


# WELCOME TO THE BLOOD HERO CLUB!



*Hi everyone! My name is Paul and today I'm going to tell you all something special about me. I have something called thalassaemia major. It sounds like a big word, but I promise it's not scary once you understand it. *

# WHAT IS THALASSEMIA? (THE TRUCK PROBLEM)



**STRONG CELL TRUCK**



**WEAK CELL TRUCK**

*Inside your body, you have something called blood, and inside your blood are tiny things called red blood cells. Red blood cells are like little delivery vans that carry oxygen around your body so you can run, play, think, and grow.*

*People without thalassaemia have red blood cells that work perfectly. But my body doesn't make strong red blood cells. My red blood cells break easily, so I don't have enough of them.*

*That means my body doesn't get as much oxygen as it needs, and I can get tired faster than other kids*

# HOW DOES IT FEEL? (THE LOW BATTERY!)



*Because my body doesn't get all the energy it needs, it makes me feel a few different things:*

*I can get really, really tired. Not just "time for bed" tired, but tired deep in my muscles, even if I haven't been running around.*

*I might look a little pale sometimes. Those little red trucks are what give our cheeks a pink colour!*

*Sometimes my bones ache a little bit. That's just because my body is working super, super hard trying to build new delivery trucks.*

# THE SUPER 'TOP-UP'! (TRANSFUSION)



*A blood transfusion is when I go to the hospital and get new, healthy blood from a donor. It's like giving my body a top-up so I can feel strong again. I usually need transfusions every few weeks. After I get them, I feel much better and have more energy.*

*We are now going to view this short video, it shows how a blood transfusion works and how it helps me stay healthy.*

*<https://vimeo.com/913356449?share=copy>*

## Why I Need Medicine Too

*When I get lots of transfusions, my body can collect too much iron. Iron is good in small amounts, but too much can be harmful. So I take special medicine to help my body get rid of the extra iron. It keeps me healthy and protects my organs.*

# YOU CAN BE A SUPER FRIEND!



 KINDNESS CLUB

*Even though I have thalassaemia major, I can still:*

- *Go to school*
- *Play with my friends*
- *Do sports (sometimes I just need more breaks)*
- *Have fun like everyone else*

*I just have to take extra care of my body and go to the hospital more often.*

## *Why I'm Telling You This*

*I want you to understand what thalassaemia is so you know:*

- *Why I might feel tired sometimes*
- *Why I miss school for hospital visits*
- *Why I'm still just like you — I just have a body that needs a little extra help*

# BLOOD: YOUR BODY'S DELIVERY TRUCKS!

*"Thalassaemia does not stop me being me  
it just means I am extra brave and strong!"*

*Thank you for being such great listeners  
today.*

*Does anyone have any questions ?*

