



Thalassemia and Sickle Cell Society

My journey began with my loving family....

By Priyadarshini B & Dr. Padma G

My name is Anirban, and I have been living with Thalassemia since I was a baby. Thalassemia is a genetic blood disorder that affects the production of a protein called Haemoglobin which carries oxygen in RBCs. As a result, my body struggles to produce enough healthy RBCs, leading to anaemia and many complications. Despite the challenges I face, my journey with Thalassemia has taught me to embrace life with strength & resilience.



From a young age of around 11 months (from 2005), I had known a life coloured with the presence of HbE-Beta Thalassemia. At around the age of 10 months, I used to be very fragile, and even fall down while walking, and by looking at this, few of my well wishers Dr. Santosh & Dr. Anita who are my family friends, told me to get checked at Global Hospitals. I was diagnosed by Dr. Sailesh R. Singi at Global and then he referred me to TSCS then. Growing up, I had to visit the hospital regularly for transfusions and keep my Hb levels stable. Yet, my story is not defined by limitations, but rather by my spirit and determination to paint my own destiny.

My journey began with my loving family, who stood as pillars of strength and support. My grandparents, parents and my sister are relentless advocates for my well being. They taught me that thalassemia might present challenges, but it could never dull my spirit. With their guidance, I learned to face each day with a smile, embracing the beautiful shades life had to offer. They encouraged me to be as independent as possible and manage my condition and fostering a sense of responsibility and self-care from a young age. Although my friends didn't understand why I needed breaks in between physically demanding activities, they almost always treated me with kindness and empathy.

As I grew older and older, my understanding of thalassemia deepened. I became an active participant in my healthcare, let it be taking Asunra Tablets in 6AM in the morning or pricking myself with Desferal Injection at 6PM in the evening, I sought ways to manage my condition and live my life to the fullest. My dedication to my healthcare wasn't 100% it was full of ups and downs, and despite my efforts to stay healthy, I faced occasional complications that required hospitalization. These moments were undoubtedly tough, but I always tried to maintain a positive outlook, and the Amazing healthcare team of Dr. Suman Ma'am, Dr. Saroja Ma'am & Dr. Moinuddin Sir and Fabulous team of Nurses, special mentions to Priya Sister who took care of me since my first transfusion at TSCS engaged me and marveled at my resilience and determination. Their compassion and expertise gave me hope, and I was inspired to pursue a career in Life Sciences and Research, hoping to make a difference in the lives of others as they had in mine.

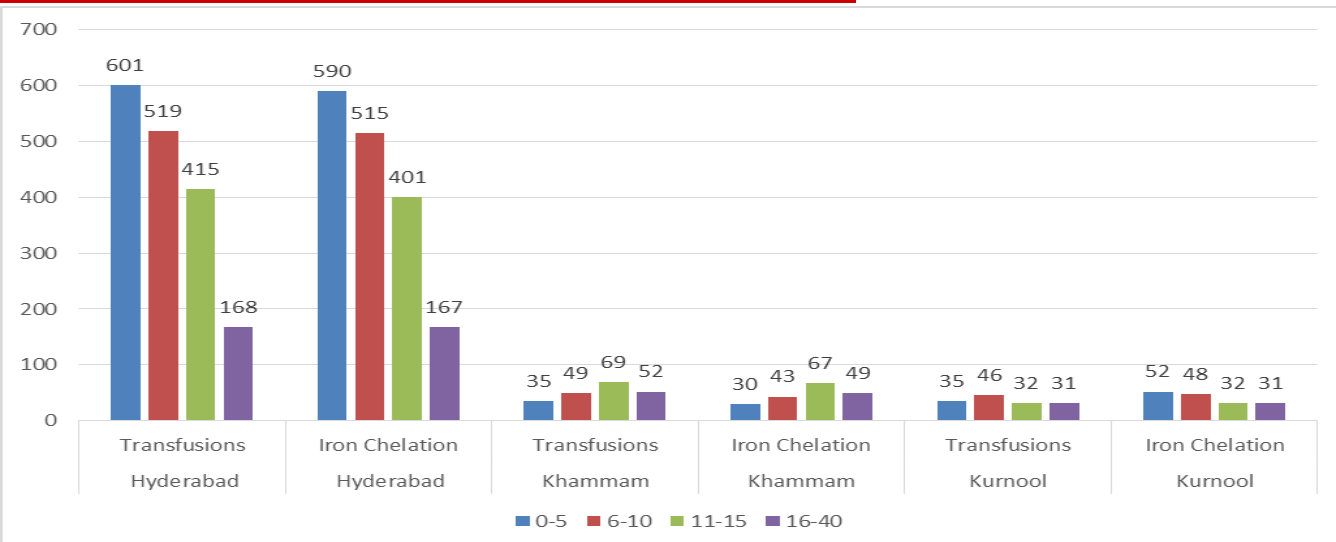
Through Blood Transfusions, Medications, Chelation, Imaging and Ongoing medical care, I am preserving my dream to become a Research Scientist, I was so enthusiastic about learning more about my condition, that I made my research project on Thalassemia in my Class XII, currently I am pursuing my B.Sc. (2nd Year) at the prestigious institution of Bhavan's Sainikpuri.

In the end, Thalassemia has never intervened in my academic and personal life, hence my journey with thalassemia has not only shaped my life but also educated hundreds of people around me.

Awareness about Thalassemia



Transfusion Details



Total number of Blood Transfusions for the month of **June 2023** including all patients group were **1703 (Hyderabad)**, **205 (Khammam)** and **144 (Kurnool)** & a total of **2053, 305 and 150** units of blood provided to patients in respective centres

HPLC at Society	CVS referred to CDFD	New registrations	Splenectomy
526	05	46 (32 @ Hyderabad, 05Khammam & 09 @ Kurnool)	NIL

378 Antenatal women were screened for Thalassemia and Sickle cell anemia carrier status from Government Maternity Hospital, Petlaburj (190) , Mahabubnagar PHCs(188) of which 03 were found to be Thal carriers, 02 AS and 01 HbD carriers out of all husbands are Negative.

BLOOD BANK

S.No	Particulars	Units
1	Sensitization Programmers Organized	42
2	Total No of Blood Donation Camps	38
3	Opening Stock	200
4	Blood Units Collection at Camps	2753
5	Thalassemic & General Free Issues	2505



Donations



Monthly Donors For November 2022

1	Murali K Siripurapu	14	Giving Foundation
2	Shrinath Rotopack Pvt Ltd	15	Sri Mahalaxmi Jewellers
3	Manna Trust	16	Aim Asia
4	Prasanth	17	Sri Nava Durga Billets Pvt Ltd
5	Supreme Agencies	18	Blend Colours Pvt Ltd
6	Srikanth Gullapalli	19	SPP Poly Pack Pvt Ltd
7	Prof. V. R. Rao	20	Sri Krishna Jewellery Mart
8	Deccan Switch Gears	21	Smt Banarsai Bai
9	Dr. C. Anupama Reddy	22	A S Iron & Steel
10	Ch. Shashidar Reddy	23	Rajesh Jain
11	V Balveeraiah & Sons	24	Sudha Prasanth
12	Sreyas Holistic Remedies Pvt Ltd	25	Maqubool Ahmed
13	Hariom Pipe Industries Ltd		

NEWS & EVENTS

Blood donation camp on 09th June 2023



Blood donation camp on 25th June 2023



From strangers to lifesavers

RAUNAK KUMAR

IN a world where division and discord seem to dominate the headlines, there are moments that remind us of the inherent kindness and compassion that still exist among us. World Blood Donor Day, celebrated on June 14 each year, provides an occasion for the people of Hyderabad to come together and honour the selflessness of blood donors.

CE seeking valuable insights into the intricacies of this noble cause speaks to medical practitioners and NGOs, who are actively driving progress in the field of blood donation. Dr Ganesh Jaishetwar, Hematologist, Hemato-Oncologist & Bone Marrow Transplant Physician at

Yashoda Hospitals, says, "Blood donation is a life-saving gift of life that somebody can offer without getting affected in any way. Every two seconds, somebody in our country needs blood or a blood product as a life-saving measure in the hospital. So the demand is huge. "Blood" is a broad term; it contains different blood products. One blood donation can save three lives because we separate the blood into three components: red blood cells, platelets, and plasma. Red blood cells are required for people with low hemoglobin; that is one component. Other components include plasma, which is a nutrient carrier in our body; and platelets, which help in blood clotting."

On asking about who can be

a potential blood donor, Dr Ganesh said, "Any healthy individual above the age of 18 can donate approximately 350 to 400 ml of blood."

Dr Chandrakant Agarwal, President, Thalassemia and Sickle Cell Society (TSCS), says, "We have registered more than 3,720 patients with us. Our children depend solely on blood for survival. Without regular blood transfusions every 15 to 20 days, they cannot sustain their lives. Blood is a lifelong requirement for them." Thalassemia and Sickle Cell Society is a non-profit, non-governmental organisation that provides free consultation, free blood, and transfusion facilities to Thalassemia and Sickle Cell Anaemia affected

children. On asking about how NGOs meet such critical blood requirements, Dr Chandrakant said, "We have more than 400 blood donation organisers who organise blood donation camps for us, like different MNCs, colleges, temples, mosques, and colonies. Every one of them is registered with us; whenever we require blood, we call them, and request them. We have organised about 2,870 blood donation camps, with the grace of God and our excellent team."



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Dr Chandrakant Agarwal, President, TSCS

TSCS, AIG organise mega camp for blood donation



World Blood Donor Day
14 June 2023

Typhoid

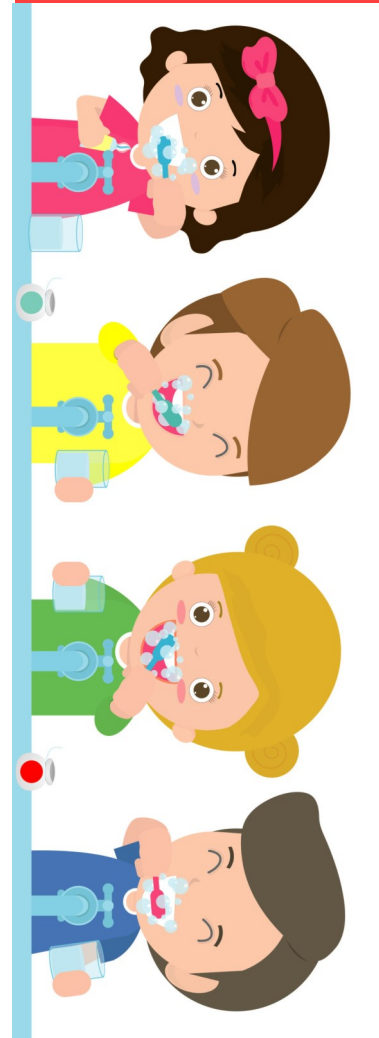
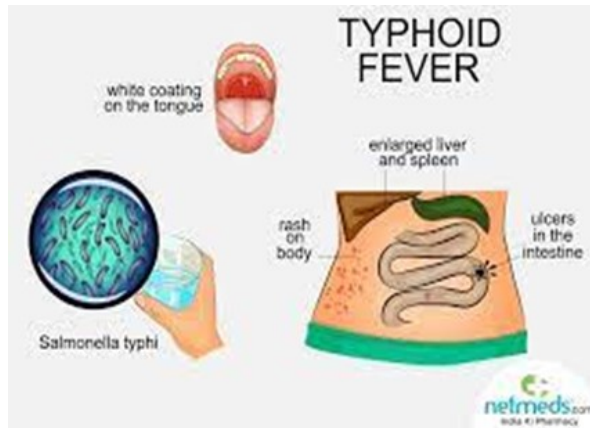
By Rishitha, Project Assistant TSCS

Typhoid fever is a life-threatening infection caused by the bacterium *Salmonella Typhi*. It is usually spread through contaminated food or water. Once *Salmonella Typhi* bacteria are ingested, they multiply and spread into the bloodstream.

Symptoms include prolonged high fever, fatigue, headache, nausea, abdominal pain, and constipation or diarrhoea. Some patients may have a rash. Severe cases may lead to serious complications or even death. Typhoid fever can be confirmed through blood testing. Typhoid fever can be treated with antibiotics.

Typhoid fever is common in places with poor sanitation and a lack of safe drinking water. Access to safe water and adequate sanitation, hygiene among food handlers and typhoid vaccination are all effective in preventing typhoid fever.

Typhoid conjugate vaccine, consisting of the purified Vi antigen linked to a carrier protein, is given as a single injectable dose in children from 6 months of age and in adults up to 45 years or 65 years (depending on the vaccine).



Reach us to extend your Help

All donations to Thalassemia and Sickle Cell Society are exempted under section 80G and 35(1)ii (Research only) act of Income Tax Act 1961



THALASSEMIA AND SICKLE CELL SOCIETY

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