



Thalassemia and Sickle Cell Society

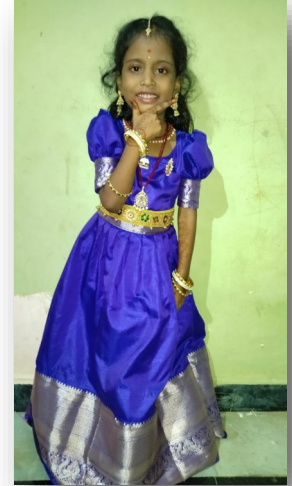
A Journey of Hope: Battling Thalassemia with Determination

By Dr Padma and Mrs Priyadarshini

In the quaint town of Shadnagar, Anjaneyulu, a diligent driver turned contractor of paintwork, and Santosha, a compassionate homemaker from Rangareddy district, embarked on a journey filled with unforeseen challenges and unwavering resilience.

Their story began with the joyous arrival of their firstborn, Akshaya. For the initial years, Akshaya's laughter echoed through their humble abode, bringing warmth and happiness to their lives. However, their tranquility was soon disrupted when Akshaya began experiencing recurrent bouts of cold, fever, and stomach pain.

Concerned about the child's sudden ill health, Anjaneyulu and Santosha sought medical guidance, leading them to a pediatrician in Kavakurthy. Upon examination, it was revealed that Akshaya's spleen was enlarged, setting off alarm bells in their hearts. The pediatrician promptly referred them to Niloufer, where a series of thorough investigations ensued.



Their worst fears were confirmed when the diagnosis was revealed – Akshaya was battling thalassemia major. In the midst of despair, the couple found solace in the compassionate guidance provided by the medical professionals at Niloufer. With heavy hearts, they learned about the lifelong regimen of blood transfusions and medications essential for managing Akshaya's condition.

Armed with newfound knowledge about thalassemia, Santosha delved into understanding the intricacies of her daughter's condition. Their journey led them to the Thalassemia and Sickle Cell Society (TSCS) in Shivarampally, Hyderabad, where they found a beacon of hope. Registered in 2022, they underwent genetic testing for their second child, Ashish, who was identified as a carrier.

Empowered by the support and guidance offered by TSCS, Anjaneyulu and Santosha embraced the challenges head-on, determined to provide Akshaya with the best possible care. As they explored treatment options, the prospect of a bone marrow transplantation emerged as a glimmer of hope for Akshaya's future.

Though the road ahead may be fraught with uncertainties, Anjaneyulu and Santosha remain steadfast in their resolve. With unwavering determination and the unwavering support of TSCS, they cling to the hope that one day, Akshaya will emerge victorious in her battle against thalassemia, reclaiming her childhood and dreams once more.

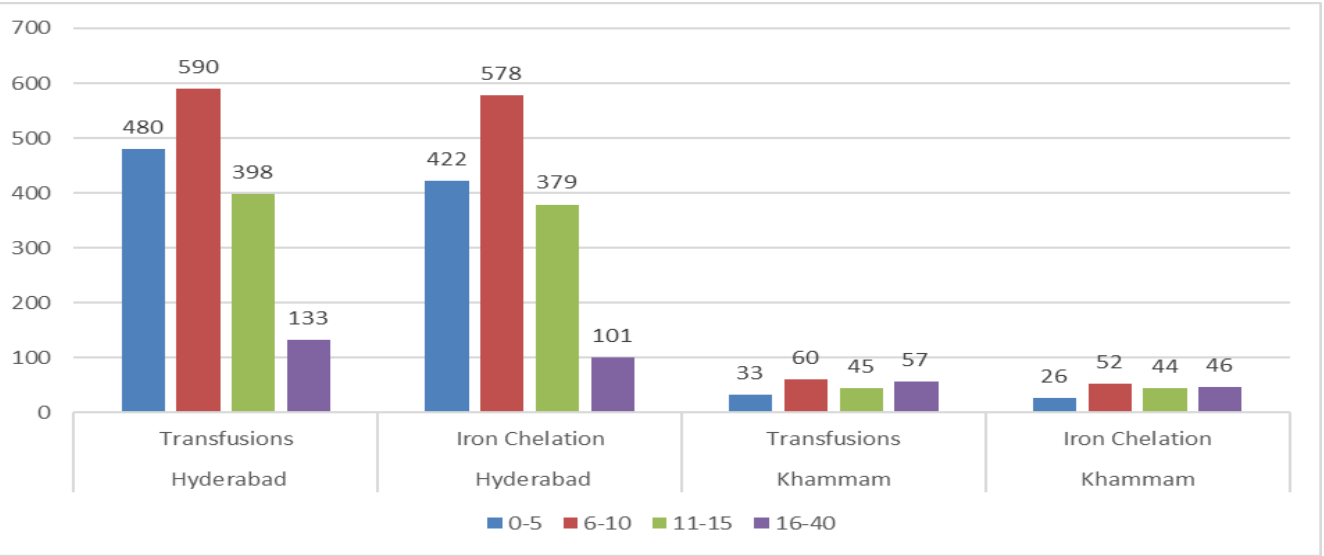
Awareness about Thalassemia





Donate blood and be the reason of smile to many faces.!

Transfusion Details



Total number of Blood Transfusions for the month of **March 2024** including all patients group were **1601 (Hyderabad)** and **195 (Khammam)** & a total of **1908** and **207** units of blood provided to patients in respective centres

HPLC at Society	CVS referred to CDFD	New registrations	Splenectomy
1336	4	37 (28 @ Hyderabad & 09 @ Khammam)	NIL

1084 Antenatal women were screened for Thalassemia and Sickle cell anemia carrier status from Government Maternity Hospital, Petlaburj (265) , Mahabubnagar PHCs (819) of which 17 were found to be Thal carriers, AS-3, HbD-4, HbE-1 and HbJ-5 carriers out one husband is carrier and couple went for PND and the Fetus was normal.

BLOOD BANK

S.No	Particulars	Units
1	Sensitization Programmers Organized	18
2	Total No of Blood Donation Camps	25
5	Blood Collection Camps and In-house	2403
6	Discard Bags	38
8	Thalassemic & General Free Issues (Khammam –150)	2098
10	General Paid Issues	50



Donations



Monthly Donors For March 2024

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	Mansoor Vail Mohammed Bhimani	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	Lohiya Edible Oils Pvt Ltd
11	V Balveeraiah & Sons	24	D Srinivas
12	Sreyas Holistic Remedies Pvt Ltd	25	Helping Hand Foundation
13	Hariom Pipe Industries Ltd	26	Dilipe

NEWS & EVENTS

Special thanks to VNR College Management and volunteers for live safer blood donors



International Women's Day Talk

Blood Donation Camp on 11 March 2024

International Women's Day
WOMEN & SICKLE CELL DISEASE

Let's join hands for
#INSPIREINCLUSION
 Virtual
MARCH 2024
 03:00 PM - 06:00 PM

Speaker
Dr Suman Jain
 Secretary and Chief Medical research Officer at
 Thalassaemia & Sickle Cell Society, Hyderabad

This Women's Day, NASCO brings to you the
**3rd National Multistakeholder Symposium on
 Women Battling with Sickle Cell Disease**





Summer Health Tips

Summer can be a fun time of year, but it's important to be ready for seasonal mishaps and illnesses that can affect your health. View our health advice to keep you and your loved ones fit and well during the nicer weather.

Foods to Eat During the Summer Season

During the summer season, our bodies lose water at a rapid rate. It is essential to replenish this lost water to keep the body's electrolytes in balance and remain hydrated.

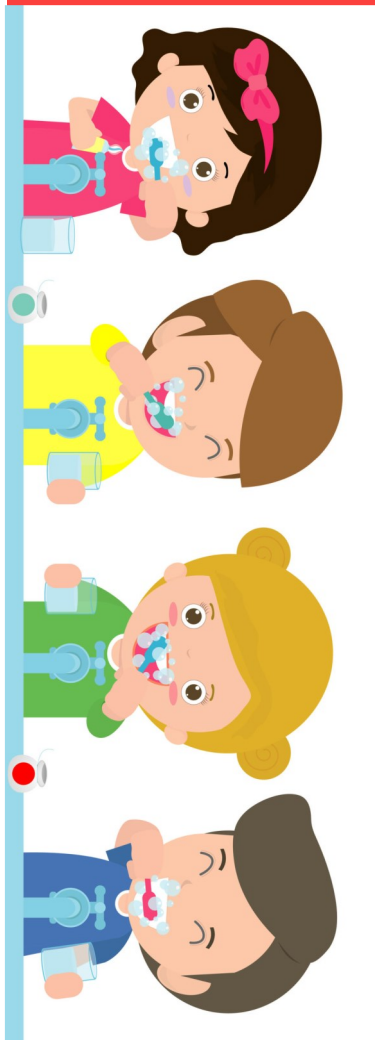
Food items that are rich in water content, cool the body and contain lots of essential vitamins and minerals are to be looked out for during the summer months. Seasonal fruits and veggies contain abundant nutrients.

Exercises that boost healthy living during Summer

Being consistent and staying active despite the heat is the key to achieving fitness. Below are some workouts that can be enjoyed during the summer months

General Tips to Beat the Heat

- Wear loose clothing.
- Digesting food during the summer months is especially difficult. Eat-in small quantities frequently to avoid indigestion and bloating.
- Wear sunglasses to protect your eyes from the harsh rays of the sun.
- Protect your skin from the ultraviolet rays by putting on generous amounts of sunscreen.
- Avoid excessive caffeine consumption.
- Try to stay indoors during the afternoons.
- Avoid fast food, deep-fried or street food.
- Drink plenty of water and other fluids.
- Consume seasonal fruits and veggies.



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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