

PRESS RELEASE

For Immediate Publication

Intricate kidney and liver transplant conducted at Fortis hospitals grant a new lease of life to two patients

- *Family of a 45 year old deceased male donates his organs to save several lives*
- *Organ donation awareness touching society in an increasing way*

Delhi-NCR, Wednesday, 20 July 2016: Fortis Escorts Kidney & Urology Institute and Fortis Memorial Research Institute conducted two intricate transplants recently on two patients out of four who received organ donations from the family of a road traffic accident victim. The patient had been brought in at Fortis Hospital Vasant Kunj on 6th June 2016.

The first surgery was an open kidney transplant conducted on Sanjeev Khera, a 48 year-old male from Delhi. Sanjeev had been suffering from stage five chronic kidney disease with a history of diabetes and hypertension over the past four years. The surgery for kidney transplants conducted by the team at **Fortis Escorts Kidney & Urology Institute** took just one hour.

Dr Feroz Amir Zafar, Consultant, Urology & Renal Transplant Surgery, Fortis Escorts Kidney & Urology Institute said, “In a regular open surgery for kidney transplant, we take the kidney from a live donor and the time taken to retrieve the kidney and conducting the transplant is very less. However, if the kidney is coming from a deceased donor, certain unavoidable risks and delays are involved. In this case, with a family history of diabetes no one in the family was able to donate the organ. We were also not very sure if his diabetic condition will allow the new organ to perform. But effective time management, helped us conduct the transplant in one hour and within 48 hours, he was shifted to the ward.

The patient, Sanjeev Khera, recipient of the kidney shared, “I had almost no hope of getting a new kidney as diabetes runs in my family. Doctors had told me that either I prepare myself for a long wait for a donor kidney or opt for regular dialysis. I am so grateful to the donor family and the doctors who gave me a new lease of life”.

Alok Badola, the second patient, 47 years, underwent a liver transplant at the **Fortis Memorial Research Institute, Gurgaon**. Badola, a resident of Dehradun, was suffering from liver cirrhosis after he contracted

jaundice twice in the past six months. His wife had offered to donate a part of her liver but was deemed unfit due to a mismatch. Badola's deteriorating condition with each passing day was in urgent need of a transplant.

According to **Dr Anupam Saha, Director, Liver Transplant & Hepato-Pancreato Biliary & GI Surgery at FMRI, Gurgaon**, "When we shortlist a patient for transplant, it becomes important that the patient has been evaluated thoroughly. According to studies world-wide, the chances of survival for a liver transplant patient in 15 years post-transplant is as high as 60%. This is owing to the fact that a liver transplant patient requires minimum dosage of immunosuppressants as compared to other organ transplants. This is because liver as an (donated) organ has the inherent tendency to fight rejection even when in a foreign body."

Speaking about what could possibly go wrong during or immediately after a liver transplant, he added that the most common is a technical complication arising due to incorrect joining of blood vessels which could lead to the "death" of cells of the transplanted organ. The second could be excessive bleeding due to innumerable small and big blood vessels connected to the liver and the third, a condition where the donated organ is unfit as in the case of a fatty liver disease when a transplant could possibly fail," said Dr Saha.

An overwhelmed Alok said, "My parents and I wish to personally meet the donor's parents and family members to thank them for their generosity and benevolence. I too wish to pledge my organs for donation if I can save someone's life".

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.

About Fortis Memorial Research Institute

Fortis Memorial Research Institute is the flagship hospital of Fortis Healthcare Limited. It is a multi-super speciality, quaternary care hospital with a comprehensive team of clinicians and patient care programmes, supported by advanced technology and medical research solutions. Set on a spacious campus with a potential bed capacity of 1,000 beds, this ultra-modern facility utilises and showcases some of the latest technologies in use in world class health care. Some of the milestone technologies at the hospital include amongst the first pilot project for precision Radio-surgery

in the world, integrated operating and procedure rooms, digitized critical care cubicles, advanced Cath-labs, transplant rooms, endoscopy suites, private birthing centres, a state-of-the-art radiation wing and a stem cell lab to name a few facilities. A range of thoughtful services and health facilities for patients and their attending family include several Art 'n' Health programmes to recuperate, a mini theatre to de-stress, retail therapy outlets for immediate needs and a food court providing a choice of dining options to replenish energies.

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 314 diagnostic centres.

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