

**COVER STORY:** Extra Mile Foundation will be supporting functionality of (KMC)

# extramile

*Every child deserves it*



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## ***SMILES - Milestones of extramile!***



Extra mile visits SNCU at Nalgonda district and extends nursing support to KMC ward. We have donated electrical breast pumps for easy milk expression for mothers of premature neonates and launched universal thyroid screening for 9000-10,000 newborns/year born in Government Hospital, Nalgonda. "An effort towards enabling accessible and affordable care to underserved communities."

**Venue:** Government Hospital, Nalgonda



Every Premmie  
Saved.!!!

[www.theextramilefoundation.org](http://www.theextramilefoundation.org)

## Kangaroo Mother Care Ward

Extra mile decided to support the SNCU at Nalgonda to make it as a role model for other SNCUs with following needs :

- Universal Thyroid screening for all the newborns delivered there.
- Supporting uninterrupted services of KMC (Kangaroo Mother Care) ward with Nursing staff.
- Supply of Breast pumps and bottle sterilizers.



Extra Mile foundation helped Nalgonda SNCU with Electrical Breast-pumps and Sterilizers for easy expression of breast milk and ensuring supply of Mother's milk to all the premature babies in NICU.

## Neonatal Nurses CME



*"We supported 10 nurses from Nalgonda SNCU & Durgabai Deshmukh Hospital through Extramile to attend this workshop. All of them were very happy and thankful!"*



## extramile - Testimonials



"As the name suggests EXTRA MILE, one has to do that extra to be able to give it back to the ones in need. When me and my wife had a daughter, we understood what all in the world is still unattended financially for many. Then a strong foundation was to be identified that focusses on the new born prematures or for new borns with illness. The costs of such medical needs for a low income family is a huge burden, instead of a joyful arrival, it becomes

a moment of sorrow and hardship due to unavailability of financial support for the families/parents. As a donor now I can completely trust "Extra Mile". As a new organization, it has reached a level of a matured foundation already. Seeing the latest newsletter and some testimonials, it has given me the trust factor of being associated with a genuine foundation that holds true value to its agenda."

*- Avnish Kumar*

Donor- Extramile, MD-Neerus

## extramile - Testimonials

“Emotions attached to children by parents are the strongest across all living beings. When the child is sick and requires quality care to save the child, the perseverance of the parent to do everything possible is unimaginable. It is mostly the finances involved which impede and frustrate the parent. It gives me great pleasure to be part of the ‘Extra mile’ initiative along with so many other recurring donors to ease the burden on such parents and bring a smile as the child recovers and goes home. I wish this initiative to grow stronger with time with more and more recurring donors.”



- *Dr Harish,*

Pediatric Surgeon

Extra Mile Recurring Donor



“Premature birth can result in lifelong behavioural conditions and long term health problems. The emotional and financial burden of having a baby in neonatal care can be huge. Every donation made to Extra mile, can help provide vital support to a parent when they need it most, helping them give the best support to their baby. Everything Extra mile does, is focused on giving babies the best chance of survival and quality of life. At the heart of everything at Extra mile, is the founder, Dr Nitasha Bagga, a friend, a pediatrician and above all, a compassionate human being who is ensured that every baby born premature or sick gets the best vital neonatal support.

I have watched the launch and know through regular updates of Extra mile, the support they provide to families when they’ve needed most, and am truly overwhelmed. There is no more a powerful way to support these children, to improve standards of care and help parents be at their babies’ side than by becoming a contributor to their cause. With every rupee, their goal of meeting the needs for premature babies gets a bit closer. Your wonderful gesture would make a real difference to the lives of babies born premature or sick and make their dream of living with a family a reality.”

- *Dr Joveeta Joseph*

Donor - Extramile

Head of Microbiology, L V Prasad Eye Institute.



A group of employees working for TKC company extended a helping hand to Extramile to save Premature & Sick Babies.

## DID you KNOW

Every year, an estimate of 15million babies are born preterm



“We staff of Nalgonda SNCU profusely thank The extramile Foundation! for all the support you are extending”.

*-Nalgonda SNCU staff*

## Importance of thyroid screening in new borns

Congenital hypothyroidism (CH) is the commonest treatable cause of mental retardation. Treatment is simple, inexpensive, and effective.



## DID you KNOW

Incidence of congenital hypothyroidism in india subcontinent is some where between 1:1000 - 1:2630

## Patient - Testimonials



“Our baby was born premature with extreme low weight of 540 gms and was admitted in NICU, Rainbow Hospital. Baby was on oxygen support and due to his critical condition, we need to stay in hospital for more than 5 months. We were completely exhausted and baby still needed hospital stay. At this time, Extra Mile Foundation stood like an angel to us and supported financially. In this era, where it's difficult to get help from friends and relatives, Extra Mile actually gave us a hope and stress less time. We were able to complete our baby's treatment and by the grace of God, now our baby is healthy and fine.

We would like to thank the Trust from bottom of our heart for all support and kindness to us. We wish you all the best and continue sharing lots of smiles.”

“Every day when I look at my kids I pray to God for all those kids who are struggling, all the mother's/parents who are doubtful, got concerns about prematurity, survival and finances to connect to the NGO like yours- Extra mile. You not only made it so so easy but see them tied thru the rough times with smiles on their faces.



Thankyou once again for sustaining them to this World and for all support in the most difficult time. You are the Best.”



“I am Jhansi, mother of my baby. I am very happy, for your help & support from Extra mile. My baby is keeping well.....”

**DID you  
KNOW**

**Newborn deaths account for  
40% of all deaths among  
children under five years  
of age.**

## Case Stories

### Premature baby with low birth weight and infection

B/O Sravanti, 31 wkr with low birth weight of 1.7kg was treated for prematurity and infection at Durgabhai Deshmukh Hospital. Father is carpenter by occupation and Extra Mile helped them towards the end of the treatment when the family was exhausted with resources.



### Sick newborn with thrombolysis

We have funded surgery (thrombolysis- clot removal from a major artery) for a very sick newborn, in cardiac centre of Rainbow. Father is a farmer by occupation and was transported from Mahboobnagar. He didn't have money for admission also but this was an emergency surgery. So we funded the surgical cost. Although we couldn't save the child but atleast parents didn't have the guilt that due to financial burden they couldn't try treating the baby.



### Premmie with respiratory distress

This is our first baby discharged from Andhra Mahila Sabha Father is farmer by occupation. Baby was of 31wkr, birth weight of 1.5kg and suffered from respiratory distress, feed intolerance and severe sepsis. Could be discharged home safely. Family was very very thankful.



### Baby with low blood sugars and infection

Baby with low blood sugars and infection: This baby got discharged with low birth weight of 1.5kg. Had low blood sugars, infection and poor growth. Now discharged home with stable sugars and on mother's milk.



## Case Stories

### Baby of Fatima with low birth weight



B/O Fatima delivered at 30 wks of gestation with low birthweight. Father works as an employee in a small company. Extra Mile helped them to complete the treatment in the hospital and baby is discharged home on full oral feeds.

### Twin babies, preterm 28weeks



Twin babies, preterm with 28weeks. Extramile helped them to bear with the expenses of the hospital when parents were exhausted with resources. Babies are discharged home safely.



### B/ O Venkatlakshmi twins

Twin babies of 29wkr and birth weight of 1.1 kg and 1.2 kg respectively. Father is a farmer by profession. Extra Mile foundation helped the family to complete their treatment and babies are discharged home without any comorbidities.

30

Total Babies  
Helped

120

Total  
Donors



# DID you KNOW

## Stevie Wonder

Born at 34 weeks in 1950, Stevie Wonder is a child prodigy and enormously successful American singer and musician, having won 22 Grammy Awards and one Academy Award and with more than thirty top 10 hits. Wonder has been inducted into the Rhythm and Blues Music Hall of Fame, Rock and Roll Hall of Fame and Songwriters Hall of Fame. This is despite the blindness due to retinopathy of prematurity, a complication caused by underdeveloped vessels on the retinas in premature babies. Nowadays, this issue has been greatly reduced by early diagnosis and treatment.



1. Hiccups are normal in newborn babies. True /False
2. Kangaroo mother care is done by humans or kangaroos?
3. Colostrum (which is the first milk secreted by the mother) is loaded with immunoglobulins and proteins and is yellow in colour. True/False
4. The best thing to do to the umbilical cord of a newborn baby is
  - a. Clean with spirit swabs
  - b. Let it dry by itself
  - c. Apply cowdung

## Answers to previous quiz

1. A newborn baby should be breastfed when
  - a. The mother is pain free
  - b. Baby is at least 1 day old
  - c. **Within 1 hour of birth**
  - d. When lots of milk starts coming
2. Breastfed children are less likely to have
  - a. Diarrhea
  - b. Ear infections
  - c. Pneumonia
  - d. **All of the above**
3. How does breastfeeding help the mother?
  - a. Breastfeeding helps mother get back to normal weight
  - b. Breastfeeding reduces risk for ovarian cancer
  - c. Breastfeeding increases bone strength
  - d. **A and B**



## To join the Extramile Mission

Believe in  
Tomorrow



By Giving  
Today

We are elated to announce that **THE EXTRAMILE FOUNDATION** has received it's 80G registration.

**Make a difference everyday with a monthly gift.**


Join our community of monthly donors saving the premature and sick new borns.

Account Number - 50200063938471, IFSC code- HDFC0002019,  
Bank Name- HDFC Bank Ltd, Branch- Kondapur, Branch code- 2019



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