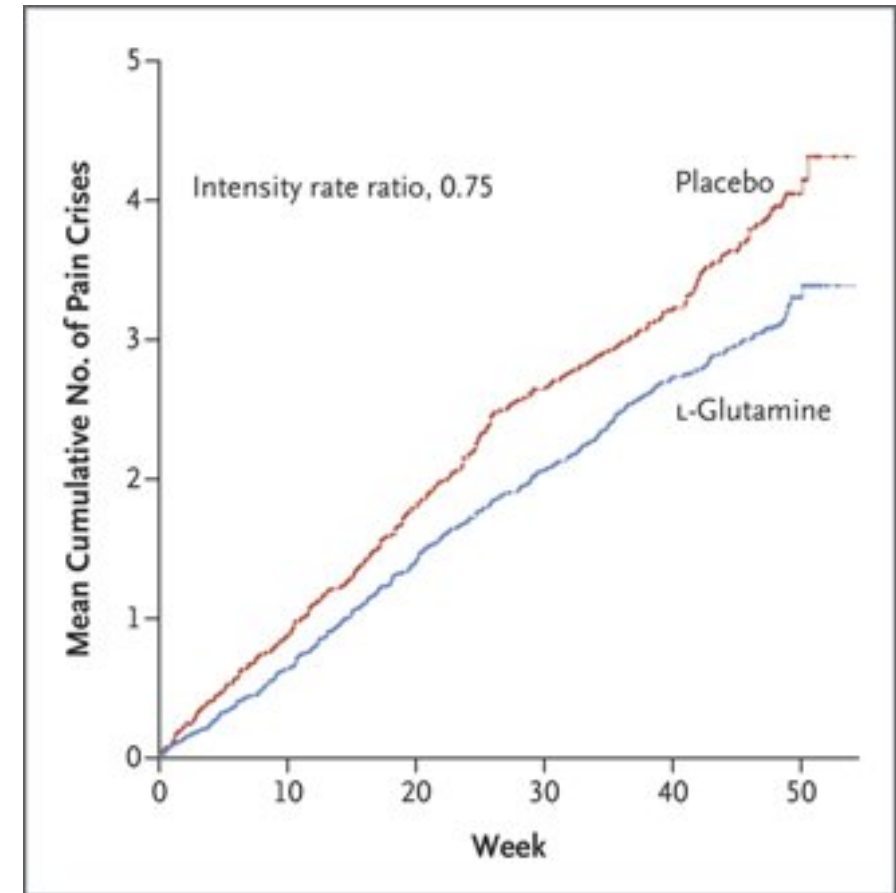
PRIMARY ENDPOINT WAS REACHED -  
REDUCTION IN MEDIAN SICKLE CELL  
CRISIS PER YEAR OF 4 TO 3

REDUCE MEDIAN NUMBER OF  
HOSPITAL FROM 11 TO 6 DAYS

REDUCE BLOOD  
TRANSFUSIONS PERCENTAGE OF  
PATIENTS WITH 3+ SIMPLE TRANSFUSIONS  
FROM 24 TO 12%

EXCHANGE TRANSFUSIONS REDUCED  
FROM 6.4 TO 2%

Oral L-glutamine Emmaus Medical, Inc. Oncologic  
Drugs Advisory Committee Briefing Document 24 May 2017



Y Niihara et al. N Engl J Med 2018;379:226-235.

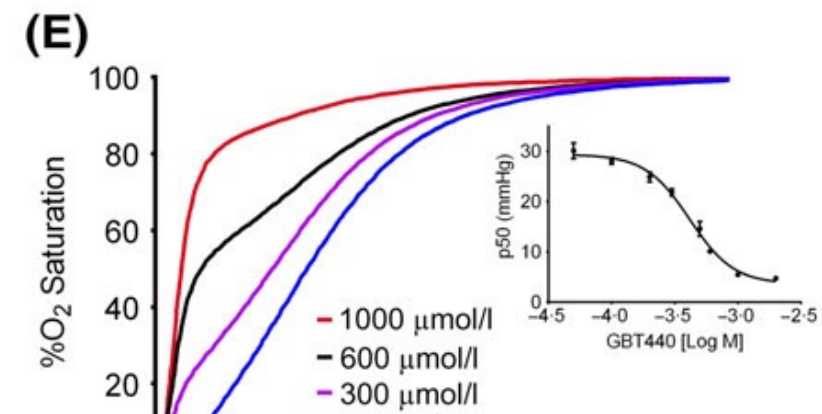
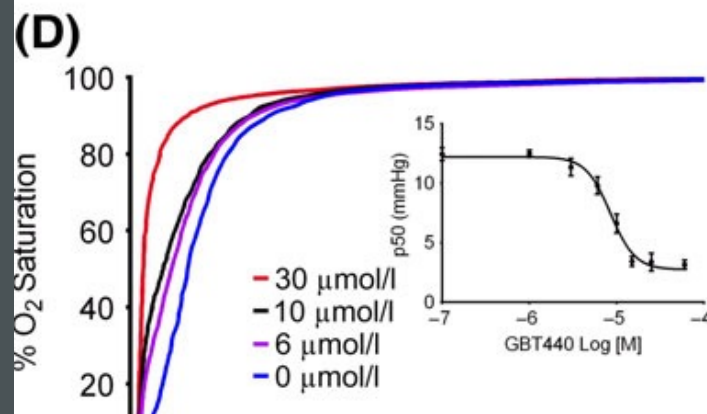
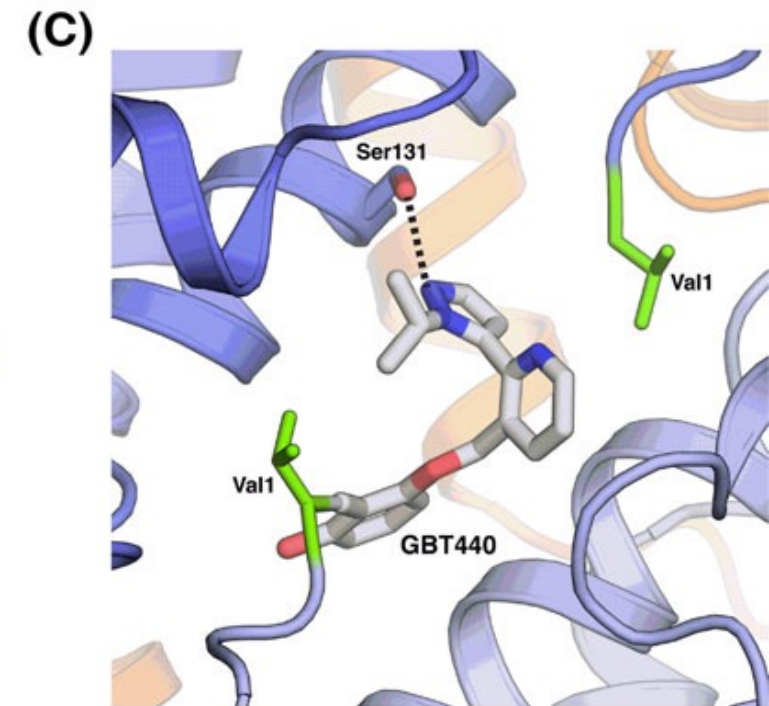
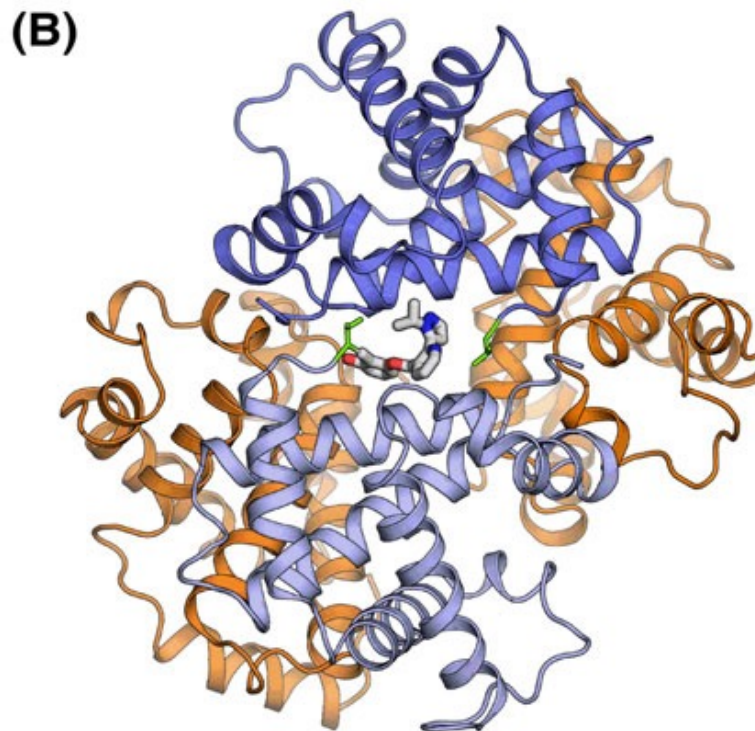
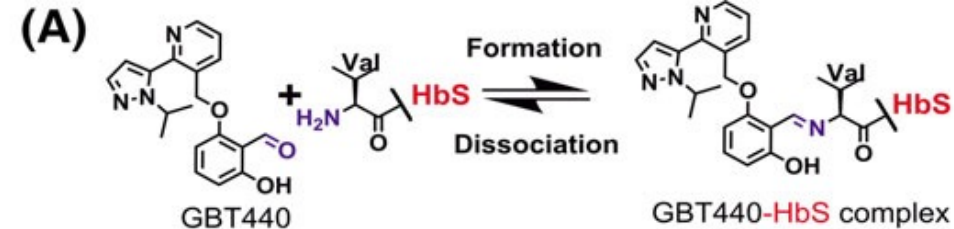
# THERAPEUTIC INTERVENTIONS

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# VOXELOTOR

- Hemoglobin modifier
- Binds to the N terminus of the alpha chain-->modifies Hgb structure-->increases oxygen affinity
- Known mechanism: Hgb S in hypoxic conditions, polymerizes, sickled red blood cells
- By increasing HgbS affinity for oxygen--->more oxygenated HgbS, delay polymerization and sickling

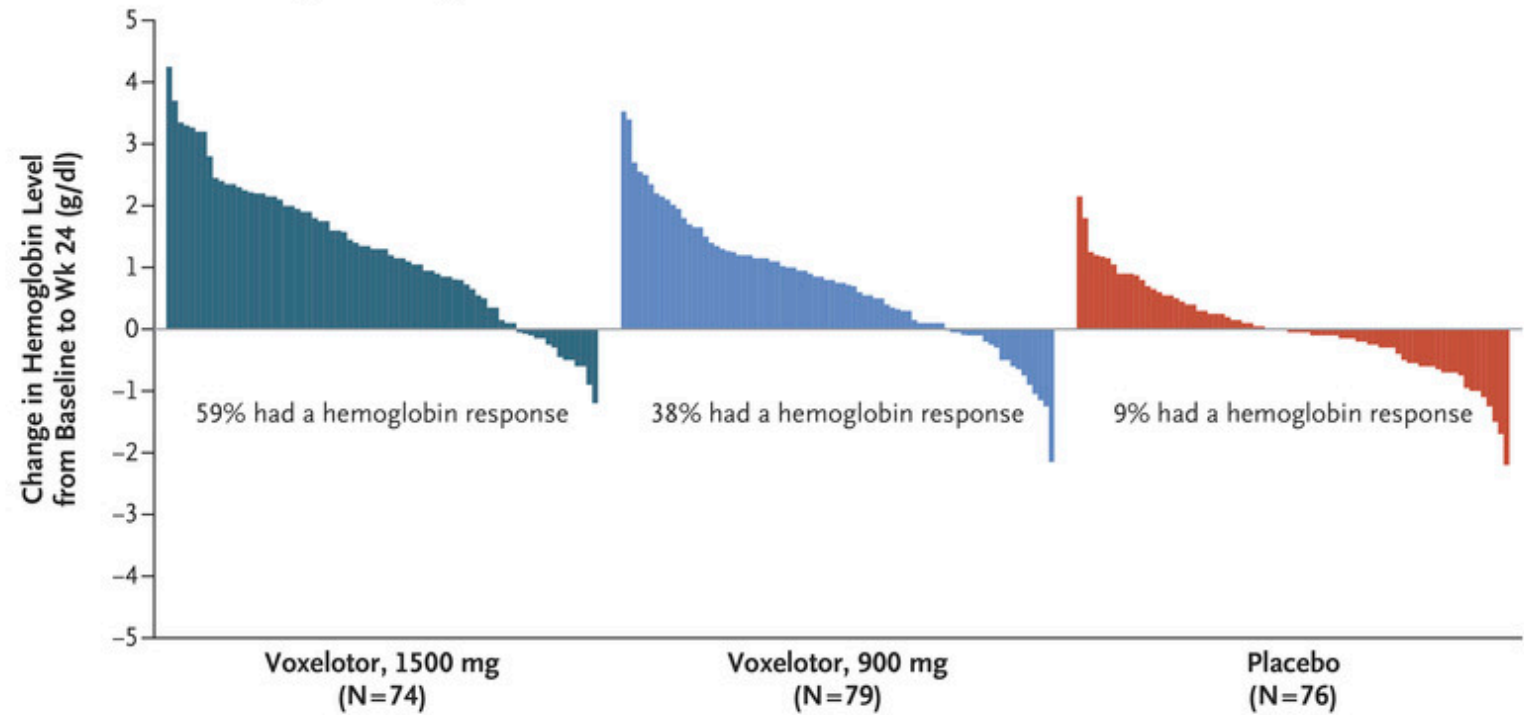
Oksenberg, D., Dufu, K., Patel, M.P., Chuang, C., Li, Z., Xu, Q., Silva-Garcia, A., Zhou, C., Hutchaleelaha, A., Patskovska, L., Patskovsky, Y., Almo, S.C., Sinha, U., Metcalfe, B.W. and Archer, D.R. (2016), GBT440 increases haemoglobin oxygen affinity, reduces sickling and prolongs RBC half-life in a murine model of sickle cell disease. *Br J Haematol*, 175: 141-153. doi:[10.1111/bjh.14214](https://doi.org/10.1111/bjh.14214)



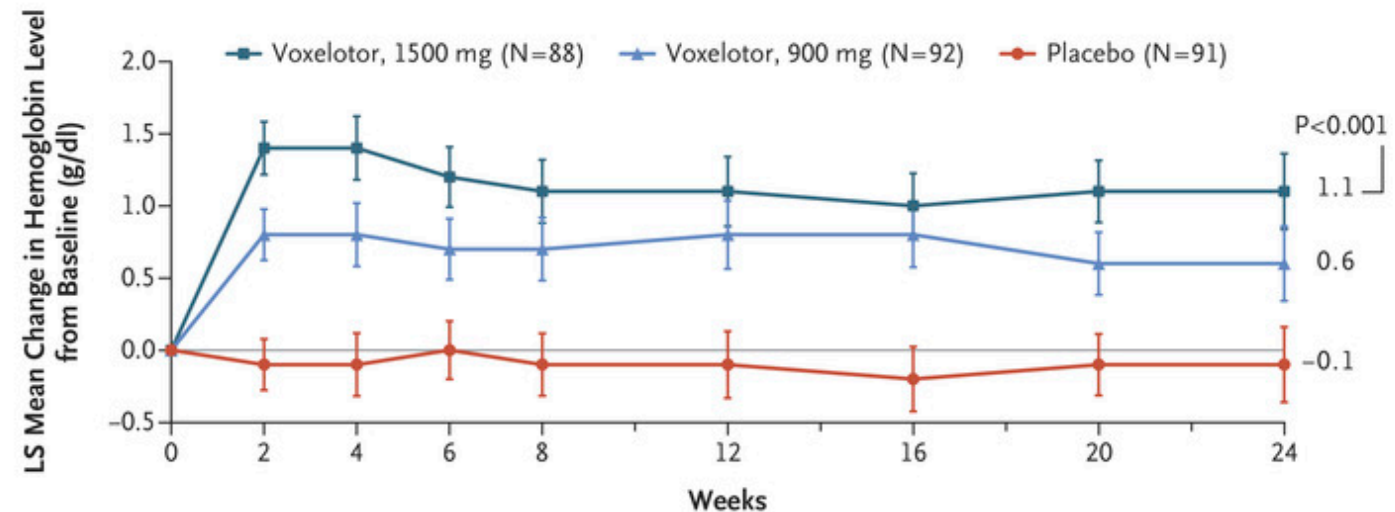
# VOXELOTOR

- Nov 2019, FDA approved based on HOPE trial
- Patients 12-65 years old
- 1500mg, 900mg, and placebo
- Primary endpoint was increase in hemoglobin by 1 gram or more after 24 weeks
- 51% of patients who received 1500mg dose achieved endpoint

**A** Waterfall Plot of Change in Hemoglobin Level from Baseline to Wk 24



**B** LS Mean Change in Hemoglobin Level from Baseline to Wk 24

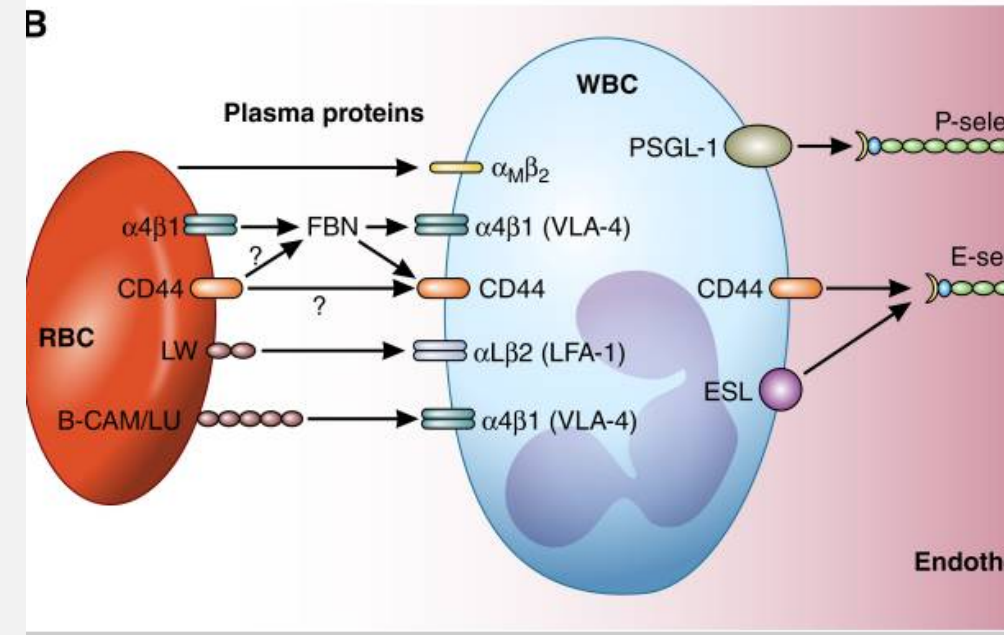
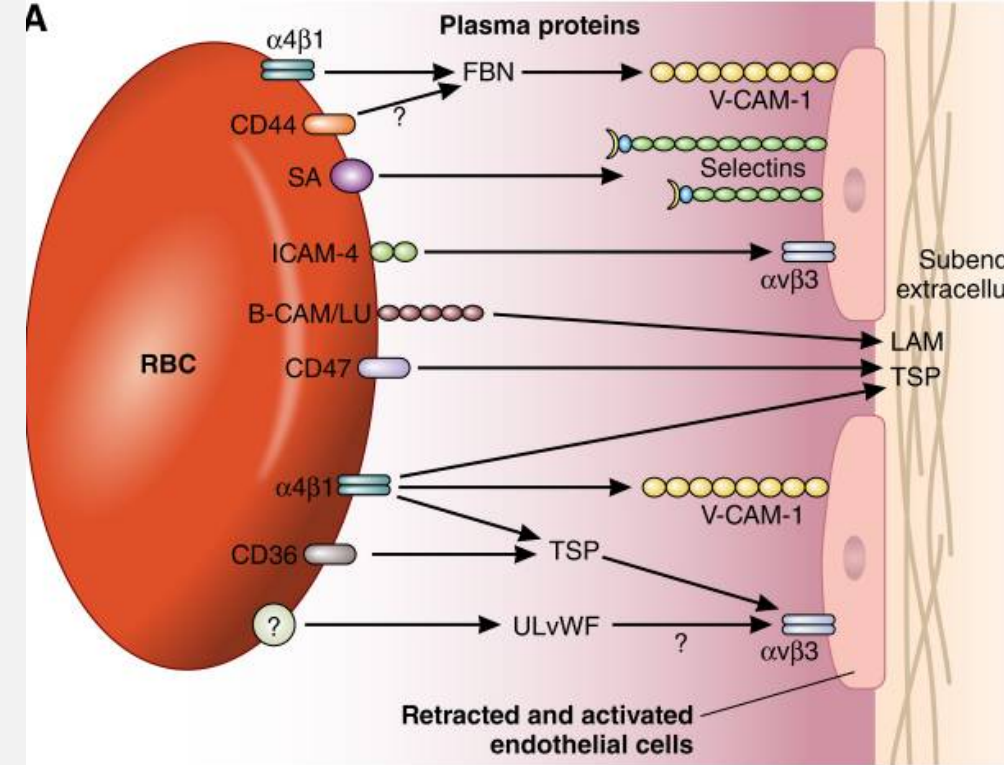


# THERAPEUTIC INTERVENTIONS

- Hydroxyurea
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# CRIZANLIZUMAB

- SELECTINS: GROUP OF ADHESION MOLECULES AFFECT CELL MIGRATION AND ACTIVATION
- P SELECTIN(PLATELET AND ENDOTHELIAL CELLS)
- E SELECTIN(ENDOTHELIAL CELLS)
- P AND E SELECTIN AFFECT THE INITIAL STEP IN VASO-OCCLUSION: BINDING SICKLE CELLS AND LEUKOCYTES TO ENDOTHELIUM
- P SELECTIN FOUND IN STORAGE GRANULES IN PLATELETS AND ENDOTHELIAL CELLS-->DURING INFLAMMATION-->TRANSFERS TO THE CELL SURFACE



# CRIZANLIZUMAB

- Phase 2 multicenter, randomized, placebo controlled double blind study
- Sickle cell disease patients with or without hydroxyurea and 2-10 pain crises in the last year
- Crizanlizumab given 14 times in 52 weeks in high dose 5mg/kg, low dose 2.5mg/kg, or placebo

**Table 1. Characteristics and Baseline Values of the Patients in the Intention-to-Treat Population.\***

Characteristic	High-Dose Crizanlizumab (N = 67)	Low-Dose Crizanlizumab (N = 66)	Placebo (N = 65)
Age — yr			
Median	29	29	26
Range	16–63	17–57	16–56
Sex — no. (%)			
Male	32 (48)	30 (45)	27 (42)
Female	35 (52)	36 (55)	38 (58)
Race — no. (%) <sup>†</sup>			
Black	60 (90)	62 (94)	60 (92)
White	4 (6)	2 (3)	3 (5)
Other	3 (4)	2 (3)	2 (3)
Sickle cell disease genotype — no. (%)			
HbSS	47 (70)	47 (71)	47 (72)
Other‡	20 (30)	19 (29)	18 (28)
Concomitant hydroxyurea use — no. (%)			
Yes	42 (63)	41 (62)	40 (62)
No	25 (37)	25 (38)	25 (38)
Sickle cell–related pain crises during previous 12 mo — no. (%)			
2–4 crises	42 (63)	41 (62)	41 (63)
5–10 crises	25 (37)	25 (38)	24 (37)



**Table 2. Annual Rates of Sickle Cell–Related Pain Crises.\***

Variable	High-Dose Crizanlizumab	Low-Dose Crizanlizumab	Placebo
<b>Primary end point: annual rate of crises in the intention-to-treat population</b>			
No. of patients	67	66	65
Median rate of crises per year (IQR)	1.63 (0.00–3.97)	2.01 (1.00–3.98)	2.98 (1.25–5.87)
Difference from placebo — %	–45.3	–32.6	—
P value	0.01	0.18	—
No. of patients with crisis rate of zero at end of trial	24	12	11

## CRIZANLIZUMAB

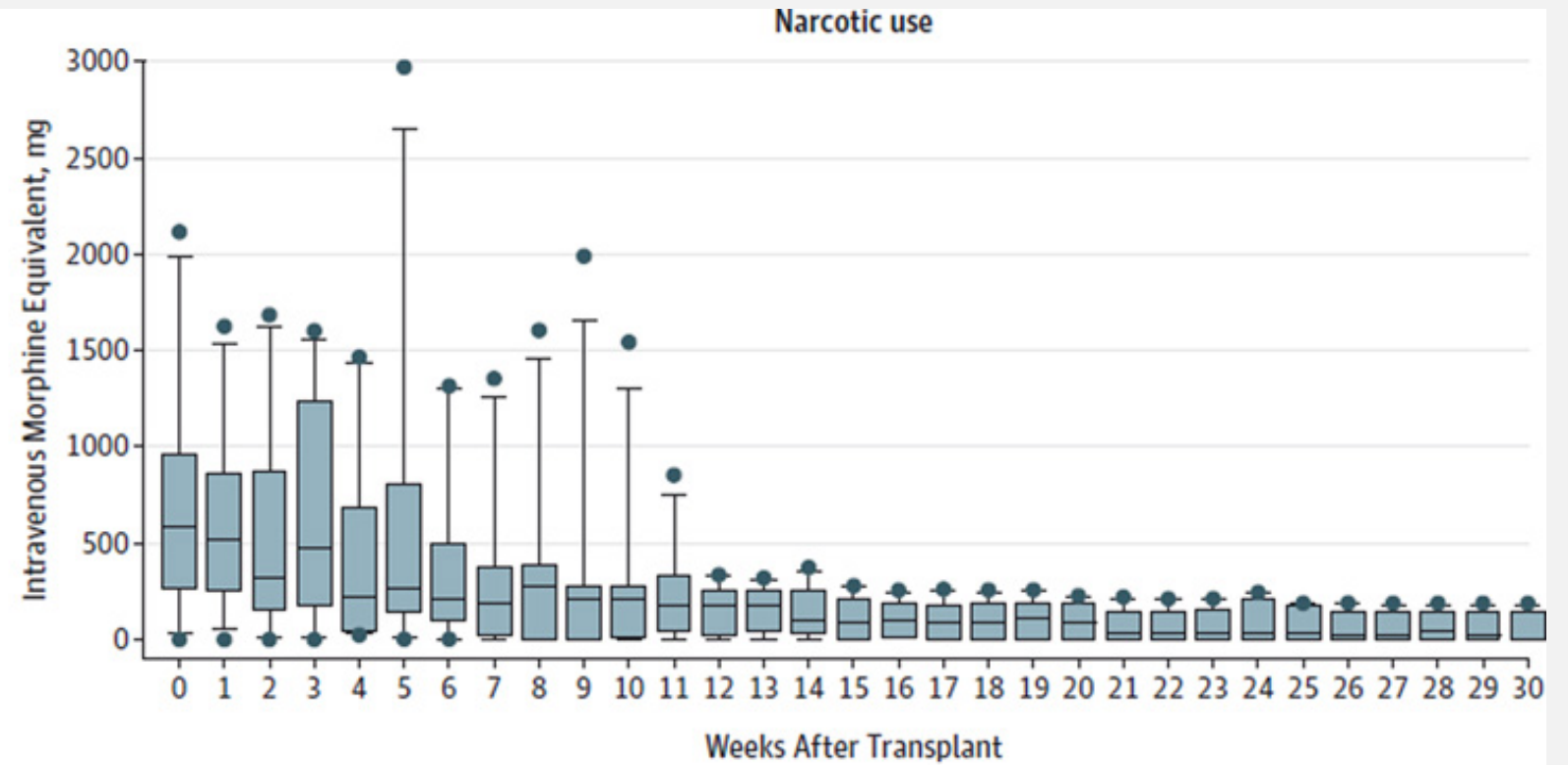
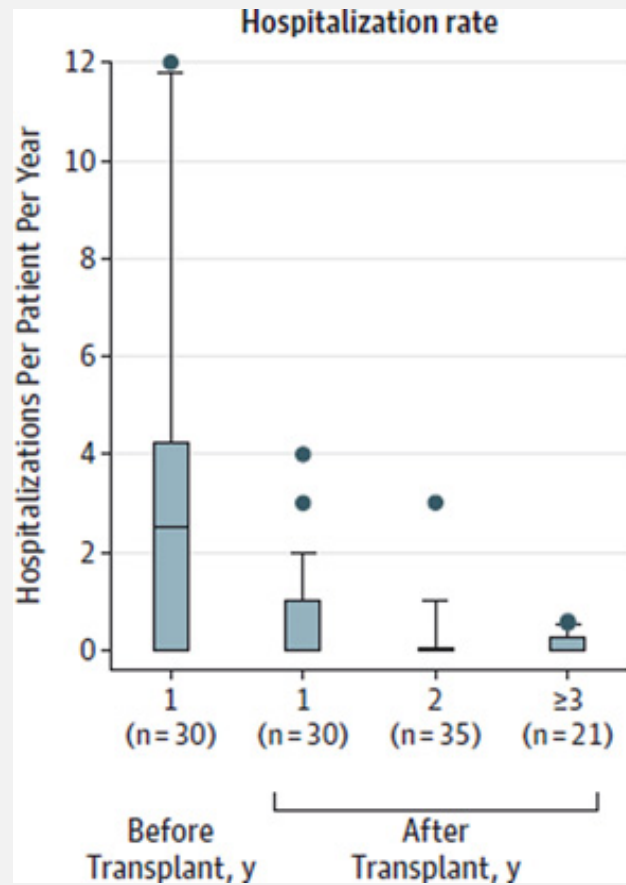
- Primary endpoint was the annual rate of sickle cell related pain crisis with high dose Crizanlizumab versus placebo
- Crizanlizumab given at 5mg/kg dose had a statistically significant reduction in median annual rate of VOC compared to placebo of 45.3%

# THERAPEUTIC INTERVENTIONS

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# SICKLE CELL AND TRANSPLANT

- **1984: AN 8 YEAR OLD GIRL WITH SICKLE CELL DISEASE AND ACUTE MYELOID LEUKEMIA HAD A STEM CELL TRANSPLANT**
- MATCHED SIBLING DONOR, RECEIVED A MYELOABLATIVE REGIMEN, CURED FROM SICKLE CELL DISEASE AND ACUTE MYELOID LEUKEMIA
- 2014 NIH ADULT STUDY NONMYELOABLATIVE REGIMEN ON MATCHED SIBLING DONORS
- 30 PATIENTS, 26 ENGRAFTED, AND 25 PATIENTS FULL DONOR HGB



# TRANSPLANT

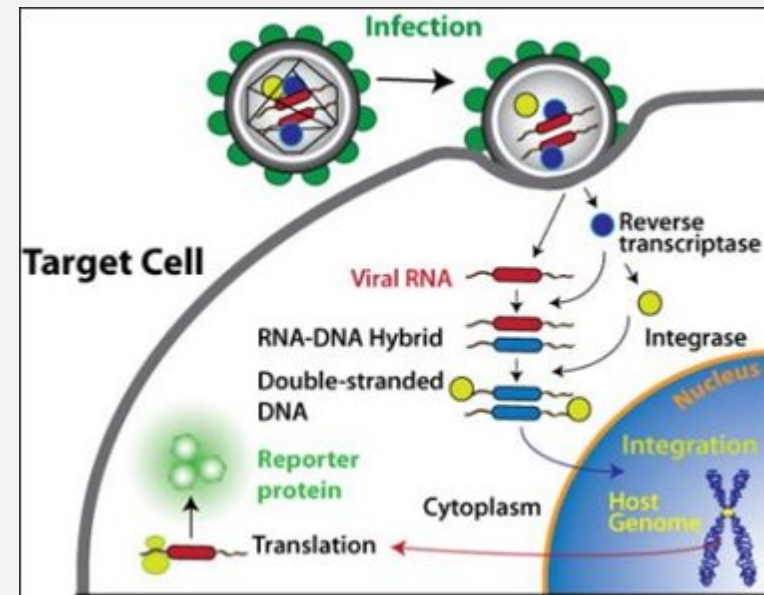
- PROS
  - FIRST AND ONLY CURRENT CURE
  - MIXED CHIMERISM ABLE TO REVERSE SICKLE PHENOTYPE
  - GOOD OUTCOMES WITH MATCHED RELATED DONORS
  - NONMYELOABLATIVE CONDITIONING REGIMENS HAVE DECREASED END ORGAN DAMAGE AND MORTALITY IN ADULTS
- CONS
  - ALLOGENEIC
  - AVAILABILITY OF MATCHED RELATED DONORS
  - HAPLOIDENTICAL-HIGHER RISK OF REJECTION
  - NONMYELOABLATIVE REGIMENS-HIGH RISK OF GRAFT FAILURE
  - GVHD

# THERAPEUTIC INTERVENTIONS

- Hydroxyurea
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# GENE THERAPY

- **Gene addition strategy**
- **Introduce genes to produce non sickled hemoglobin**
- **Introduction process**
  - Vectors insert DNA into host genome
  - Retroviruses like lentivirus
    - contain RNA genes,
    - reverse transcriptase: transcribe RNA into DNA
    - Integrase: to an integrate viral DNA into a host
- Stem cells containing new DNA or transduced cells are transplanted into patient
- Bluebird Bio T87Q

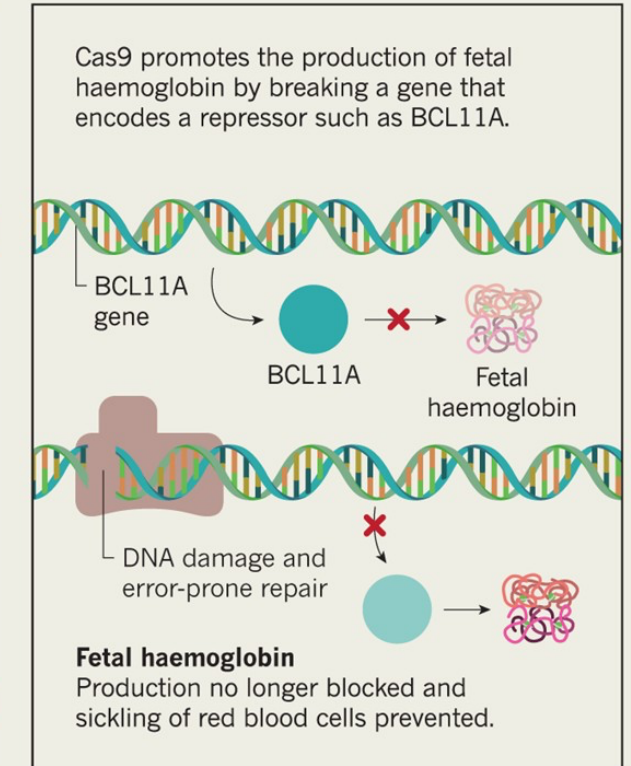
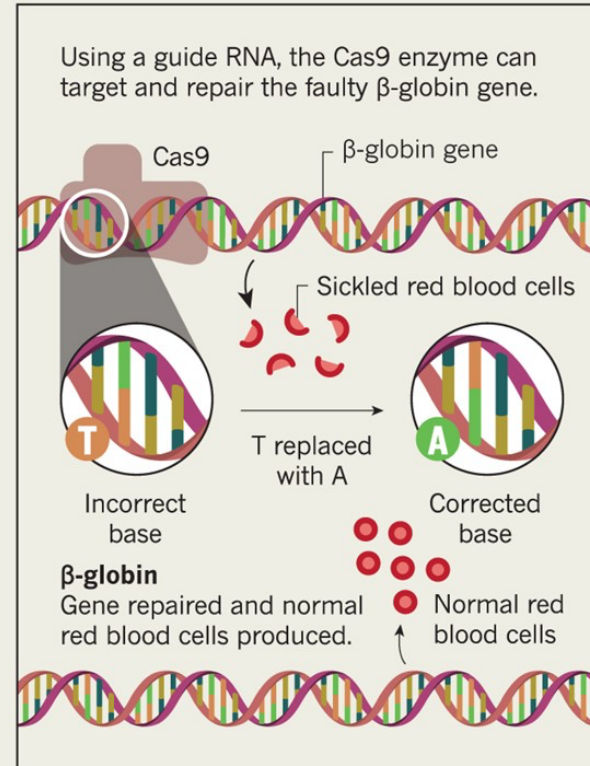


# GENE THERAPY

- GENE EDITING
- BCL11A REPRESSOR GENE OF HGB F
- CRISPR TARGETS AND REPAIRS BCL11A GENE TO INCREASE PRODUCTION OF HGB F
- PERSISTENCE OF HGB F CHANGES PHENOTYPE

## GENE EDITING WITH CRISPR

CRISPR-Cas9 gene editing is helping to tackle sickle-cell disease in two ways.





# OUTLINE

- Pathophysiology
- Therapeutic Interventions
- ASH Guidelines 2020
- COVID-19

# NEW ASH GUIDELINES

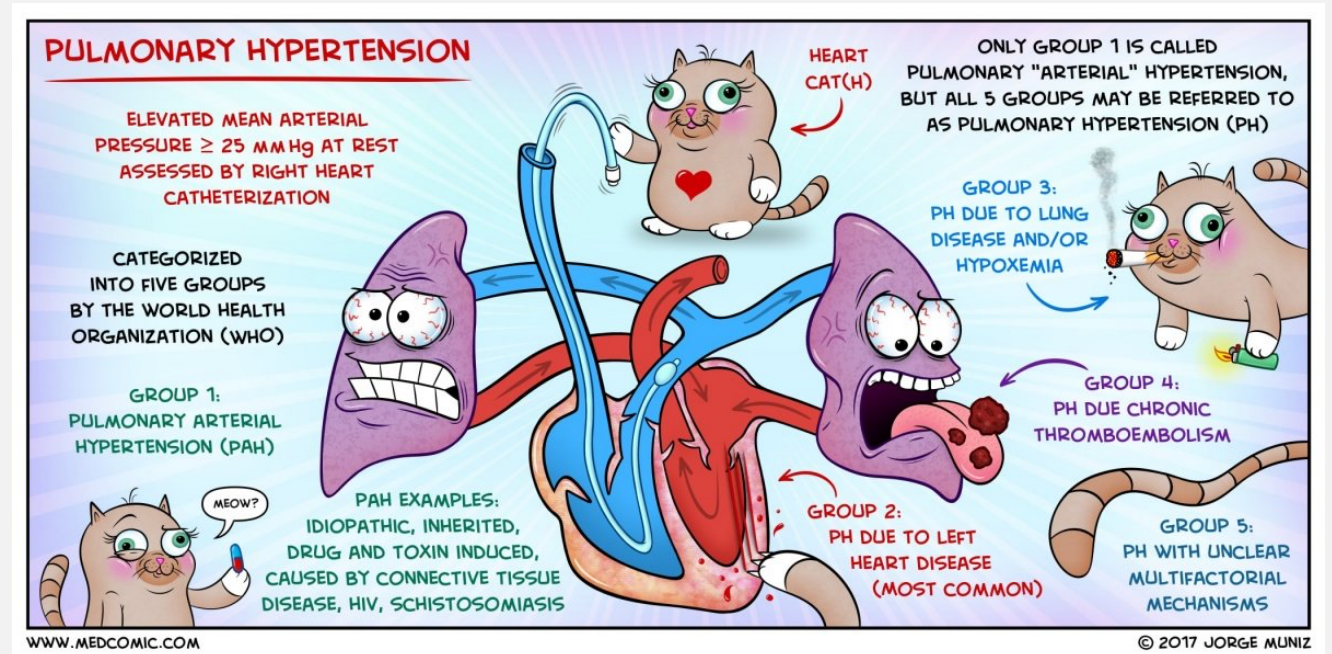
- Ongoing Process
  - Available data and evidence to form guidelines
  - Some guidelines based on low quality evidence with expert opinion
  - Long overdue, last update 2014
- Dec 2019-released new updates
  - Cardiopulmonary
  - Kidney Disease
  - Transfusion
  - Cerebrovascular Disease

# CARDIOPULMONARY GUIDELINES

- Screening for pulmonary hypertension
- Management of VTE

# PULMONARY HYPERTENSION

- Asymptomatic patients
  - Do not do screening echo
- Symptomatic patients
  - Echo or referral to PAH consultant
    - SOB/ Hypoxia/ Chest pain at rest/exertion
    - Unexplained exercise limitation
    - Sleep disordered breathing
    - Syncope/presyncope
    - Heart failure or fluid overload on exam
    - Pulmonary embolism history



# HYPERTENSION AND VTE

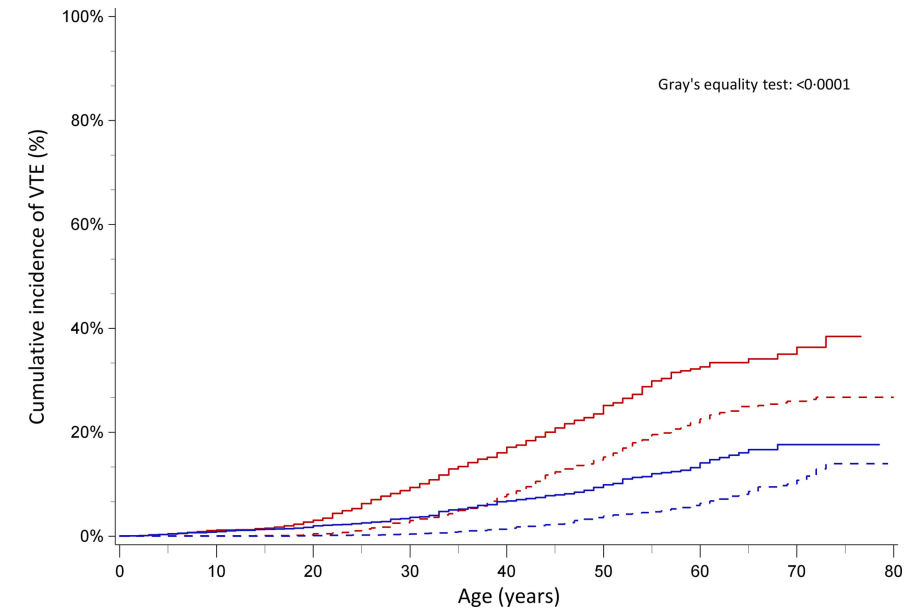
Blood Pressure goal of <130/80

## VTE

First unprovoked VTE → indefinite anticoagulation

First provoked VTE → 3-6 months of anticoagulation

Recurrent provoked VTE → indefinite anticoagulation



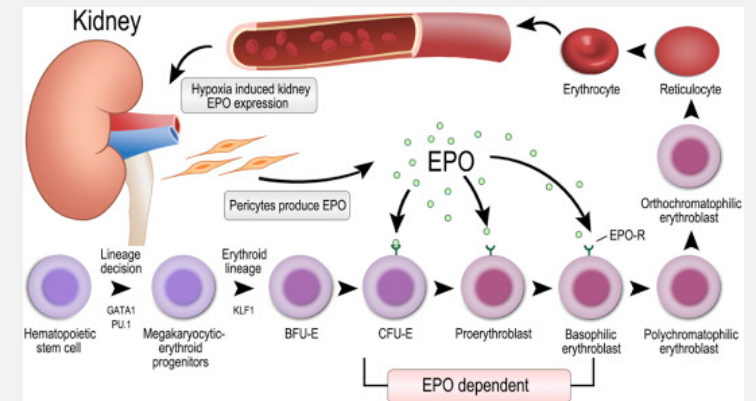
Cumulative incidence of incident acute venous thromboembolism (VTE) among African-American sickle cell disease (SCD) patients compared to matched hospitalized African-American asthma patients, by SCD severity/average hospitalizations, California, 1991–2013. SCD patients with severe disease (solid red line); Asthma patients averaging  $\geq 3$  hospitalizations per year (dashed red line); SCD patients with less severe disease (solid blue line); Asthma patients averaging  $< 3$  hospitalizations per year (dashed blue line). African-American SCD patients matched 1:3 on sex, age ( $\pm 2$  years), and year ( $\pm 2$  years) and hospital frequency to African-American asthma patients.

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# KIDNEY DISEASE

- Management of albuminuria
  - Suggests use of ACE inhibitor and ARBs for albuminuria
- Management of End-Stage Renal Disease
  - For Advanced CKD or ESRD, refer to transplant
- CKD and anemia
  - Combination of EPO agents and hydroxyurea
    - Consider if Drop in Hemoglobin and Retic Count
    - Maximizes Hemoglobin F
    - Don't exceed 10g/dl due to risk of stroke or VTE



Lin et al, Physiology and pathophysiology of renal erythropoietin-producing cells  
<https://doi.org/10.1016/j.jfma.2018.03.017>.

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# TRANSFUSIONS



Transfusion Support



Exchange Transfusions



Pregnancy



Surgeries



Iron Overload

# TRANSFUSION SUPPORT

- Extended red cell typing with genotyping or serology
- DHTR
  - Prevention: Immunosuppressive therapy for patients with acute need for transfusion and high risk for hemolytic transfusions reactions
  - Treatment: Immunosuppressive therapy for patients with DHRT and hyperhemolysis
- DHTR Definition
  - Drop in Hemoglobin within 21 days of transfusion plus one or more of the following:
    - New red cell alloantibody
    - Hemoglobinuria
    - HbS% increase with a concomitant fall in HbA posttransfusion
    - Relative reticulocytopenia or reticulocytosis from baseline
    - Significant LDH rise from baseline

# TRANSFUSIONS

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Transfusion Support

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**Exchange Transfusions**

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Pregnancy

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Surgeries

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Iron Overload

# EXCHANGE TRANSFUSIONS

- Severe Acute Chest Syndrome
  - Hypoxia, Pulmonary Infiltrates, Respiratory Distress, Drop in Hemoglobin despite Simple Transfusion
- Stroke
  - Reduce Hemoglobin S below 30%
  - Automated exchange preferred over manual exchange



# TRANSFUSIONS



Transfusion Support



Exchange Transfusions



**Pregnancy**



Surgeries



Iron Overload

# TRANSFUSION AND PREGNANCY

- Standard of Care or Prophylactic Transfusions
- Prophylactic Transfusions
  - Meta-analysis of 12 observational and 1 RCT
    - Reduction of maternal mortality, VOC, pulmonary complications, perinatal mortality, preterm birth
- History of SCD complications in prior pregnancies
  - Recurrent pain Episodes
  - Acute Chest Syndrome
  - Comorbidities

**Table 4**

Outcomes in cohort studies of prophylactic transfusion compared with on-demand transfusion in pregnant women with SCD (cohort studies)

Group	Outcomes	Studies, n	Study subject, n	OR (95% CI)	Significance (heterogeneity), P (I <sup>2</sup> )
Maternal	Mortality	7 <sup>14,15,18,26-29</sup>	955	0.23 (0.06-0.91)	.04 (20%)
	Vaso-occlusive pain episodes	11 <sup>10,15,17-19,26-30</sup>	1219	0.26 (0.09-0.76)	.01 (90%)
	Pulmonary complications*	9 <sup>10,15,17-19,26-28,30</sup>	1019	0.25 (0.09-0.72)	.01 (77%)
	Pulmonary infection	5 <sup>18,19,26-28</sup>	792	0.26 (0.05-1.27)	.10 (83%)
	Pulmonary embolism	3 <sup>19,26,28</sup>	237	0.07 (0.01-0.41)	<.01 (1%)
	Acute chest syndrome	2 <sup>15,17</sup>	102	0.28 (0.06-1.26)	.10 (0%)
	Urinary tract infection	3 <sup>15,29,30</sup>	149	1.09 (0.22-5.42)	.92 (61%)
	Pyelonephritis	6 <sup>15,19,26-29</sup>	455	0.19 (0.07-0.51)	<.01 (34%)
	Endometritis	2 <sup>26,29</sup>	80	0.76 (0.17-3.44)	.72 (40%)
	Preeclampsia	6 <sup>10,14,15,17,26,29</sup>	282	1.01 (0.49-2.08)	.98 (0%)
Fetal	Perinatal mortality	8 <sup>10,15,18,19,26-28,30</sup>	1140	0.43 (0.19-0.99)	<.05 (58%)
	Intrauterine fetal demise	8 <sup>14,15,17,19,26,28-30</sup>	458	0.47 (0.17-1.33)	.15 (32%)
	Neonatal death	5 <sup>15,19,26,28,30</sup>	374	0.26 (0.07-0.93)	.04 (0%)
	Small for gestational age/low birth weight	10 <sup>10,15,17-19,26-30</sup>	1187	0.71 (0.44-1.16)	.17 (35%)
	Preterm delivery	9 <sup>10,15,17-19,27-30</sup>	1123	0.59 (0.37-0.96)	.03 (38%)

# TRANSFUSIONS



Transfusion Support



Exchange Transfusions



Pregnancy



**Surgeries**



Iron Overload

# TRANSFUSION AND SURGERIES

- Preoperative Transfusion is indicated if General Anesthesia over 1 hour
  - Simple transfusion if Hgb<9
  - Exchange transfusion if Hgb >9 and high risk surgery(neurosurgery or cardiac surgery)
  - TAPS trial: multicenter children and adults with HgbSS and Hgb S beta thal undergoing surgery
    - Preoperative transfusions reduced complications

Table 3. Numbers of clinically important complications and serious adverse events

	No preoperative transfusion (n=33)	Preoperative transfusion (n=34)	Overall (n=67)
Number of patients with clinically important complications (%)	13 (39%)	5 (15%)	18 (27%)
Number of clinically relevant complications			
All related to sickle-cell disease	12	3	15
Acute chest syndrome	9	1	10
Acute pain crisis	3	1	4
CNS	0	1	1
Surgery-related	4	1	5
Infection-related	0	1	1
Transfusion-related	0	0	0
Other	0	1	1
Total	16*	6†	22
Number of patients with complications classified as SAEs (%)	10 (30%)	1 (3%)	11 (16%)

CNS=central nervous system. SAEs=serious adverse events.

\*

Three patients had two complications.

†

One patient had two complications.



# TRANSFUSIONS



Transfusion Support



Exchange Transfusions



Pregnancy



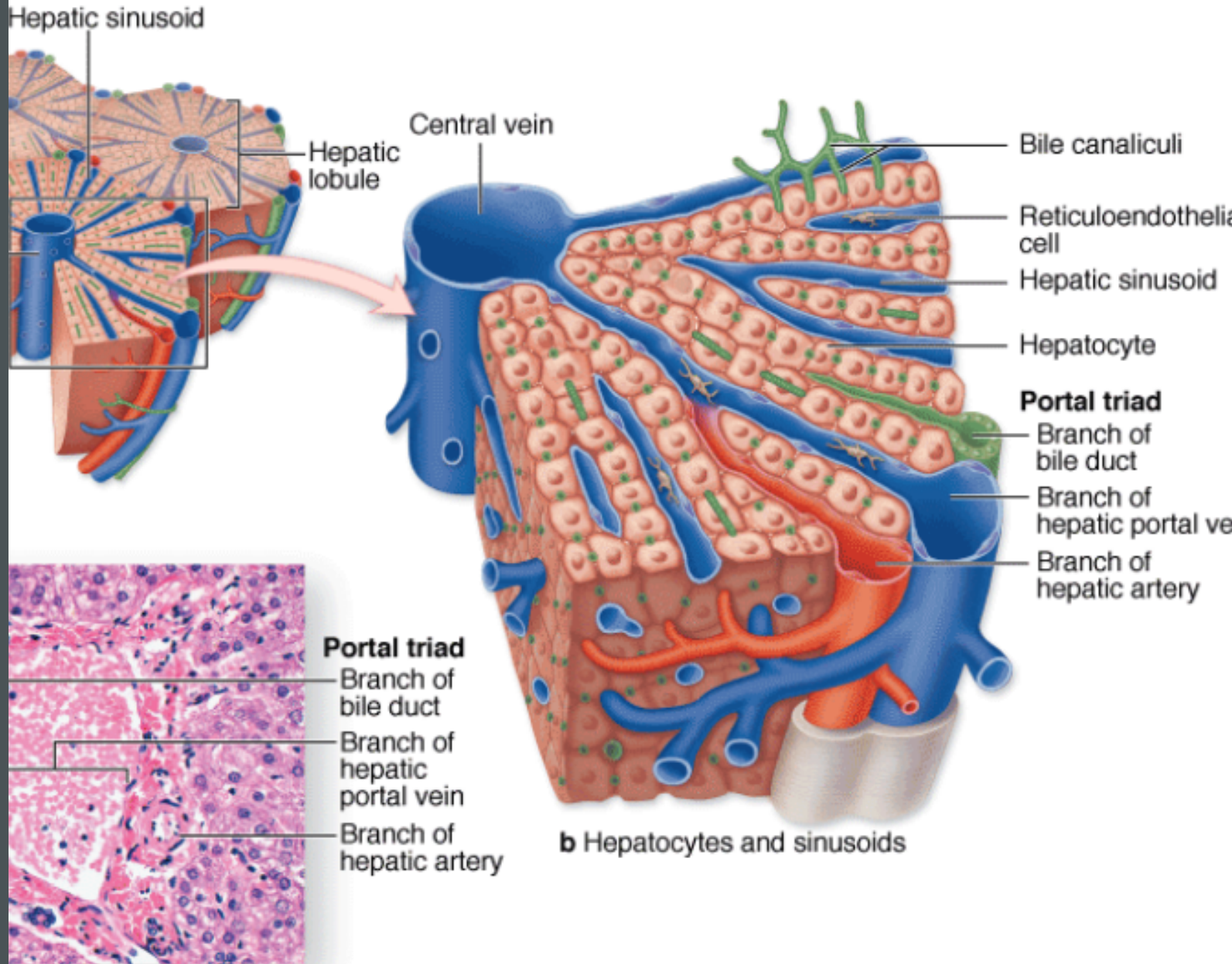
Surgeries



**Iron Overload**

# TRANSFUSIONS AND IRON OVERLOAD

- Screening MRI for Liver Iron Concentration every 1-2 years with ferritin in patients on chronic transfusions
- If Ferritin < 1000 can consider omitting MRI
- Cardiac MRI if LIC > 15mg/g/dw or cardiac dysfunction or evidence of organ damage from iron overload
- <https://www.mrgscience.com/d3-function-of-the-liver-core.html>



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# CEREBROVASCULAR DISEASE



Treatment and Prevention



TPA?



Silent Infarcts

# CVA TREATMENT AND PREVENTION

- Neurologic Deficits
  - Acute neurological change → transfusion immediately (simple or exchange) within first 2 hours
- TIA or Stroke
  - Exchange transfusion within first 2 hours
  - Simple transfusion if Hgb < 8.5 and exchange is not available
- Secondary Stroke Prevention
  - Hemoglobin > 9 and HgbS < 30%
    - Strong recommendation on low quality evidence
  - If Moya-moya → evaluate for revascularization surgery

# CEREBROVASCULAR DISEASE



Treatment and Prevention



**TPA?**



Silent Infarcts

# TPA VS EARLY TRANSFUSION

- TPA consider
  - If Neurologic symptoms < 4.5 hours
  - No hemorrhage on CT
  - Does not delay transfusion
  - Comorbidities: older age, atrial fibrillation, hypertension, hyperlipidemia, hypertension, and diabetes

for adults with sickle cell disease presenting with acute ischemic stroke having had a CT scan excluding hemorrhage within 4

		Impact
Imprecision	Other considerations	
not serious	none	A total of 3 out of 61 (4.9%) patients and 9 out of 290 (3.2%) patients had hemorrhage in the sickle cell disease and non-sickle cell disease respectively.
not serious	none	None of the patients in the SCD group developed life-threatening symptoms. (0.7%) patients in the non-SCD group developed life-threatening symptoms.
not serious	none	A total of 4/61 (6.6%) patients in the SCD group developed any type of serious complication. (6.0%) patients in the non SCD group developed any type of serious complication.

# CEREBROVASCULAR DISEASE



Treatment and Prevention



TPA?



**Silent Infarcts**



# SCREENING FOR SILENT INFARCTS

- Up to 50% of adults with SS or Sbeta thal have silent infarcts
- Presence of silent infarcts predicts future neurologic injuries
- Associated with Decrease in IQ
- Eligible of individual education plans and Disability services
- Recommendations
  - All patients should have a 1 time MRI
  - Patients with infarcts should consider
    - Transfusions or transplant
    - Cognitive screening with psychologist or PCP
    - Repeat MRI every 12-24 months to assess progression

## OUTLINE

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Pathophysiology

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Therapeutic Interventions

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ASH Guidelines 2020

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**COVID-19**



## COVID-19 IMPACT

- Sickle Cell Disease Association Advisory
  - Managing Pain
  - Screening/Triage of COVID-19
  - Treatment of COVID-19
  - Chronic Transfusions
  - Letter for Work-form letter highlighting risk of sickle cell and complications

# COVID-19

- Managing Pain
  - Encourage patients to manage pain at home
  - Send prescriptions to local pharmacies
  - Encourage patients to obtain thermometers
  - Send naloxone prescriptions
  - Frequent phone calls/telemedicine visits
  - Encourage adherence to medications(Hydroxyurea, L glutamine, Voxelotor, Crizanlizumab)
- Screening/Triage
  - Fever or cough or shortness of breath
  - Schedule outpatient visit, avoid ED
  - Test patient for COVID-19
  - Test for viral infections, cultures if indicated, antibiotics if indicated as standard of care

# COVID-19 POSITIVE

- Complications worsening COVID
  - Pulmonary hypertension
  - Asthma (avoid aerosol based interventions)
- Be vigilant for
  - Progressive ACS
  - Multiorgan failure
- Hydroxychloroquine
  - Consider checking G6PD level
  - Methadone patients may have prolonged QTC
- Hypercoagulability
- Discharge
  - Close follow up



SECURE-SCD  
REGISTRY

Surveillance Epidemiology of Coronavirus  
(COVID-19) Under Research Exclusion

# Count of Cases Reported

# 105

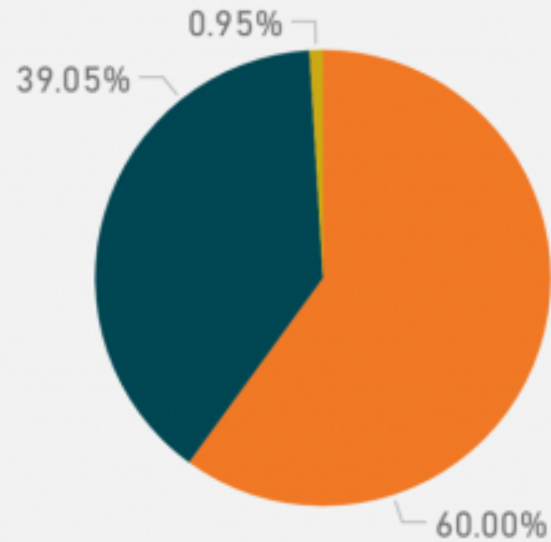
## Age Summary

31.73  
Average Age

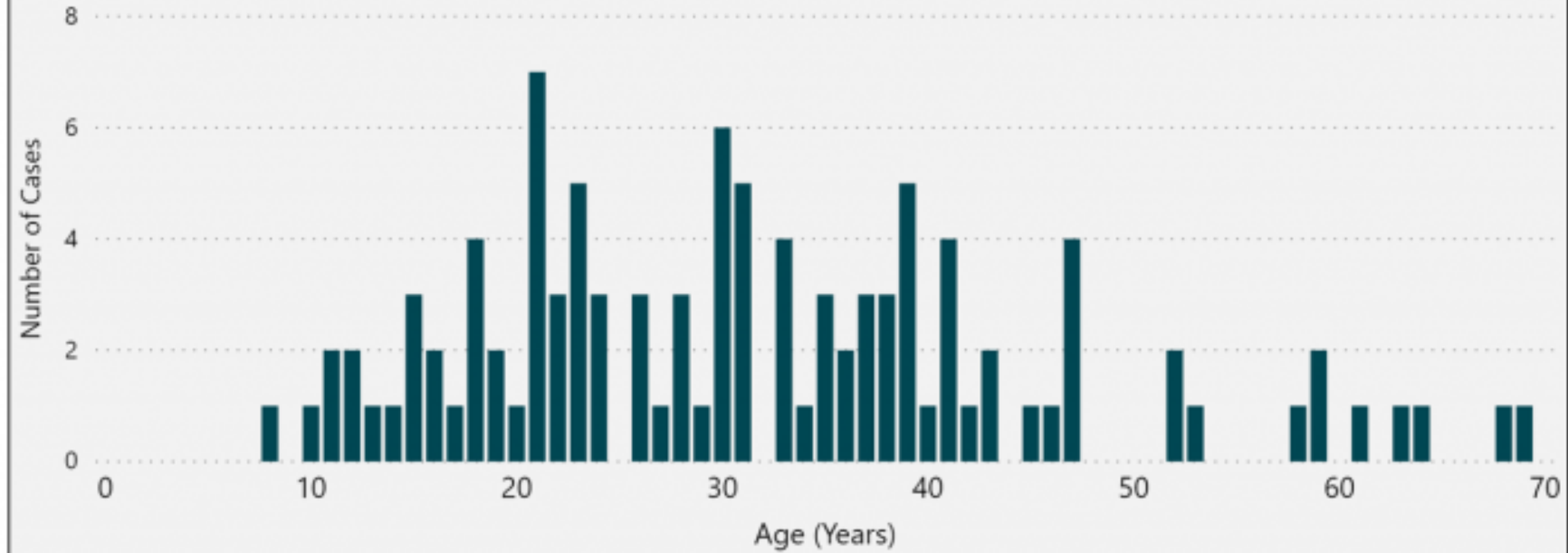
13.73  
Standard Deviation

## Sex

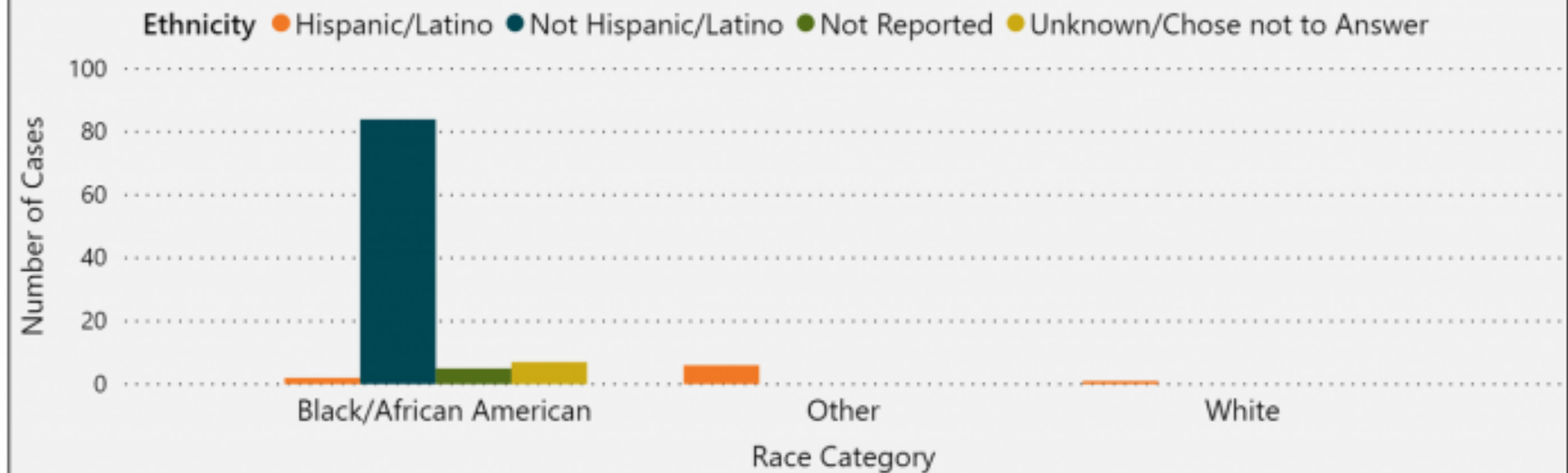
Female Male Other



## Age Distribution



## Race & Ethnicity Distribution



THE END