

● JULY 2020

# Thalassemia & Sickle Cell Society

## *report*

*We are not defined by the obstacles placed in our way, but by how we overcome them*



Swati (22)

Sreedeeekshitha (12)

Thalassemia, and the challenges that accompany it, have helped me become stronger and overcome many difficulties and negative feelings.” This is the perspective of two sisters who, throughout their life, have coped with the demands of thalassemia, an inherited blood disorder in which the red blood cells aren’t able to get enough oxygen to the tissues and organs in the body. Swati (22) and Sreedeeekshitha (12) regulate to TSCS for their blood transfusion

Hoping that Swati might be cured of thalassemia through bone marrow transplant. Parents planned for a safe pregnancy after 10 years. Unfortunately, it turned a heart breaking story that even after doing Prenatal testing (which are aspects of prenatal care that focus on detecting problems with the pregnancy as early as possible) their second child was also

thalassemic. Parents were sad and upset that this fell through. The next plan will be to focus on providing the best possible thalassemia treatment. Who knows what the future holds in store for both the sisters.

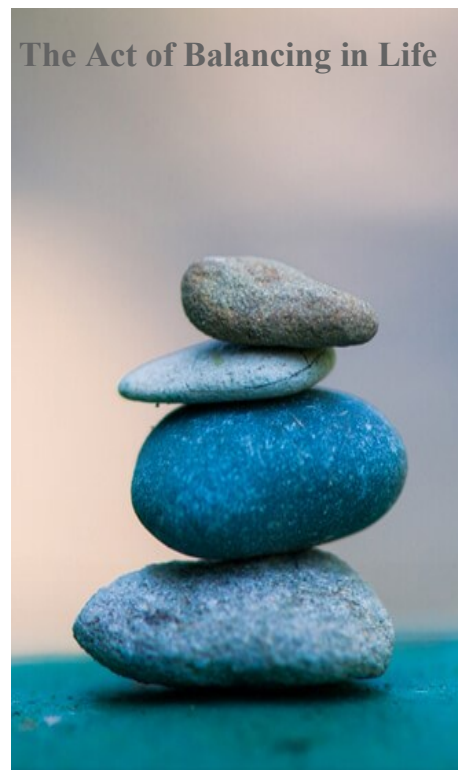
The family preferred to keep many personal things private, so they never told anyone outside the family about thalassemia. Despite the juggling challenges thrown by Thalassemia, Swati has managed to get into Job with a multi national company just before the Lockdown and very comfortably able to work from home. She has learned to Strive to be her best, but also recognized that some things cannot be changed and so she will have to learn to accept them.

Swati & Sreedeeekshitha is profoundly indebted to her family, and especially to her mother & TSCS, for helping her overcome all the struggles they face.

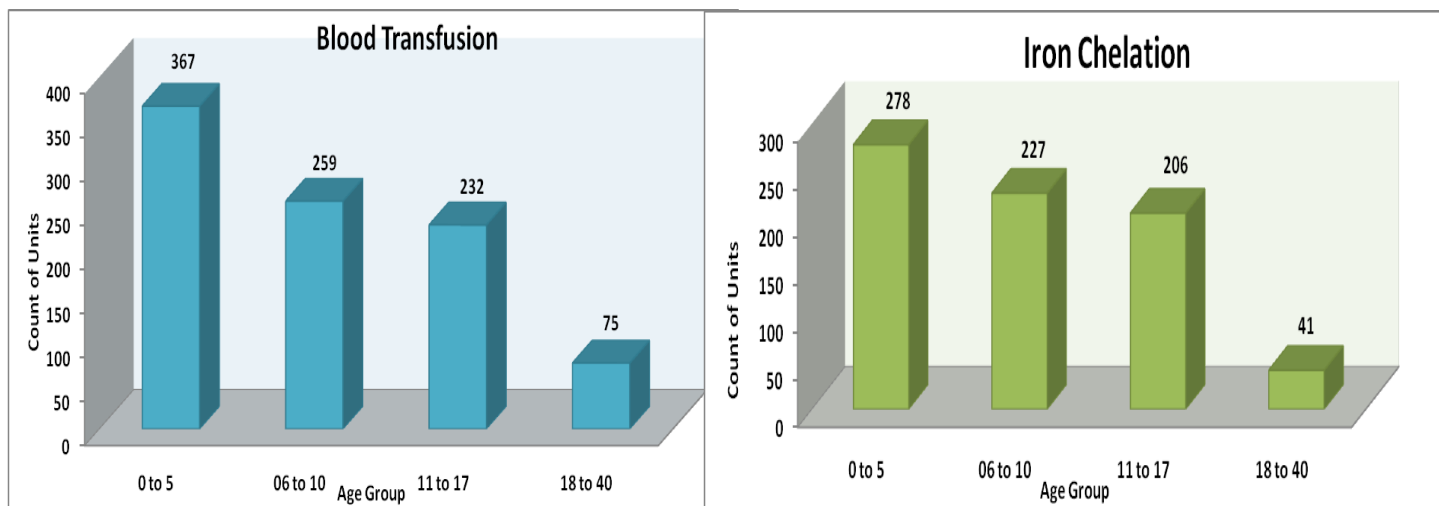
Their Mother says that that living in your repetitive thoughts will not solve the problems you need to solve, and will not give you the pleasure of the present moment. You have been hitting yourself in the head. Put down the hammer and pick up your life.



### The Act of Balancing in Life



# Transfusion Details



Total number of patients for the month of **JULY 2020** including all patients group were **933** some patients were given 2 units of blood, the total units provided where **1189**.

HPLC at Society Couples/siblings	CVS referred to CDFD	New registrations	Splenectomy
18	1	4	NIL

## MONTHLY DONORS FOR JULY 2020

1	MURALIK SIRIPURAPU	11	PRASANTHA
2	MUNNA TRUST	12	HARIOM PIPE INDUSTRIES LTD
3	SRIKANTH GULLAPALLI	13	SPP POLY PACK PVT LTD
4	SUPREEM AGENCES	14	GLOBAL STEELS
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9	DR.C.ANUPAMA REDDY	19	A S IRON & STEEL
10	DECCAN SWITCH GEARS	20	AIMS ASIA

# Strategies for improving your emotional health



## Brighten your outlook

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.



## Reduce stress

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.



## Get quality sleep

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.



## Strengthen social connect

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbours, or others, social connections can influence our biology and well-being.

Particulars	Units
Sensitisation programmes organised	18
Blood donation camps	12
Collected units of blood	1291
Units Provided to Thalassemia + General Fee Issues	1189
GENERAL PAID ISSUES	264
FFP ISSUES	897



## Thalassemia & Sickle Cell Society

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