



**PROGRAMME SUMMARY
REPORT**

Episode 7

Date: Wednesday 15th September, 2021

Presenter: Nafisa Ahmad Murtala and Mohammad Adam Tudun Murtala

Discussion: Pre-marital testing sickle cell anaemia and genetic counselling among youths

Discussants: Alhaji Yusuf Mas'ud married to Mallama Maimunatu Sulaiman and Dr. Dalha Halliru Gwarzo, a genetic medical expert Aminu Kano Teaching Hospital (AKTH).

PREMISE

The human cellular component consists of red and white blood cells where sickle cell occurs if there is shortage of oxygen inhaled which the hemoglobin cannot perform its duty of transporting oxygen throughout the body.

Most genotype include "AA" and "SS," sickle cell carriers have the "Ss" as a result of this oxygen shortage. It takes a child an "S" from each parent to be an "SS" so if intending couple have an "S" in their genotype eg "AS," "SS," marriage is not advisable.

PREMISEII

Unlike the "SS" who battle with health challenges, an "AS" genotype is typically always health so he/she might not know they are carrying and "S" in their blood type, that is why testing before marriage is very important.

Two couple one not carrying the "S" genotype and the other carrying the "SS" genotype and are doing fine were featured on the programme, one live and the other via a phone in.

MORE ISSUES...

- 1.** If intending couples each have an "S" in their genotype, they should pipe down.
- 2.** There is a difference between blood group and genotype: blood group is used for blood transfusion, forensic investigation among others while genotype has to do with the hemoglobin.
- 3.** Sometimes carriers fall sick and keep it to themselves due to sidetalks which gets to them even from parents and relatives.

...MORE ISSUES.

- 4.** There is a difference between blood group and genotype: blood group is used for blood transfusion, forensic investigation among others while genotype has to do with the hemoglobin.
- 5.** Advanced countries make provision for blood groups of citizens on ID card in case of accident emergencies.
- 6.** It's not true that from age eight SS disappears, it's just that they understand triggers better and avoid them.

RECOMMENDATIONS

- 1) Organizations should partner with government and secure health insurance for carriers which will ease medical burden for them.
- 2) There should be economic empowerment for carriers through skills and vocation training by government and stakeholders which will create job for carriers and ease depression which is a trigger
- 3) The Youths should know their genotype before going far in courtship
- 4) Taking care of sickle cell patients involves a lot of patience and side talks against them should be avoided as they tend to feel slighted given the wrong signal, attitude or body language because it makes them think it is because of their condition they are being so treated. In some cases, it may trigger they well-being.
- 5) Individuals who do not have an "S" in their genotype are advised to court and marry an "SS" because it will help in breaking the circle and curb spread as "SS" carriers have the tendency to go for themselves when neglected.
- 6) Good domestic and medical care, counselling and relief from stress will helps them a lot.
- 7) Parental care and guidance to help children discover themselves and excel should not be ignored as carriers can excel in life and all fields of human endeavor.
- 8) There are different triggers for each carrier, individuals, parents and care givers should know the triggers and avoid them.
- 9) Desperation to get married should not make carriers cover up their status from potential suitors as this has led to issues and rampant cases of divorces.

