

**Press Release**

For Immediate Publication

## ***FORTIS HOSPITAL NOIDA COMMEMORATES WORLD KIDNEY DAY 8 MARCH***

- ***31 year old gets kidney from a brain dead patient after one year on “maintenance” dialysis***
- ***Successful ABO Incompatible (ABO) Kidney Transplant on a 25-year-old renal failure patient***
  - ***Mother-in-law donates kidney to save daughter-in-law's life***

**Noida, March 7, 2018:** To observe World Kidney Day (March 8), Fortis Hospital, Noida pledges to create awareness among public by showcasing some unique & remarkable cases of kidney transplants in Noida. These cases were handled at Fortis Hospital, Noida by **Dr. Manoj K Singhal, Director, Nephrology & Kidney Transplant** and **Dr. Dushyant Nadar, Director, Urology & Kidney Transplant** along with their team including Consultants **Dr. Anuja Porwal, Dr. Piyush Varshney and Dr. Rahul Gupta.**

**Patient Nikhil Guleria**, 31 years from Dharamshala, Himachal Pradesh was forced to leave his job due to a deteriorating health which was eventually diagnosed as a kidney disease. He was put on maintenance dialysis three times a week and in May 2016 he registered himself for a cadaveric kidney transplant. Initially, his mother offered to donate a kidney but it was turned down owing to her poor kidney functions. His father and sisters were also unable to donate their kidneys because of medical reasons. In November, 2017 Fortis Hospital Noida conducted a successful kidney transplant when a cadaveric kidney was received from a brain dead donor. Nikhil was on maintenance dialysis for close to a year since diagnosis.

The Hospital took up another challenge when presented with **patient Harsh Jain**, age 25 years, needed a kidney transplant and the donors did not match the blood group with that of the patient. The team of doctors then opted for the ABO Incompatible surgery. His mother Ms. Prathibha Jain, age 48 years, donated kidney to Harsh. ABO-incompatible (ABO) transplantation is a method of organ transplantation that permits the use of available organs regardless of the blood type. Almost 1/3<sup>rd</sup> patients don't have a blood group compatible donor in the family. Hence, the need to perform ABO incompatible transplantation has become the latest demand in the medical field.

**In the third case presented, breaking all societal stereotypes, 34-yr-old patient Rubi** underwent a renal transplant after her 63-year-old mother-in-law Savitri Devi willingly donated a kidney. A script that could inspire a storyline, Savitri Devi stepped forward when Rubi's mother was rejected as a life organ donor on medical grounds. Pre-op examinations on Savitri Devi found her to be fit for donation. The transplant was successful and both the donor and the recipient are leading a healthy life.

**Dr. Manoj K Singhal, Director, Nephrology & Kidney Transplant** said, “Due to changing lifestyles and an increased prevalence of diabetes and high blood pressure, the number of patients suffering from kidney disease has increased significantly over the past few years. Most of these patients are on maintenance dialysis awaiting kidney transplant. One in three patients don't have a compatible donor in their family. Increasing awareness about brain death & organ donation will go a long way in bridging the gap between demand and supply. The biggest challenge to a successful ABO transplant is the high immune-suppressed state with risks of infections for the patient. However the quality of life with a successful kidney transplant is worth the effort for the patient upon recovery”.

**Dr. Dushyant Nadar, Director, Urology & Kidney Transplant, Fortis Hospital Noida, said,** “India is the diabetes capital of the world and diabetes is one of the foremost causes of kidney failure. The most frequently performed organ transplant in India is kidney transplant with the number of patients increasing day by day. For organ recipients, a transplant often means a second chance of life. We really need to build awareness so that more and more people come forward and help the patients who are in need. Talking about an ABO mismatch transplant is a challenging operation to perform. It needs careful synchronization of immunosuppressive medications for the body to accept an ABO mismatched kidney. The right amount of Immune suppressants is required and that needs precision and skill as an over dose of immune-suppression can lead to overwhelming infections while a less dose can lead to a rejection and graft loss.”

**Dr. Pinak Moudgil, Zonal Director, Fortis Hospital Noida said,** “Our Nephrology and Kidney Transplant Department offers comprehensive solutions for people suffering from end-stage renal disease in Delhi NCR and western UP. The team is supported by state-of-the-art facilities, advanced technology and fully equipped ICUs to deliver the best clinical outcomes in line with the Fortis policy of patient-centricity.”

**Patient Nikhil Guleria shared his gratitude,** “I know that the decision to donate organs of a deceased loved one is not easy; my family and I salute the donor’s family for granting me a new lease of life. We are extremely grateful to the doctors and the entire Fortis team for making this possible.”

Diseases related to kidney rank 3<sup>rd</sup> among all the life- threatening diseases. Every year almost 100 persons per million succumb to kidney diseases. An astounding figure of 90,000 kidney transplants is required on an average every year in India. When kidney failure occurs, there are two types of treatments which are recommended – Dialysis or transplant. In kidney transplants, a healthy kidney from a live or deceased donor replaces the degenerated kidney which is no longer able to function.

#### **About Fortis Healthcare Limited**

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