सर्वे सन्तु निरामयाः

Jayadev Memorial

Rashtrotthana Hospital

&

Research Centre





SAMRAKSHA

Thalassemia Day Care Centre

Thalassemia

Thalassemia is a group of inherited blood disorders that affect the body's ability to produce hemoglobin, a protein in red blood cells that carries oxygen. Thalassemia is a genetic blood disorder characterized by the reduced production of hemoglobin.

The condition leads to anemia, which can cause fatigue, weakness, and pale skin.





Symptoms

- May have no symptoms or mild anemia.
- Anemia (fatigue, weakness, shortness of breath), bone deformities, enlarged spleen, slow growth, iron overload.







Diagnosis

- Blood tests (complete blood count, hemoglobin electrophoresis)
- Genetic testing





Treatment

- Blood transfusions,
- Iron chelation therapy (to remove excess iron),
- Bone Marrow Transplant (in some cases).





Complications

- Iron Overload
- Infection
- Bone Deformities
- Enlarged Spleen
- Retarded Growth
- Liver and Heart related Problems

Thalassemia in Karnataka: A Growing Health Concern

A study on pregnant women in Karnataka found a β-thalassemia trait prevalence of 8.5%, highlighting a significant carrier frequency in the state. This emphasizes the need for awareness, screening, and early intervention. Need for Early Screening

Comprehensive screening programs, especially for high-risk groups like pregnant women and college students, are essential. Early identification helps in informed family planning and timely medical interventions, reducing the disease's impact.

Importance of Awareness and Prevention

Public education on thalassemia, its transmission, and preventive measures is crucial. Community outreach programs can encourage participation in screening and help mitigate the burden of the disease in Karnataka.

Together, we can fight thalassemia through awareness, early detection, and better healthcare initiatives.

Source- Journal of Clinical and Diagnostic Research 7(7):1414-1417
DOI:10.7860/JCDR/2013/5286.3149

Samraksha

Launched on August 19, 2013, the Samraksha initiative began by providing treatment for 19 children diagnosed with Thalassemia. Over the years, this life-saving service has expanded significantly, supporting over 400 adult and paediatric age group patients by 2025.

Through systematic and specialized care, the program has significantly improved patient survival rates and quality of life. Many beneficiaries have achieved complete recovery, demonstrating the effectiveness of the comprehensive medical interventions provided.

What we do for the Holistic Wellbeing of Patients
Blood Transfusion
Emotional Support
Family Counseling
Proper Nutrition
Other Medical Support

At Samraksha, we ensure that patients receive holistic care, which includes:

In-House Blood transfusion and Care : Rashtrotthana Blood Centre provides specifically processed and appropriate blood components to reduce

















complications for the children suffering from Thalassemia who need repeated transfusion throughout their life.

Supervision during Transfusion: Dedicated team of doctors and nurses provide complete care during the blood transfusion.

Recreation: Samraksha is bedecked with toys to keep the children occupied during transfusion so that they don't panic and suffer from anxiety.

Library : A library, exclusively dedicated to children is set up to keep them engaged and provide a good read.

Facilities Offered at Samraksha

Blood Tests

Blood Transfusion

Medical Care

Chelation Therapy



Testimonials

A Haven for the Patients

I travel all the way from West Bengal for my blood transfusions because, back home, hospitals ask me to arrange a blood donor every time. It was exhausting and stressful. But here, at the Samraksha Project, everything is taken care of by the hospital itself. I don't have to worry about anything. The environment is peaceful, and the staff is kind and supportive. I finally feel safe and cared for, without the constant fear of where my next transfusion will come from.

A Second Home After Betrayal

After the death of my shauhar (husband), my own son abandoned me and my daughter, who suffers from thalassemia. We were left with no shelter, no support, and no hope. But then, the Samraksha Project embraced us with open arms. Here, we found not just medical care but also the warmth of a family. I will always remain grateful to the people behind this initiative, who proved that humanity still exists in this world.

A Lifeline in My Darkest Days

Losing my father left me completely helpless. I had no one to turn to, and survival itself became a challenge. That's when the Samraksha Project became my biggest support. They not only provide me with free blood transfusions and essential medicines but also ensure that I don't go hungry by offering breakfast and lunch. More than medical care, they gave me dignity and hope. Without Samraksha, I don't know how I would have survived.

A Mother's Unbreakable Spirit

When my father married another woman, he told my mother to let me die because he couldn't afford my treatment. But my mother refused to give up on me. She started washing utensils in other people's houses just to afford my medical expenses. Then, she found out about the Samraksha Project, and everything changed. Now, I receive free treatment, blood transfusions, and care without any financial burden. The kindness of this place has given my mother and me a new life. I will forever be grateful to the team at Samraksha for standing with us when no one else did.

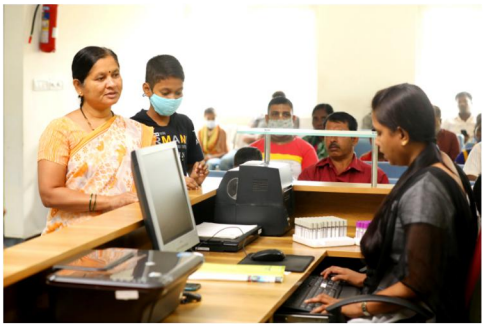














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SAMRAKSHA

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