



● AUGUST 2021

# Thalassemia & Sickle Cell Society *report*

Let your action make a difference- There is care which goes beyond giving and words,



**Pravalika**

Pravalika is 8 year old girl who has been with TSCS since 10 months of age and she is regularly coming for transfusions. As a patient of Thalassemia Major she requires blood transfusion every 15 days. This is an inherited blood disorder called beta thalassemia major. The form of this disease, reduces her body's ability to produce hemoglobin, the iron-containing protein in red blood cells that carries oxygen to cells throughout the body.

As a result, Pravalika has battled anemia most of her life. Untreated thalassemia major eventually leads to death, but she has been receiving blood transfusions every three weeks to replenish her red blood cell supply at TSCS.

Though the transfusions have done a good job of treating the condition, long term they

can cause iron overload, which leads to serious complications within the liver, heart and endocrine glands.

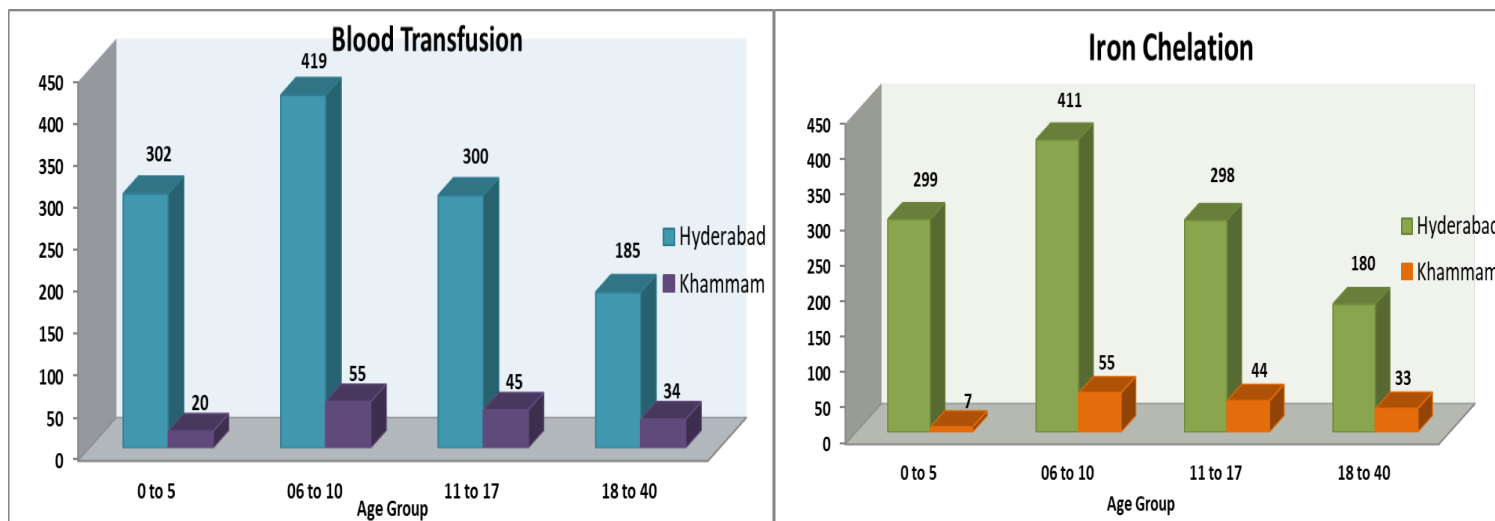
Since we have a large number of these children in our city, in our country, we thought it is appropriate to treat them at day-care centre. So these children come in a comfortable environment to have their blood transfusion. Many have joined in this journey to support our cause and run the blood centre & the day care transfusion with the best facilities in Hyderabad. There is care which goes beyond giving and words, that helps each thalassemia kids to grow in life and take up challenges of life.

So there is no question, it is a very established fact that unless you have this care center like TSCS in place for those who have chronic diseases or life threatening illnesses, you will not be able to provide them with the quality that they deserve.

Pravalika is a 3<sup>rd</sup> grade student who enjoys her studies, she hopes when she grows up, she can be a collector to help many in need like her. Parents after 8 years have now thought of going for another child. Pravalika's mother has conceived and prenatal diagnosis is done and fetus is safe and they could have 2nd normal child.



# Transfusion Details



Total number of patients for the month of **August 2021** including all patients group were **1142** some patients were given 2 units of blood, the total units provided where **1596** this include **154** units provided in **Khammam**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
212	2	26 (5 – Khammam )	Nil

## MONTHLY DONORS FOR AUGUST 2021

1	Murali K Siripurapu	16	Blend Colours Pvt Ltd
2	Shrinath Rotopack Pvt Ltd	17	SPP Poly Pack Pvt Ltd
3	Manna Trust	18	Sri Krishna Jewellery Mart
4	Prasanth	19	Global Steels
5	Supreme Agencies	20	Smt Banarsai Bai
6	Srikanth Gullapalli	21	Amir Ali Dharani
7	Prof. V. R. Rao	22	Chandrakant Agarwal
8	Deccan Switch Gears	23	Rajinikanth Agarwal
9	Dr. C. Anupama Reddy	24	A S Iron & Steel
10	Ch. Shashidar Reddy	25	Kumar Enterprises
11	V Balveeraiah & Sons	26	Sri Navadurga Billets Pvt Ltd
12	Sreyas Holistic Remedies Pvt Ltd	27	Ms Rozina Jiwani
13	Hariom Pipe Industries Ltd	28	Advy Chemical Pvt Ltd
14	Sunkari Shyam Sunder	29	Seema Dharani
15	Aim Asia		



## Emotional Wellness

Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength. It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions. Emotional wellness also includes the ability to learn and grow from experiences. Emotional well-being encourages autonomy and proper decision making skills. It is an important part of overall wellness.

## Why is Emotional Wellness Important?

Emotional wellness allows you to accept how you are feeling. Once you accept your feelings, you can begin to understand why you are feeling that way, and decide how you would like to act in response to those feelings. Being emotionally well grants you the power to express feelings without any constraints. In turn, you will be able to enjoy emotional expression and be capable of forming supportive and interdependent relationships with others.



### Thalassemia & Sickle Cell Society

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Particulars	Units
SENSITISATION PROGRAMMES ORGANISED	13
BLOOD DONATION CAMPS	11
OPENING STOCK	419
COLLECTED UNITS OF BLOOD	1613
DISCARD OF BLOOD UNITS	34
UNITS PROVIDED TO THALASSEMIA + GENERAL FREE ISSUES ( Khammam 40Units )	1596