



● DECEMBER 2021

Thalassemia & Sickle Cell Society *report*

“ Living an Exemplary Life.”

BHARATH

Bharath! The one who stands out.

While many Thalassemics are worried about their well being, Bharath stands out impeccably on his health management, setting an example for his Thalassemic peers.

Bharath was 6 months old when his parents sought medical attention because their lively, happy baby experienced a drop in energy level and looked pale. With little awareness about the disorder across the country, his parents ended up in Mumbai where he was initially treated for Thalassemia major. Doctors reassured Bharath's parents that he would live a good life and would be able to have children someday, despite conflicting health information for people living with thalassemia. It was well known that people with thalassemia could suffer from a variety of complications, such as heart problems, that could lead to a shortened lifespan. The hope for a better future for Thalassemia patients, led his family to seek out Doctors and other Parents in Hyderabad who helped laying the foundations for TSCS.

With all the apprehensions about the future of their boy, the parents ended up in TSCS seeking help. Bharath was one of the first members of the society, being diagnosed with Thalassemia at the age of 6 months. Though the parents knew the name of the disorder, they always had doubts on how their son ended up with thalassemia, a genetic blood disorder they never heard of or even knew of with-in any extended family members. With proper counselling and medical guidance at TSCS, Bharath's parents discovered that they were, in fact, thalassemia carriers. While Bharath's par-

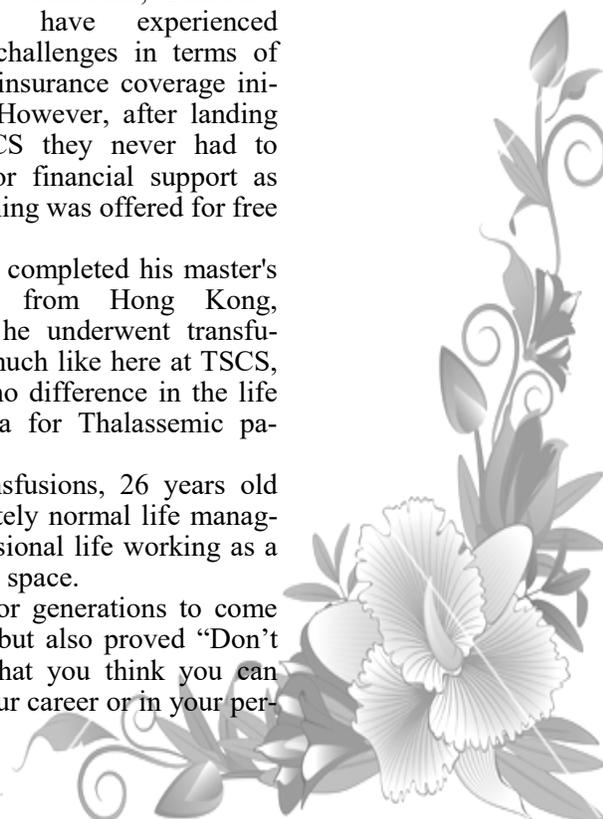
ents each had one copy of the defective gene needed to make healthy red blood cells, Bharath had inherited two copies of the defective gene (received one from each parent). Bharath had a severe form of anemia that would require red blood cell transfusions every 3 to 4 weeks throughout his life. With this understanding, Bharath's parents accepted his thalassemia diagnosis and began to consider what it might mean for Bharath's future.

Bharath was brought up in Hyderabad and completed his schooling and graduation with distinction, he has had an active childhood with keen interest in sports including cricket and football as well as extra-curricular activities. He grew up responsible with proper health management. Like many people with chronic conditions, Bharath's parents have experienced many challenges in terms of health insurance coverage initially. However, after landing at TSCS they never had to look for financial support as everything was offered for free of cost.

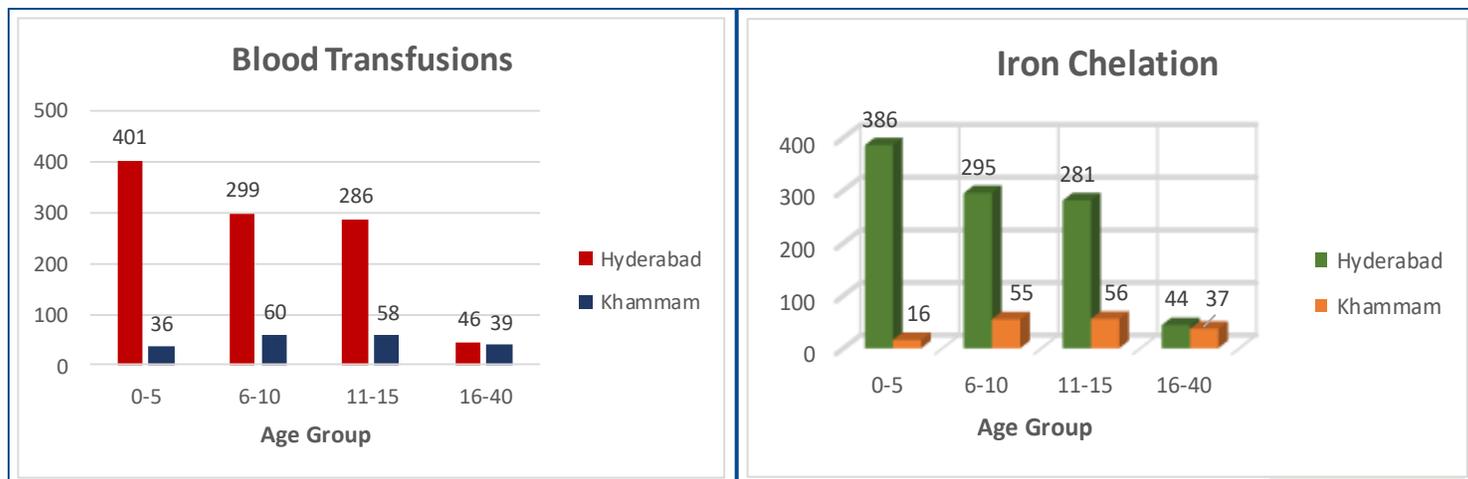
He has completed his master's degree from Hong Kong, where he underwent transfusions much like here at TSCS, demonstrating little to no difference in the life in and outside of India for Thalassemic patients.

With close to 500 transfusions, 26 years old Bharath leads a completely normal life managing personal and professional life working as a consultant in technology space.

He is our role model for generations to come who not only believed but also proved “Don't let thalassemia limit what you think you can accomplish, either in your career or in your personal life.”



Blood Transfusion Details



Total number of patients for the month of **December 2021** including all patients group were **1228** some patients were given 2 units of blood, the total units provided where **1275** this include **196** units provided in **Khammam**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
303	02	18 (5 – Khammam)	Nil

MONTHLY DONORS FOR DECEMBER 2021

1	Murali K Siripurapu	19	Blend Colours Pvt Ltd
2	Shrinath Rotopack Pvt Ltd	20	SPP Poly Pack Pvt Ltd
3	Manna Trust	21	Sri Krishna Jewellery Mart
4	Prasanth	22	Global Steels
5	Supreme Agencies	23	Smt Banarsai Bai
6	Srikanth Gullapalli	24	Seema Dharani & Amirali Dharani
7	Prof. V. R. Rao	25	M. Unnithi
8	Deccan Switch Gears	26	Naresh Rathi
9	Dr. C. Anupama Reddy	27	A S Iron & Steel
10	Ch. Shashidar Reddy	28	Dr Bindu
11	V Balveeraiah & Sons	29	Bharat Bhushan Agarwal
12	Sreyas Holistic Remedies Pvt Ltd	30	Ramkumar Shankhla
13	Hariom Pipe Industries Ltd	31	Riyaz Ahmed
14	Sunkari Shyam Sunder	32	Saraswathi Mocharla
15	Aim Asia	33	Y Vijay Kumar
16	Sri Nava Durga Billets Pvt Ltd	34	Debabrata Saharay
17	Devendra Gupta	35	NASSCOM Foundation
18	Kabir Hudda	36	Maqbool Ahmed

How can I reduce my risk of getting COVID-19

There are many things you can do to keep yourself and your loved ones safe from COVID-19. Know your risks to lower risks. Follow these basic precautions:

- Follow local guidance: Check to see what national, regional and local authorities are advising so you have the most relevant information for where you are.
- Keep your distance: Stay at least 1 meter away from others, even if they don't appear to be sick, since people can have the virus without having symptoms.
- Wear a mask: Wear a well-fitting three-layer mask, especially when you can't physically distance, or if you're indoors. Clean your hands before putting on and taking off a mask.
- Read our Masks and COVID-19 Q&A and watch our videos on how to wear and make masks.
- Avoid crowded places, poorly ventilated, indoor locations and avoid prolonged contact with others. Spend more time outdoors than indoors.
- Ventilation is important: Open windows when indoors to increase the amount of outdoor air.
- Avoid touching surfaces, especially in public settings or health facilities, in case people infected with COVID-19 have touched them. Clean surfaces regularly with standard disinfectants.
- Frequently clean your hands with soap and water, or an alcohol-based hand rub. If you can, carry alcohol-based rub with you and use it often.
- Cover your coughs and sneezes with a bent elbow or tissue, throwing used tissues into a closed bin right away. Then wash your hands or use an alcohol-based hand rub.
- Get vaccinated: When it's your turn, get vaccinated. Follow local guidance and recommendations about vaccination.



Wash your hands frequently



Cough and sneeze into the elbow



Dispose of used tissues immediately



Avoid contact with others



Avoid crowds and public gatherings



Avoid touching your face



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Particulars	Units
SENSITISATION PROGRAMMES ORGANISED	23
BLOOD DONATION CAMPS	18
COLLECTED UNITS OF BLOOD	1509
DISCARD OF BLOOD UNITS	45
UNITS PROVIDED TO THALASSEMIA + GENERAL FREE ISSUES (<i>Khammam 203 Units</i>)	1486
GENERAL PAID ISSUES	21