

PRESS RELEASE

For Immediate Publication

Fortis Escorts Heart Institute (FEHI) holds CME on Changing Phase of Cardiac Surgery in association with Indian Medical Association (IMA) in Guwahati

- *CME to present future of cardiac surgeries in the ever changing era of 21st Century*
 - *First OPD on Cardiac Surgery by Dr YK Mishra for people of Guwahati*

Guwahati, March 19th, 2016: Fortis Escorts Heart Institute (FEHI) organized a Continuing Medical Education (CME) with 'Changing Phase of Cardiac Surgery' as a theme in association with **Indian Medical Association (IMA)**, Guwahati branch, today. **Dr. Yugal K Mishra**, Director, Cardiovascular Surgery at FEHI delivered a talk on the topic of new developments in the field of Cardiac surgeries to the participating dignitaries and doctors and also to general public as a whole. Almost 40 doctors from Guwahati and adjoining areas attended the CME.

Cardio Vascular Surgery is an important part of cardiac sciences to treat complications of ischemic heart diseases like coronary artery bypass, congenital heart disease and valvular heart disease due to various causes including endocarditis, rheumatic heart disease and atherosclerosis. Dr. Mishra shared his experience with new technological developments and expertise to treat unique cardio vascular surgeries he conducted recently in FEHI. Dr Mishra highlighted the case of **Mary Chawasemd** from Zimbabwe who was presented with a leaking aorta. The replacement of total arch of aorta with aortic root, ascending aorta with re-implantation of the coronary arteries into the graft remained the only option in her condition. The surgery was successful and she has recovered well to return home.

Speaking at the occasion, **Dr Mishra said**, *"It is important for us as doctors to remain updated with latest in the field of cardiac surgery to treat disorders effectively and efficiently. Techniques like the Left Ventricular Assist Device (LVAD), Multi Layered Flow Modulator (MFM), S-ICD, and the latest trends in cardiac imaging, drug related treatment of heart diseases have made the line of treatment seamless. The suture less valve repair is a new entrant in cardiac procedures. Other latest technologies like stem cell therapy and gene therapy to stop the degeneration of heart functions are also fast developing in cardiac therapy to offer optimized treatment options. This kind of exchange of views gives us a great opportunity to understand different perspective. This will eventually enrich our clinical expertise to reach out to treat patients with better treatment & patient care."*

FEHI is also going to organize regular Cardio Vascular Surgery **Out Patient Department (OPD)** under the aegis of Dr Y K Mishra at the Fortis Information Centre (FIC) in Guwahati. This facility will help patients from the city as well as from neighboring states like Meghalaya, Arunachal Pradesh along with other parts of Assam to get access to better treatment options. This will be held every 45 days at FIC situated at GS Road, Guwahati.

Given the sedentary modern lifestyle, people are prone to non-communicable diseases today. Rising cardiac problems as well as high rate of stroke are serious concerns for people of Assam as they are two leading causes of death globally. Inadequate awareness and control of hypertension are major reasons that need immediate attention. Given the sedentary lifestyle that we follow, it is important that we understand the gravity of the situation and its implications on public health.

Emphasizing on this, Dr Mishra said, *“Today, we follow a sedentary lifestyle that eventually leads non communicable diseases. These NCD are the biggest reasons of death. It is important for us to understand that we should eat healthy, exercise regularly and maintain a good work life balance to counter stress. In order to prevent cardiac problems, a regular health check up by doctors is essential for people who are at least 40 years old. I hope that the new OPD at Guwahati will be helpful for people from the region to address any problem of heart.”*

According to [World Health Organisation \(WHO\)](#), globally more than 17.3 million people die of heart and stroke disease every year with India contributing to 26% of deaths due to cardiovascular diseases. India is predicted to soon bear the largest burden of heart diseases globally. A recent research by the World Health Organization reveals that among all the non-communicable diseases (NCD), cardiology is the number one with 400 males and 300 females dying per lakh. The leading causes of cardiovascular disease in India are hypertension, diabetes, stress, drug abuse, tobacco use, physical inactivity and unhealthy diet in addition to harmful use of alcohol. It is estimated that by 2020, India will be leading with most number of cardiac deaths and will be responsible for over 10 million deaths worldwide. According to recent estimates, cases of Cardio Vascular Diseases may increase from about 2.9 crore in 2000 to as many as 6.4 crore in 2015, and the numbers of deaths from CVD will also more than double.

About Fortis Escorts Heart Institute

Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care, is celebrating 25 years of path-breaking work and service to the numerous heart patients, who have benefitted from treatment, at this outstanding facility. Armed with clinical expertise and cutting-edge medical technology, the hospital has set enviable benchmarks in Cardiac Bypass Surgery, Minimally Invasive Surgery, Interventional Cardiology, Non-invasive Cardiology, Pediatric Cardiology and Pediatric Cardiac Surgery. Till date, FEHI has successfully completed over

1,72,000 Coronary Angiographies, over 90,000 Cardiac Surgeries and almost 52,000 Coronary Angioplasties, in addition to several life-saving procedures. The hospital also performed India's first Trans Catheter Aortic Valve Implantation (TAVI) and Bioresorbable Vascular Scaffold (BVS); Asia Pacific's first Directional Atherectomy, Angioscopy, Drug Eluting Stenting, etc. Over the years, FEHI has cloned a Heart Care Network of 19 hospitals and Heart Command Centers in India and abroad. It has also launched the revolutionary e-ICU program, enabling remote and timely access to critical care. Fortis Escorts Heart Institute has won numerous awards and accolades, the most recent among them being the 'Best Cardiology Hospital' at the ICICI Lombard & CNBC TV18 India Healthcare Awards for 2012, 2013 and the No 1. Ranking in the Private Cardiac category Hospital by The Week Nielson Best Hospitals Survey, 2014 and 2015.

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. 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 306 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute' (FMRI), was ranked No.2, by 'topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

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