

**Press Release**

*For Immediate Publication*

## **Early transplant most successful treatment for chronic kidney disease: Fortis Mohali Nephrologist**

*Patients with Hepatitis C successfully undergo kidney transplant, leading healthy lives now*

**Jalandhar, July 29, 2016:** The problem of chronic kidney disease has increased nowadays due to rise in the number of people suffering from diseases like diabetes and high blood pressure. Studies show that once somebody has developed chronic kidney failure, the best treatment option is a kidney transplant as soon as possible, said **Dr Amit Sharma, Attending Consultant Nephrologist and Kidney Transplant Physician at Fortis Hospital Mohali**, while addressing mediapersons here today.

He introduced patient Vikramjeet from Gurdaspur who underwent kidney transplant at Fortis Mohali a year ago. "In December 2013, he was diagnosed to have kidney failure and started undergoing hemodialysis in his hometown. After a few months, when he was being investigated for kidney transplant, he was found to be infected with Hepatitis C virus infection there itself. This patient had to undergo treatment for Hepatitis C infection for 1 year, after which his transplant was done at Fortis Mohali in July 2015. His mother Mrs Daljeet Kaur was the donor," explained Dr Sharma.

The doctor emphasized that this case highlights the importance of early kidney transplant, as soon as the diagnosis is made, rather than waiting for some time on dialysis because patients are prone to associated complications like infections and blood loss. "Had he been guided by the dialysis centre in his city and initiated proceedings for kidney transplant at the time of his diagnosis itself, he could have been spared the ordeal of getting treatment for hepatitis infection that he contracted during dialysis there. This case also highlights that if somebody has this infection, it can be treated and the patient can have successful transplant," added Dr Sharma.

On the eve of World Hepatitis Day (July 28), he explained that nowadays, newer drugs are available that can be given for treatment of Hepatitis C even after kidney transplant.

Dr Sharma introduced another patient, Raminder Singh from Jalandhar, who is being treated for Hepatitis C after undergoing successful kidney transplant early this year at Fortis Mohali under a team comprising Dr (Col) Harinder Jit Singh Gill (Senior Consultant – Nephrology and senior kidney transplant physician), Dr Amit Sharma and Dr Arvind Sahni (Director – Gastroenterology). The level of Hepatitis C virus in his body has become undetectable. Both the patients and their donors are perfectly healthy and enjoying a happy, hepatitis C-free, post kidney transplant life.



Dr Sharma also talked about blood group incompatible kidney transplants whereby transplants can be done among patients with mismatched blood groups. A team comprising Dr (Col) Harinder Jit Singh Gill (Senior Consultant Nephrologist and Kidney Transplant Physician), Dr Amit Sharma (Attending Consultant Nephrologist and Kidney Transplant Physician), Dr Priyadarshi Ranjan (Urologist and Kidney transplant surgeon), Dr Apra Kalra (Consultant - Transfusion Medicine) and Dr Adarsh Chandra Swami (Head - Anesthesia) at Fortis Hospital Mohali has performed more than 20 such transplants successfully in last 2 years.

“With this technique, it is possible to save countless lives,” he said and explained that to prepare for ABO incompatible transplantation, a simple blood test is performed to determine the amount of antibodies in the bloodstream. Most people have a level of antibody that is treatable. Due to the new technique of immune conditioning, it is now possible to transplant organs across blood group barriers. It has come as a boon to patients who do not have any blood group compatible donors in family.

Dr Sharma, who has been awarded by the European Renal Association (ERA-EDTA) for work in field of ABO Incompatible Kidney Transplantation, added that two to three weeks after the operation, the medications and treatment regimens are the same as for blood group compatible transplant patients, although such patients are more closely monitored post-transplant.

### **About Fortis Hospital Mohali**

*Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.*

**For more information, please contact:**

**Fortis Healthcare Limited**

**Megha Sandhu | 9876710700**

[megha.sandhu@fortishealthcare.com](mailto:megha.sandhu@fortishealthcare.com)