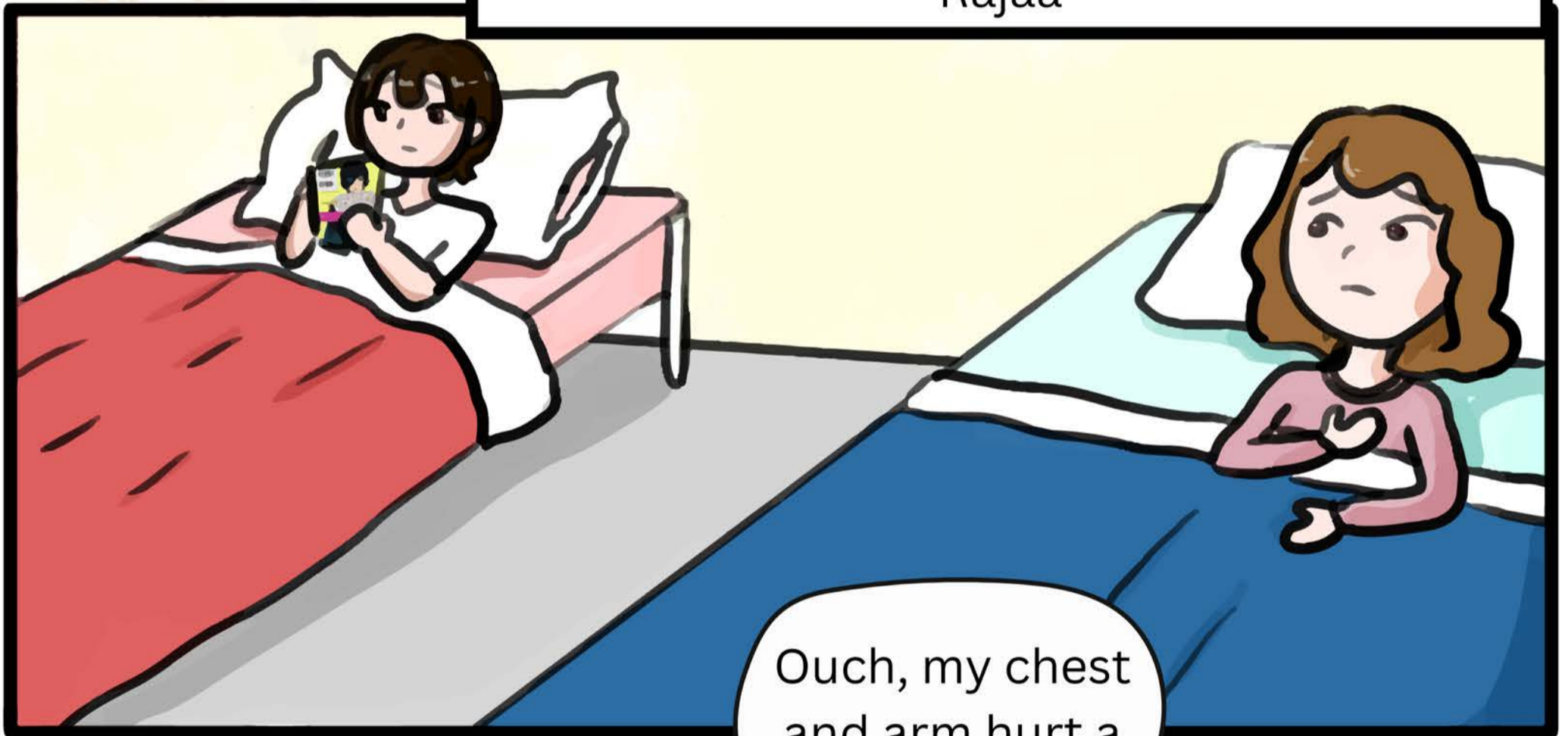


# المركز الاستشفائي الجامعي عنابة

A friendship was born in the heart of the hospital between two girls: Rahma and Rajaa

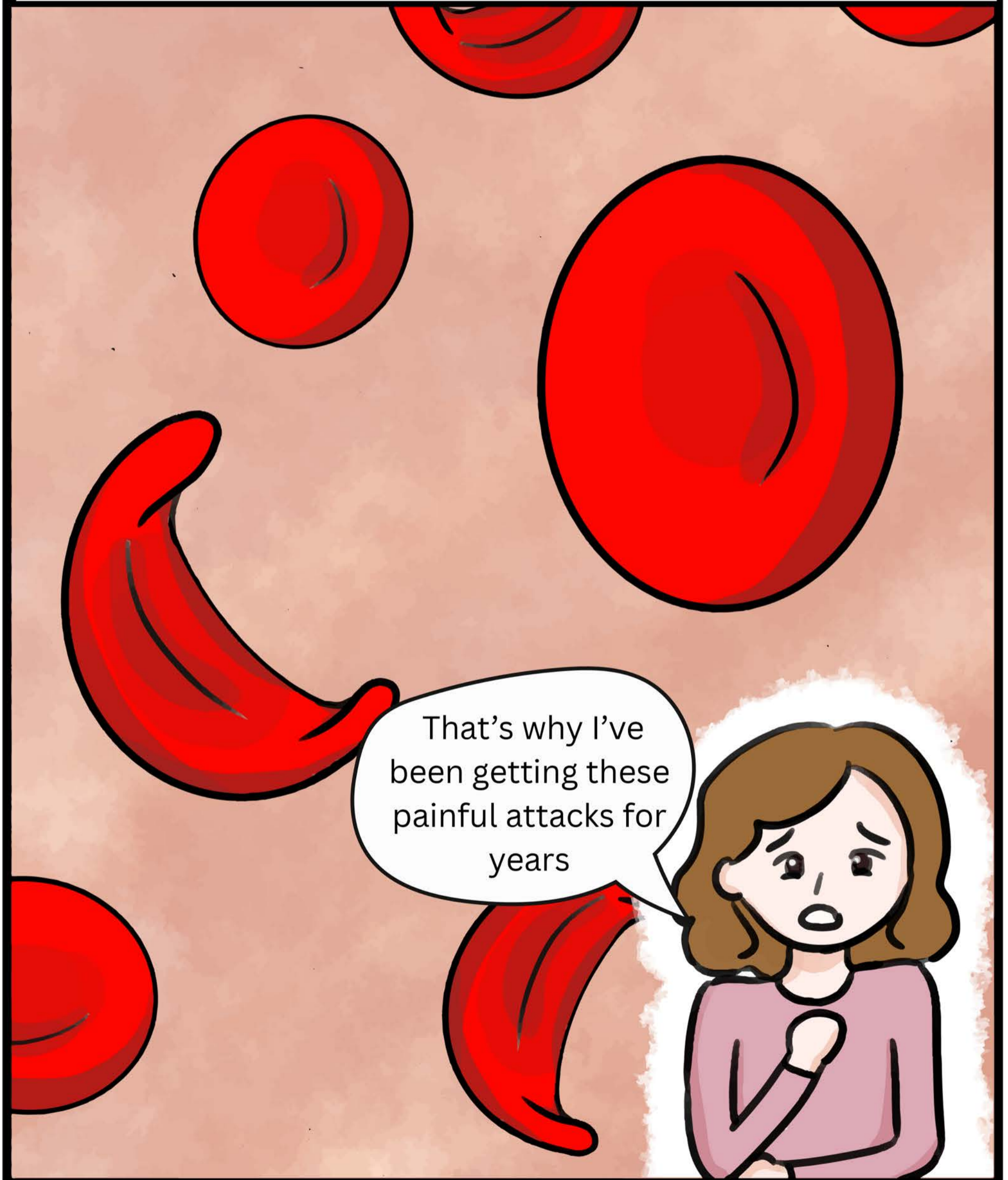


Ouch, my chest and arm hurt a lot

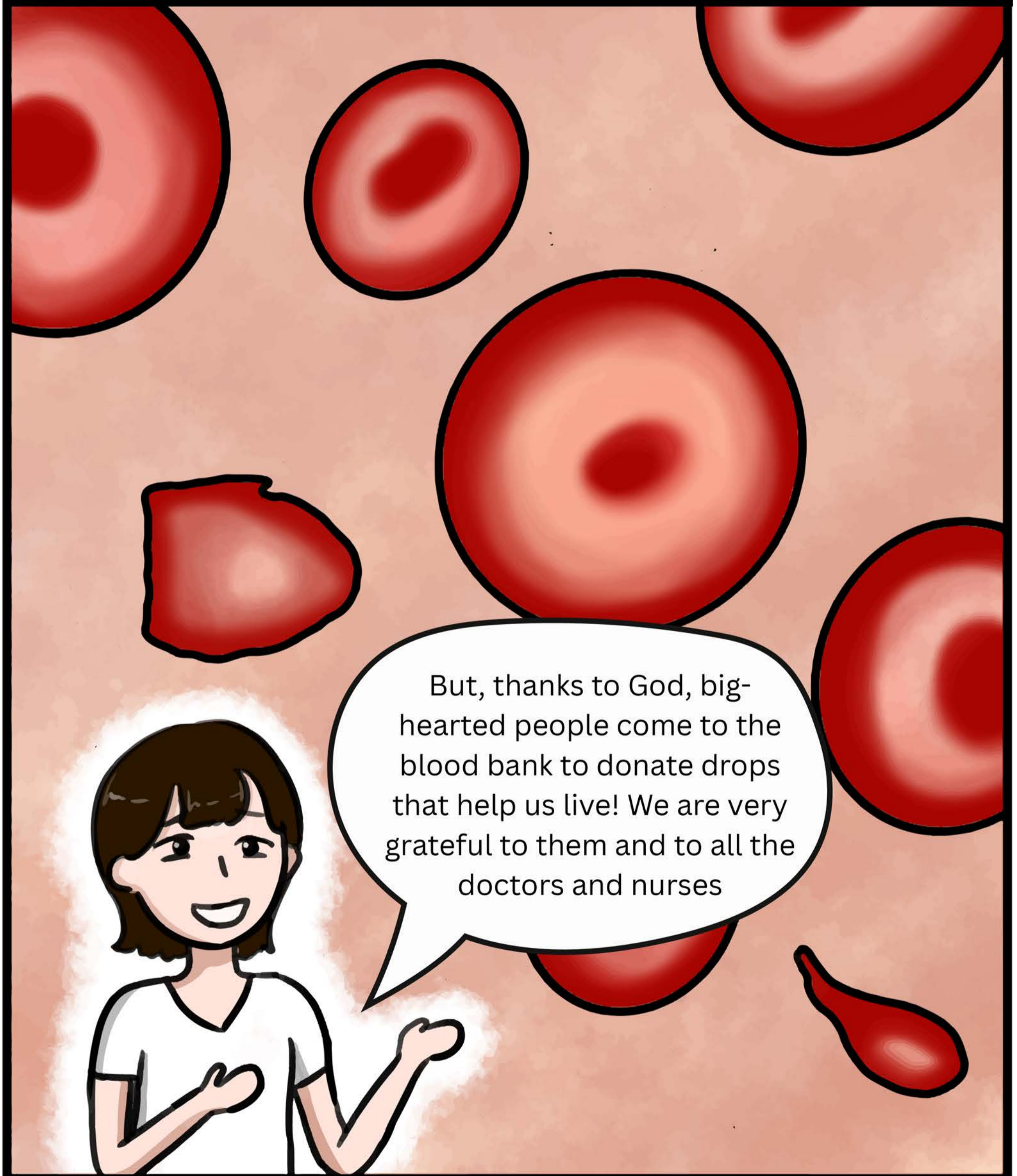
And I feel very tired, but we fight together!



Rahma suffers from sickle cell anemia, a disease that makes red blood cells crescent-shaped instead of round. Their fragility causes their early destruction (anemia), and this situation leads to blockages in blood vessels and severe pain.



As for Raja, she suffers from thalassemia, a disease that causes her body to produce deformed red blood cells that cannot produce enough healthy hemoglobin. This means they are unable to carry oxygen properly



The blood they are given is a gift of life. Every bag of blood means a new life, a smile, and play with the other children



Blood is a priceless gift. Without it, we can't enjoy life with our families. We need your help!



Blood is a priceless gift. Without it, they can't study like other children. We need your help!

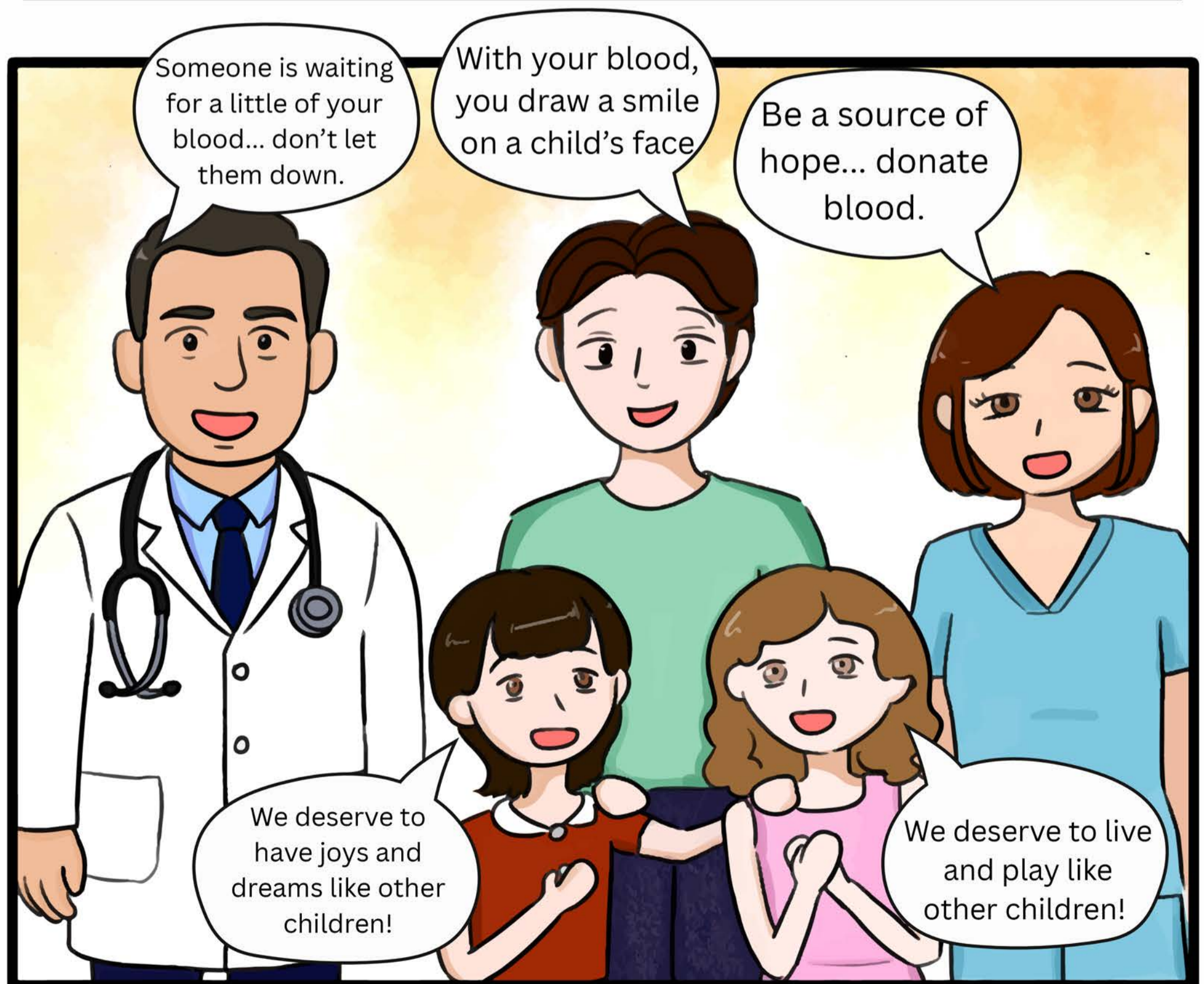




Despite their different illnesses, what brought Rahma and Raja together were things even stronger: hope, determination, and solidarity.

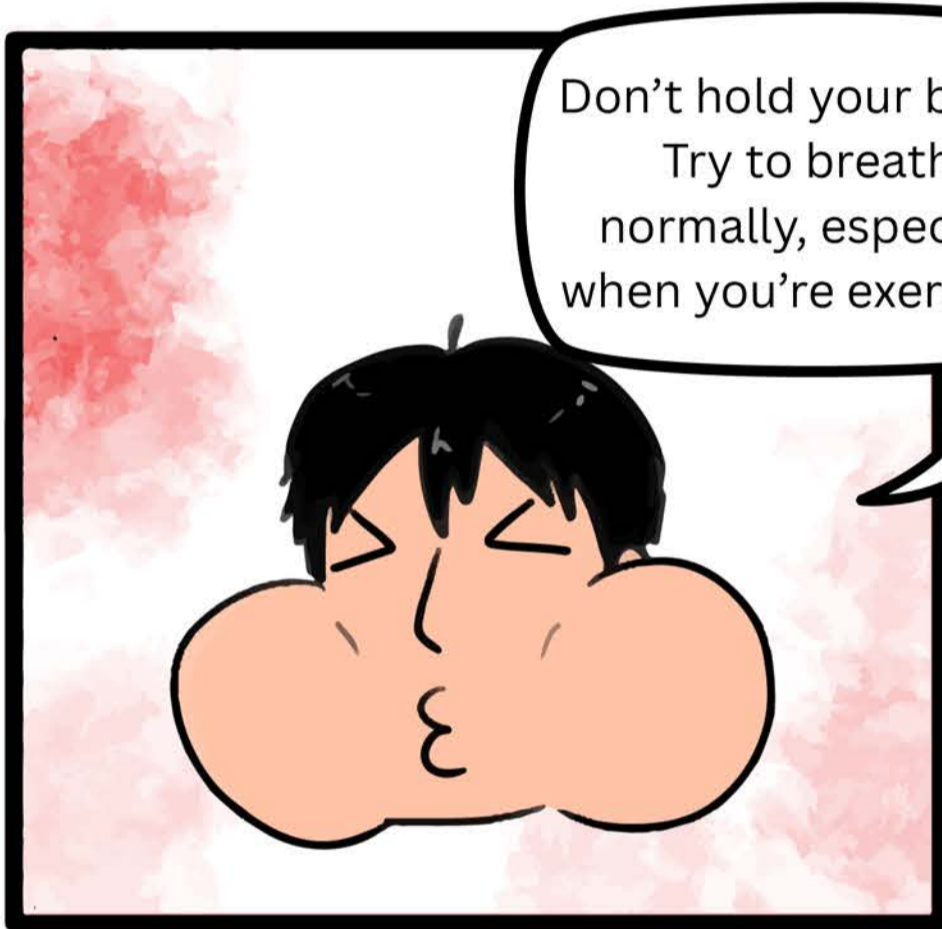


The story of Rahma and Rajaa is a message to every caring heart; it shows that blood donation is a humanitarian mission, a gift of life that is only complete when everyone contributes.

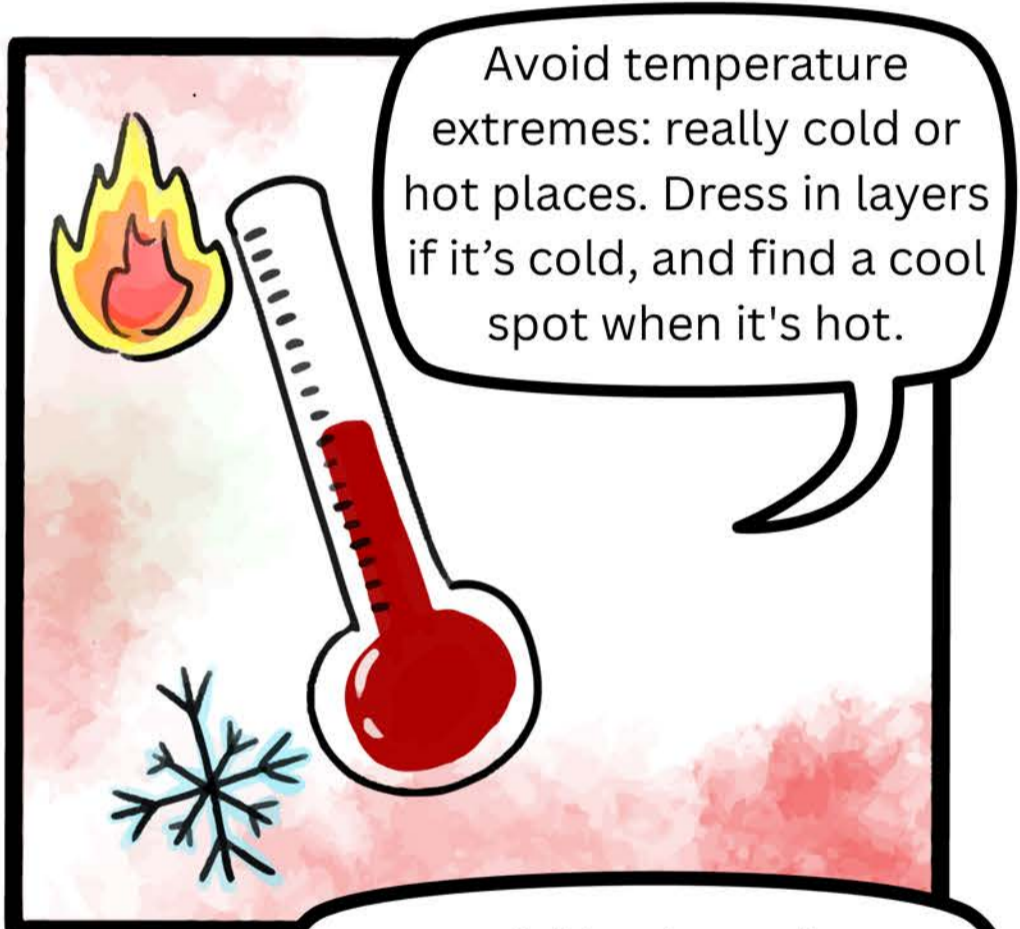




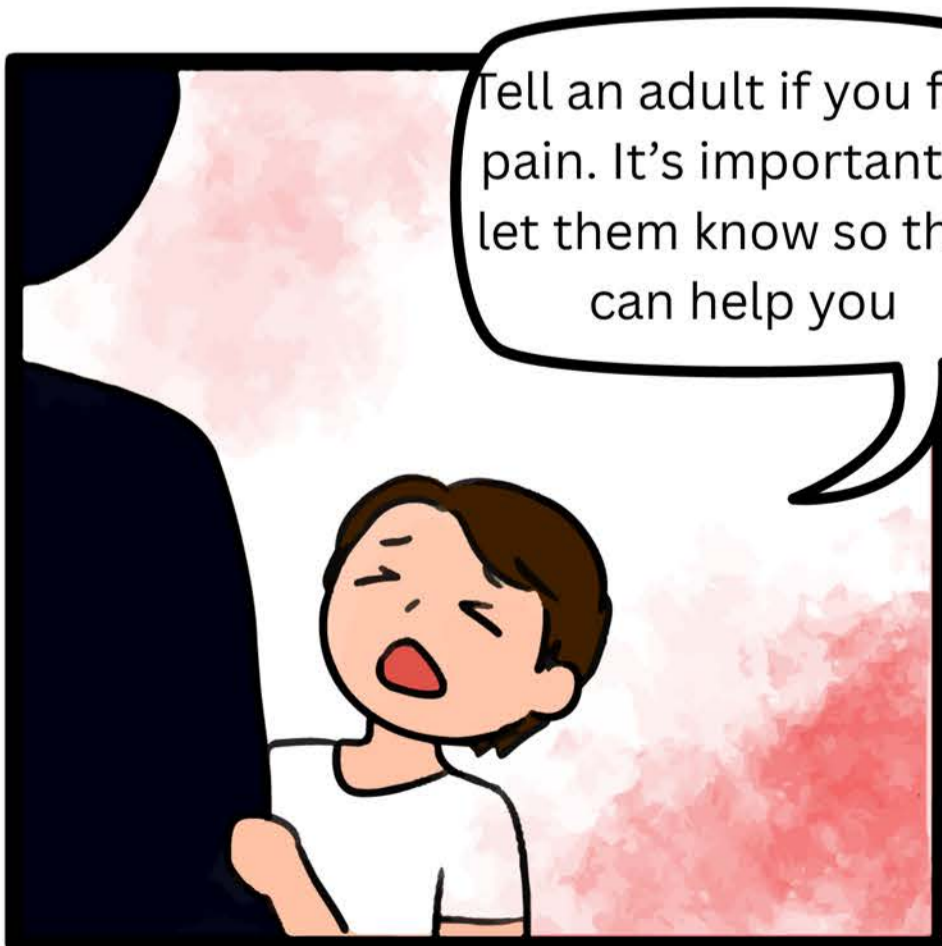
You can cope with sickle cell disease if you follow these pieces of advice



Don't hold your breath. Try to breathe normally, especially when you're exercising.



Avoid temperature extremes: really cold or hot places. Dress in layers if it's cold, and find a cool spot when it's hot.



Tell an adult if you feel pain. It's important to let them know so they can help you

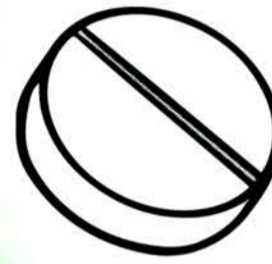


Be careful in places that are very high up, like mountains, because there's less air there and it can make you feel sick. Always tell an adult before going somewhere like that.

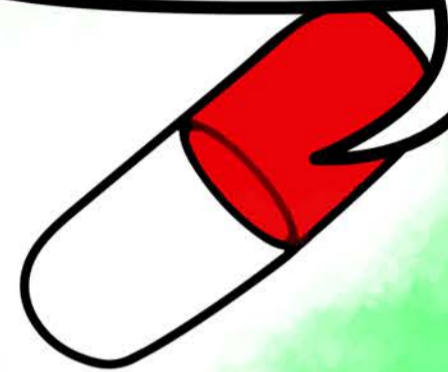
You can cope with both sickle cell disease and thalassemia if you follow these pieces of advice



·Agree to a blood transfusion when your doctor suggests it.



Take your medicines every day following your doctor's instructions.



Eat healthy foods, especially fruits and vegetables.



Drink plenty of water.



Play safely: Have fun, but don't push yourself too hard if you're tired.



Wash your hands often so you don't get infections.



المركز الاستشفائي الجامعي عنابة

Remember: You're strong, and you're not alone!

