

PRESS RELEASE

For Immediate Publication

First in India- patient with 55.4 BMI (165Kgs) undergoes challenging surgery in descending aorta

- ≈ *Aortic rupture in a morbidly obese patient*
- ≈ *Bariatric surgery refused till cardiac treatment*
- ≈ *Aortic stenting access challenging for doctors*

New Delhi, 20th May, 2016: Fortis Escorts Heart Institute was yet again presented a challenge with 62 year old Mutwakil Muhamed Ahmed Abunayeb suffering from medical conditions leading to deterioration in the functioning of his heart. **Dr Yugal Kishore Mishra, Director, Cardiac Surgery, Fortis Escorts Heart Institute and Dr Atul Mathur, Director, Invasive Cardiology, Fortis Escorts Heart Institute** formed the team to conduct Endovascular Stenting on this patient.

Mutwakil Muhamed Ahmed Abunayeb from Sudan was horse riding in his farm when felt a severe chest pain. A patient suffering also from type 2 diabetes mellitus and hypertension he scheduled a routine check-up for himself. Primary investigation in Sudan revealed a problem in the descending aorta but he was unconvinced about the exact condition of his heart. He then began his pillar to post journey to various hospitals in different countries in an attempt to find a doctor to get his heart condition rectified but met with no success. Not only was he diagnosed and informed that he was carrying a ruptured aorta since the past few months but the treatment was impossible as his weight posed the biggest problem. Even bariatric surgery could not be conducted due to his cardio-vascular heart disease. Not disheartened he finally came to Fortis Escorts Heart Institute.

Further investigations at Fortis Escorts revealed complications in respiratory system and bilateral acute brain and neurovascular bundles with leaking descending aorta. His obesity presented a bigger challenge compared to his other complications, hypertension and type 2 diabetes mellitus. His excessive weight burdened his heart with a higher ejection fraction than supply. His condition was deemed him unfit for general anesthesia as he would have required a ventilator and may not have recovered from the dependency on the machine.

Dr. Yugal Mishra, Director, Cardiac Surgery, Fortis Escorts Heart Institute said, “The leaking descending aorta of the patient was difficult to operate on due to his overweight coupled with diabetes. There was no time to wait for his bariatric surgery and weight reduction because his fast leaking aorta was causing much more damage. We had discussion on how to operate this patient without any flaws. We trusted

our experience and expertise to overcome the obstacle and I am happy seeing the patient walking again.”

Dr Mathur, Director, Invasive Cardiology, Fortis Escorts Heart Institute added, “We decided to treat the patient by non-surgical placement of covered stent graft in the aorta to seal the rupture. This was done through a cut in the groin which was a challenge. We were not able to fit the patient on the angiography table and had to place extra tables to support his arms. His excessive weight presented a significant challenge to perform the procedure through groin (blood vessel in upper thigh) through which the stent is placed inside.”

Post-surgery the Thoracic Aorta CT Angiography showed adequately placed stent graft covering the entry point of dissection flap and no intra stent thrombus. The patient came unable to walk properly but after the surgery he was comfortably walking back to his home.

The patient **Mr Abunayeb said,** “I could never imagine that the aortic valve replacement which had become absolutely necessary in my case would be so simple and without any blood loss. Recovery has been very smooth and within 48 hours I was absolutely normal. I am really very happy with the procedure and thankful to team of doctors for giving me new lease of life.”

About Fortis Escorts Heart Institute

Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care, is celebrating 28 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 1,79,000 Coronary Angiographies, over 97,000 Cardiac Surgeries and almost 62,000 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. 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 306 diagnostic centres.

For more information, please contact:

Fortis Healthcare Ltd.

Ajey Maharaj: +91 9871798573; ajey.maharaj@fortishealthcare.com

Vidya Pawan Kapoor: +91 9899996189; vidya.kapoor@fortishealthcare.com

Priti Srivastava: +91 9910605271; Ms.priti@fortishealthcare.com