

● JANUARY 2021

Thalassemia & Sickle Cell Society

“ Breaking out from the Layer of Fear ”

report



Siddharth

From the age of six months, Siddharth has spent much of his life taking Blood transfusion in TSCS just for one reason that he was diagnosed with beta-thalassemia. Why did this happen to him that he has to live all his life in this manner. **Thalassemia** is an **inherited** (i.e., passed from parents to children through genes) blood disorder caused when the body doesn't make enough of a protein called haemoglobin, an important part of red blood cells. In his case his parents was consanguineous marriage which could be the cause?

Consanguineous *marriage* is referred to a *marital* union among close biological kin. In clinical genetics, it is called the relationship by marriage between first and second cousins

The challenge of living with thalassemia is something that one has to experience for a lifetime. It is very crucial to stay on track with transfusions and other treatments for thalassemia in order to stay healthy. Do not let Fear Rule over you, instead let hope prevail

Every day 27 children with thalassemia are born in India. Blood transfusion is the only hope for life. Since the lockdown, blood banks are facing an acute blood shortage.

There is not much that can be done once diagnosed with this disorder, but much can be accomplished with awareness and education on this subject. I want people to know that they can turn a blood disorder into a positive experience and a message to many.

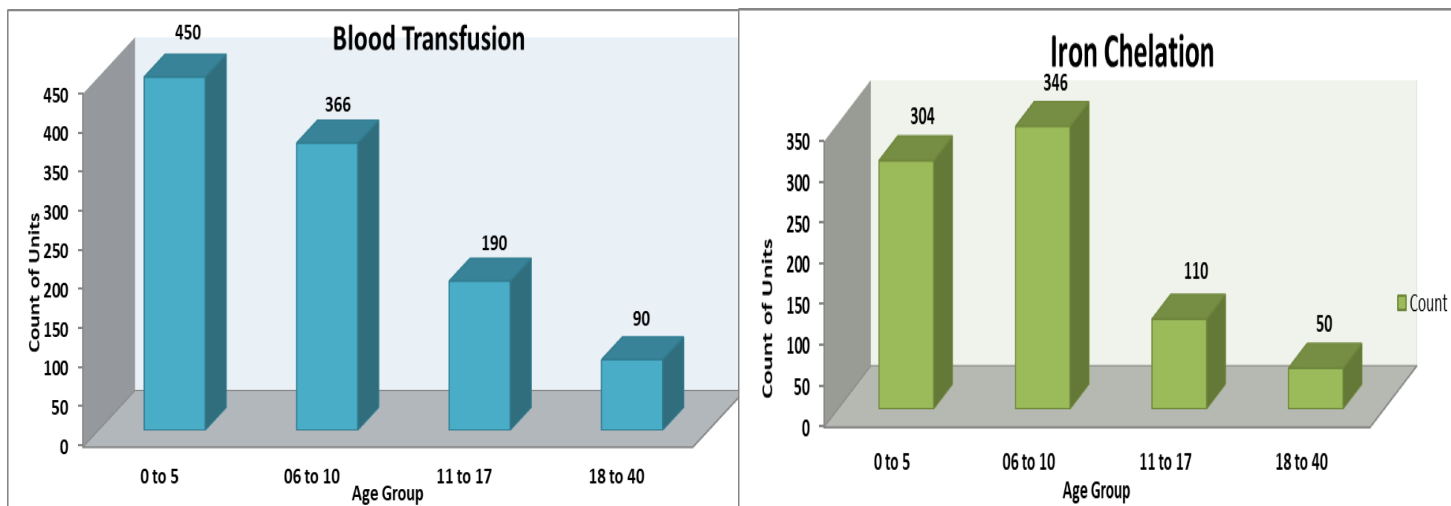
Siddharth's father says that TSCS has been there for his family through all ups and downs of life, the non-profit organization, dedicated to serving people with thalassemia,

“There's something different about people who are confronted with challenges, Siddharth is 5 years now, as a family, they are determined to overcome all challenges thalassemia is going to present. It is emotionally difficult at times, because the treatment kept him away from doing much physical activity or attending social outings or regular school and missing many childhood activities.

TSCS connects you to a whole community of people who are like you, which enables you to make very special friends. It also teaches you to be resilient and to make the most out of a difficult situation.



Transfusion Details



Total number of patients for the month of **January 2021** including all patients group were 1096 some patients were given 2 units of blood, the total units provided where **1334**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
85	2	10	01

MONTHLY DONORS FOR JANUARY 2021

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4	Prasan	17	Global Steels
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11	V Balveeraiah & Sons	24	Nasscom Foundation
12	Sreyas Holistic Remedies Pvt Ltd	25	CH VSR Krishna
13	Hariom Pipe Industries Ltd	26	J Santhosh Kumar

COVID-19 PARENTING When Children Misbehave...

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

Redirect

- > Catch bad behavior early and redirect your kids' attention from a bad to a good behavior.
- > Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."

Take a Pause

- < Feel like screaming?
Give yourself a 10-second pause.
Breathe in and out slowly five times.
Then try to respond in a calmer way.
- < Millions of parents say this helps - A LOT.

Use consequences

- Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.
- > Give your child a choice to follow your instruction before giving them the consequence.
- > Try to stay calm when giving the consequence.
- > Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.

Keep using Tips 1-3

- > One-on-One time, praise for being good, and consistent routines will reduce difficult behaviour.
- > Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!



Thalassaemia & Sickle Cell Society

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Particulars	Units
SENSITISATION PROGRAMMES ORGANISED	25
BLOOD DONATION CAMPS	22
COLLECTED UNITS OF BLOOD	1773
CLOSING STOCK	737
UNITS PROVIDED TO THALASSEMIA + GENERAL FREE ISSUES	1348
GENERAL PAID ISSUES	38
FFP ISSUES	1645