

Seventh Heart Transplant Patient Discharged from Fortis Hospital, Mulund

~ Successful interstate heart transplant at Fortis Hospital, Mulund witnessed a 42-year old Mumbai resident receiving a donor heart from a 52-year old brain-dead patient from Surat ~

Mumbai, February 8th, 2016: Fortis Hospital, Mulund successfully treated the seventh heart transplant patient, a 42-year recipient operated on 19th January, as he is discharged for his home today. This marked the second successful heart transplant of this year. The patient from Mumbai received heart from a 52-year old donor from Surat, Gujarat. The recipient was suffering from Dilated Cardiomyopathy and was waiting for a transplant for over three months. A heart transplant was absolutely vital to save his life. This became possible after family of a 52-year old donor, suffering from Intracranial Bleed, consented to donate his Heart, Liver and Kidneys, after he was declared brain-dead at Ayush ICU & Multispecialty Hospital in Surat.

On the occasion of the patient's discharge, **Dr Anvay Mulay, Head of Cardiac Transplant Team, from Fortis Hospital, Mulund** who conducted the transplant, said, *"We hope that the success of recent heart transplants at Fortis Hospital, Mulund, will encourage people to consider donating organs of their brain-dead kin. Family's consent is extremely crucial in transplant procedures and we need more courageous families to come forth. We are working closely with ZTCC Mumbai to save and enrich precious lives. We are happy to see our patient head home after a successful surgery."*

As in the previous interstate heart transplants, this transplant also witnessed textbook coordination between multiple interstate and intrastate authorities. The transport of the donor heart between two states was completed in 1 hour 24 minutes covering a distance of over 257.72 kms. The donor heart left from Ayush ICU in Surat to Fortis Hospital, Mulund in Mumbai at 2.50 AM. The heart reached the Surat Airport at 3.04 AM, and was immediately transferred to a waiting chartered flight that took off at 3.18 AM, and landed at Mumbai's Domestic Airport at 3.55 AM. The ambulance left from the Domestic Airport at 3.57 AM. The preserved heart reached Fortis Hospital, Mulund at 4.11 AM and the transplant surgery commenced at 4.14 AM. The heart went straight to the waiting hands of Dr Sanjeev Jadhav, CVTS Surgeon, Fortis Hospital, Mulund, who had the recipient prepared to receive the heart. Conducted by Dr Anvay Mulay and Dr Sanjeev Jadhav, the surgery concluded at 8.30 AM and the patient was moved to the ICU by 11 AM.

A visibly relieved recipient said, *"I felt helpless as I was suffering from end-stage heart problem. However, doctors at Fortis Hospital, Mulund, encouraged and motivated me to remain hopeful. This new leash of life is nothing but a miracle. I'll always be thankful to Dr Anvay Mulay. I will work towards educating and encouraging others to consider organ donation of their brain-dead kin for a noble cause."*

Talking at the discharge of the patient, **Dr S Narayani, Zonal Director, Fortis Hospital, Mulund** said, *"While we are proud of our Cardiac Team. We are immensely happy & content that we saved and enriched a life. This could only be achieved because of unfailing dedication and coordination amongst all teams involved in this process. They ensured that no time was lost. We hope that the donor family's story will inspire many more to join hands to drive the cause of*

organ donation." This transplant was made possible only with the support of ZTCC Mumbai, Airport & Traffic Authorities at Surat and Mumbai, the Airline, Medical Social Workers and Medical Teams at the hospitals in both the cities.

With the patient going home, it would be important to avoiding infections so there is progressive recovery and the patient steadily moves back to his routine life.

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