

PRESS RELEASE

For Immediate Publication

Fortis Hospital Noida gives a new lease of life to a 19 year old boy who had been suffering from Rheumatic Heart Disease

- ***3 out of 4 of the patients heart valves were blocked and damaged***
- ***Surgery was being conducted after being delayed for half a decade due to the family's financial constraints***

Delhi/NCR, December 28, 2017: Fortis Hospital Noida gave a 19 year old boy, Surender Kumar, who had been suffering from Rheumatic Heart Disease for the last five years a struggle free life post his successful treatment by a team of doctors led by **Dr. Vaibhav Mishra**, Senior Consultant, Cardio Thoracic and Vascular Surgery, Fortis Hospital, Noida who successfully repaired 3 valves of the patient's heart.

Hailing from Bareilly, the patient had three damaged valves because of his heart condition. He had been having problems since the age of 14 years, and his heart had grown to three times its normal size. As a result of this his other organs began to get affected and this caused a back leak of blood which ultimately put him at risk of heart failure. When the heart is damaged to such an extent and the heart valves are unable to function adequately, heart surgery is required. It usually occurs in youngsters with heart valves being damaged by the age of 30 or in some cases as early as 12 years of age. The CTVS (cardio thoracic vascular surgery) team was able to diagnose the severity of the problem and successfully replace all the 3 faulty valves without any delay. Post his surgery, the patient was discharged from the hospital on 6th day and his post-operative period was smooth and uneventful.

Dr. Vaibhav Mishra, Senior Consultant, Dept of Cardio Thoracic Vascular Surgery, Fortis Hospital, Noida said, "Rheumatic fever and rheumatic heart disease is completely preventable if the sore throat is effectively treated with the appropriate antibiotics. However once the valves are destroyed, surgery is required to prevent heart failure. A child (from the ages of 5 years to 15 years) who has a sore throat should never be neglected. He should be taken him to a specialist otherwise it can damage his heart valves. Untreated, RHD can cause heart failure and those affected are at risk of arrhythmias, stroke, endocarditis and complications during pregnancy. These conditions cause progressive disability, reduce the quality of life and can cause premature death amongst young adults. Heart surgery can manage some of these problems and prolong life but does not cure RHD."

Dr. Pinak Moudgil, Zonal Director, Fortis Hospital Noida said, “Our doctors have been repeatedly challenged with severely complicated cases that require intensive and intricate surgery. However they have never shied away from a challenge. Life and death situations have been tactfully faced in a structured manner. In this case, where the patient was suffering from an advanced heart defect, Dr Mishra emerged as a winner in treating the patient.”

Repeated episodes of sore throat due to bacteria streptococci can damage the heart valves. The bacteria is made of a particular protein and antibodies formed by body against those proteins destroy the bacteria, and cross react with heart valves as the heart valves are made of the same protein. A study done in 2017 revealed that India accounted for the highest estimated number of deaths due to rheumatic heart disease globally in 2015 with over 119,000 people dying from the ailment.

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 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 372 diagnostic centres.

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