

● JANUARY 2020

# Thalassemia & Sickle Cell Society

## *report*

Dealing with the right perspective  
can bring Healing inside and out



**Roop Aurouna**

Roop Auroun was diagnosed with a severe form of thalassemia at the age of 8 months. And his bright, hopeful days as an infant became the darkest days of his life. You see, thalassemia, in simple terms, is a genetic mutation that affects the blood cell and causes it to be unable to carry oxygen. He started receiving blood transfusions shortly thereafter—a treatment regimen he has to continue all through his life. Thalassemia is a daunting disease. The victim must receive blood from donors.

Parents of Roop remembers the counseling as a source of wisdom and practical advice that helped them cope with the demands of managing thalassemia treatment. One of the counselor in TSCS encouraged them not to view thalassemia as a limitation but to see it instead as a part of the human experience, giving way to give a new perspective and allowed to think in a positive way. Today Roop stands first in his class and is sharp

in his action and wisdom.

In school he immersed himself in the world of academia, motivated to give his best even when he feels low and exhausted, it only took one more visit to TSCS, one more transfusion, to make him work at full speed once again. Roop is determined to make an impact, to ensure that everybody with disease as devastating as thalassemia would be able to fulfill happy and productive lives.

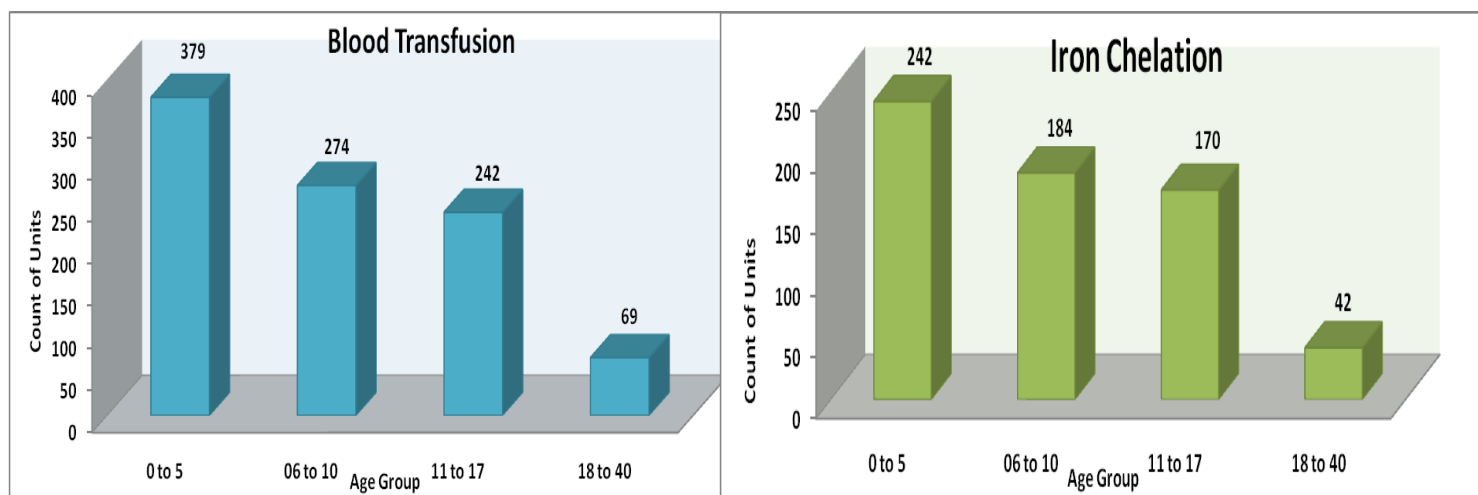
Some of the take away from Roop's positive outlook for life:

- Don't be afraid to reach out to others for support when you are struggling.
- Learn to stand up for yourself by speaking your mind.
- Know that thalassemia does not define you. You decide how to define yourself and what your purpose in life will be.

Being a bit on edge also can sharpen your senses and help you perform better



# Transfusion Details



Total number of patients for the month of **January 2020** including all patients group were **964** some patients were given 2 units of blood, the total units provided where **1255**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
43	1	16	NIL

## MONTHLY DONORS FOR JANUARY 2020

1	IBM INDIA PVT.LTD.	11	GEETHA PANDEY	21	V BALVEERAAIAH SONS
2	MURALI K SIRIPURAPU	12	SPP POLY PACK PVT LTD	22	KUMAR ENTERPRISES
3	MR.SIVAPRAKASH	13	BLEND COLOURS PVT LTD.,	23	SRHI KRISHNA JEWELLERY MART
4	MUNNA TRUST	14	MS PALLAVI JAIN	24	MR.C.SHASHIDAR REDDY
5	SUPREM AGENCIES	15	St ANN'S DEGREE COLLEGE for WOMEN	25	DR.C.ANUPAMA REDDY
6	DECCAN SWITCHGEARS	16	A S IRON & STEEL	26	AIMS ASIA
7	SREYAS HOLISTICS REMEDIES (P) LTD	17	NAV DURGA TEXTILES PVT LTD	27	GLOBAL STEELS
8	PROF V.RAGAVENDRA RAO	18	AMBIKA IRON & STEEL	28	MR SRIKANTH GULLAPALLI
9	SHRINATH ROTOPACK PVT LTD	19	MR ARAVIND KUMAR GUPTA	29	SMT BANARSAI BAI
10	HARI OM PIPE INDUSTRIES LTD	20	AMIR ALI DHARANI		

# Children with Chronic Illness: Dealing with Emotional Problems and Depression



Feelings of sadness, depression, or being overwhelmed may come and go for both you and your child. This is normal and healthy. In fact, the majority of children really do manage their situation well, despite riding an emotional roller coaster on occasion. Researchers believe that the likelihood of emotional and behavioral problems associated with chronic illness has been decreasing recently because parents, school staffs, and healthcare providers are learning more effective ways to help children and their parents meet their psy-chological needs.

School-age children rarely state that they are sad or depressed. Instead, they may withdraw from friends and family or exhibit rebellious or angry behavior. They may do poorly in school.

Make an ongoing effort to discuss with your child what he is experiencing. Do you think he is displaying signs of despair and hopelessness related to his illness and future? Encourage him to talk about these feelings with you or with another trusted adult. Because your child may not even be aware of his feelings, try beginning these conversations with statements like "If I were you, I think I would be feeling..." or "I have read that many kids with this condition feel lonely and sad. How do you feel?"

Some parents are hesitant to discuss feelings about the disease with their child, in an effort to protect the youngster from emotional hurt. Most experts, however, disagree with that point of view. Children can usually adjust much better to an unpleasant truth than to the perception that their parents are upset and hiding something from them. If parents and children do not talk openly, the opportunities for misinterpretation are high. A youngster's imagi-nation can run wild, and fears may emerge or be exaggerated. Remind your child that he is not going through this alone and that you will re-main a constant source of love and support. Be someone the child can count on and trust.

Particulars	Units
Sensitisation programmes organised	25
Blood donation camps	21
Units provided to thalassemia + general free issues	1255
30% GOVT HOSPITAL FREE ISSUES	58
GENERAL PAID ISSUES	225
FFP ISSUES	1643
SDP	3



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