SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAKH

A Report on"THALASSEMIA AWEERNESS AND TESTING CAMP"on 12th DEC 2019 at VIDYABHARTI TRUST, UMRAKH

College Name: SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAKH

Event Name: "THALASSEMIA AWARENESS AND TESTING CAMP"

Event Date, Time and Location: 12/12/2019, 11:30 amt o 4:00 pm, SNPIT& RC - AUDITORIUM

Brief Description of the Event:

"MY PURPOSE IN LIFE IS TRY AND CONTRIBUTE IN AWARENESS TOWARDS THALASSEMIA AND HAVE ZERO THALASSEMIA COUNTRY.."

What is thalassemia?

Thalassemia is an inherited blood disorder in which the body makes an abnormal form of hemoglobin. Hemoglobin is the protein molecule in red blood cells that carries oxygen. The disorder results in excessive destruction of red blood cells, which leads to anemia. Anemia is a condition in which your body doesn't have enough normal, healthy red blood cells.Thalassemia is inherited; meaning that at least one of your parents must be a carrier of the disorder. It's caused by either a genetic mutation or a deletion of certain key gene fragments.Thalassemia minor is a less serious form of the disorder. There are two main forms of thalassemia that are more serious. In alpha thalassemia, at least one of the alpha globin genes has a mutation or abnormality. In beta thalassemia, the beta globin genes are affected. Each of these forms of thalassemia has different subtypes. The exact form you have will affect the severity of your symptoms and your outlook.

Symptoms of thalassemia

The symptoms of thalassemia can vary. Some of the most common ones include:

- bone deformities, especially in the face
- dark urine
- delayed growth and development
- excessive tiredness and fatigue
- yellow or pale skin

Not everyone has visible symptoms of thalassemia. Signs of the disorder also tend to show up later in childhood or adolescence.

Causes of thalassemia

Thalassemia occurs when there's an abnormality or mutation in one of the genes involved in hemoglobin production. You inherit this genetic abnormality from your parents. If only one of your

parents is a carrier for thalassemia, you may develop a form of the disease known as thalassemia minor. If this occurs, you probably won't have symptoms, but you'll be a carrier. Some people with thalassemia minor do develop minor symptoms.If both of your parents are carriers of thalassemia, you have a greater chance of inheriting a more serious form of the disease. Thalassemia is most commonTrusted Source in people from Asia, the Middle East, Africa, and Mediterranean countries such as Greece and Turkey.

Different types of thalassemia

There are three main types of thalassemia (and four subtypes):

- beta thalassemia, which includes the subtypes major and intermedia
- alpha thalassemia, which include the subtypes hemoglobin H and hydropsfetalis
- thalassemia minor

All of these types and subtypes vary in symptoms and severity. The onset may also vary slightly.

Diagnosis thalassemia

If your doctor is trying to diagnose thalassemia, they'll likely take a blood sample. They'll send this sample to a lab to be tested for anemia and abnormal hemoglobin. A lab technician will also look at the blood under a microscope to see if the red blood cells are oddly shaped. Abnormally shaped red blood cells are a sign of thalassemia. The lab technician may also perform a test known as hemoglobin electrophoresis. This test separates out the different molecules in the red blood cells, allowing them to identify the abnormal type. Depending on the type and severity of the thalassemia, a physical examination might also help your doctor make a diagnosis. For example, a severely enlarged spleen might suggest to your doctor that you have hemoglobin H disease.

Treatment options for thalassemia

The treatment for thalassemia depends on the type and severity of disease involved. Your doctor will give you a course of treatment that will work best for your particular case.

Some of the treatments include:

- blood transfusions
- bone marrow transplant
- medications and supplements
- possible surgery to remove the spleen or gallbladder

Your doctor may instruct you not to take vitamins or supplements containing iron. This is especially true if you need blood transfusions because people who receive them accumulate extra iron that the body can't easily get rid of. Iron can build up in tissues, which can be potentially fatal.

If you're receiving a blood transfusion, you may also need chelation therapy. This generally involves receiving an injection of a chemical that binds with iron and other heavy metals. This helps remove extra iron from your body.

Outcome of event :

A drive was conducted at the campus of Vidyabharti Trust on 12th Dec 2019 where **Red CrossSociety,Ahmadabad** was specially invited to not only collect and test blood samples of students but also to acquaint them with what Thalassemia is, its type and effects.

A large number of students were present during the camp for getting their blood tested and **394** students' blood samples were collected for testing.

Photographs of event


S. N. Patel Institute of Technology & Research Centre, Umrakh
THALASSEMIA TESTING CAMP
(Red Cross, Ahmedabad)
In Association With
Date
12th December, 2019
Time
11:30 a.m. onwards
Venue
Workshop Auditorium,
SNPITARC
NSS Unit