

PRESS RELEASE

For Immediate Publication

Emergency Response Team at Fortis Hospital, NOIDA revives man from late stage cardiac arrest

~ *Patient from NOIDA nursed back to consciousness within **SIX Minutes** from near death*

NOIDA, 8th January 2016: The Emergency Response team at Fortis Hospital, NOIDA revived a 41-year old patient from late stage cardiac arrest. The patient, **Rahul (name changed)**, was playing cricket with his friends when he complained of sudden chest pain and collapsed. He was brought to the Fortis Hospital in an unconscious state, with no breathing and a zero pulse on 25th December, 2015. Further diagnosis via Electro Cardio Graph (ECG) revealed that he had undergone an acute anterior wall myocardial infarction; i.e. a severe heart attack. The team of the doctors was led by **Dr Dina Shah, Principal Consultant & Head of the Department, Emergency Department** and **Dr Parneesh Arora, Additional Director, Department of Cardiology, Fortis Hospital, NOIDA.**

The Emergency Team immediately sprang into action and the patient was given Cardiopulmonary Resuscitation (CPR) as per Advanced Cardiac Life Support (ACLS) protocols. After the emergency response, the patient, nursed back to consciousness **within six minutes**, brought back to life from a near death situation. ECG has done subsequently revealed acute anterior wall myocardial infarction. He was immediately shifted to the cardiac Cath lab in 30 minutes (*time taken for CPR + assessment + ventilator*). Then, the patient was inserted an Intra-aortic balloon pump (IABP) by **Dr. Parneesh Arora, Additional Director, Cardiology, Fortis Hospital Noida.** Thus, opening up the blockage giving the patient a fresh leash of life and has been subsequently discharged.

Dr. Dina J Shah, Principal Consultant & Head, Emergency Department, Fortis Hospital, NOIDA said, *"It was a critical moment when Rahul was brought to our hospital. There was little time as he was not breathing with zero pulse. His heart was in ventricular fibrillation. The team swiftly swung into action. He was revived within six minutes from a near death situation. Correct diagnosis, speed and accuracy of the treatment were critical in his successful recovery. About 30% of people have atypical symptoms with men and women equally likely to present these. In emergencies to treat these patients quickly we have introduced code STEMI which activates whole team who deals with these patients."*

Dr. Parneesh Arora, Additional Director, Cardiology said, *"An Myocardial Infarction (MI) may cause sudden cardiac death, arrhythmia, cardiogenic shock, heart failure. Rahul suffered a heart attack. It is supplied by blood by the Left Anterior Descending (LAD) and can lead to various complications include death if not treated in time. With immediate care, we saved his life. We are happy that he responded well to the treatment and is now discharged after successful recovery."*

Mr. Gagan Sehgal, Zonal Director, Fortis Hospital Noida said, *“The alertness and immediate response by our doctors is truly remarkable. Speed is of the essence in such cases. The maximum damage to the heart occurs within the first sixty minutes of an attack & therefore, a swift & concerted by the medical team is vital.”*

Latest statistics from the Ministry of Health and Family Welfare, India suggest that there are roughly 30 million heart patients in India and two lakh surgeries are being performed every year. Of the 30 million, about half reside in urban areas and the rest in rural areas. The growth of heart diseases is dependent on a number of interlinked factors such as ageing, changing lifestyles, bad eating habits and rapidly evolving socio-economic determinants like access to healthcare. Currently, the key challenges that face cardiac care in India are inadequate facilities, accessibility, costs attached to efficient and effective treatment and lack of awareness of non-communicable diseases. If the current trend continues, by the year 2020, the burden of cardiovascular diseases in India will surpass that of any other country in the world.

About Fortis Healthcare Limited

Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 283 diagnostic centres.

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