

PRESS RELEASE

For Immediate Publication

World Cancer Day – February 4th

Fortis Noida conducts successful bone marrow transplant for 18-yr-old international patient

Timely diagnosis and correct line of treatment can cure complicated cancer cases

Noida, February 3rd, 2018: Doctors at Fortis Hospital, Noida conducted a successful and complicated bone marrow transplant on teenager from Myanmar where her 21-year-old sibling was the donor. The patient was suffering from Leukaemia (blood cancer) since 15 years of age and underwent a maiden BMT procedure as a treatment modality. Another complicated case was that Shanno Devi Sharma, 67-year-old patient from Haridwar. The elderly patient was diagnosed with stage IV Oesophageal (food pipe) cancer, a stage where mortality is extremely high. The team of doctors who conducted these procedures were **Dr Rakesh Ojha, Senior Consultant, Dept of Haematology** and **Dr. Vikas Goswami, Senior Consultant, Medical Oncology, Fortis Hospital, Noida** respectively.

Eighteen-year-old **Khin Nandar Kyan** from Myanmar got to know about the disease three years ago. She did all her primary tests and chemotherapies back home. The family visited Fortis Hospital, Noida in November 2016. Post consultation with Dr. Rakesh Ojha, Khin was advised to wait for two years to see if the cancer cells get destroyed with therapy. But she landed in the Hospital almost a year later in 2017 with rapid growth of cancer cells. The patient was then advised bone marrow transplant as a treatment option.

Elaborating on the line of treatment, **Dr Rakesh Ojha, Senior Consultant, Dept of Haematology, Fortis Hospital, Noida said**, “The grit and determination with which this girl fought bravely with the dreaded disease is inspiring. With a resolve like that, half the battle was already won when she was admitted for treatment here. After the transplant now she will have to be on medication for 6 to 9 months. Leukaemia is a cancer of blood-forming tissues, hindering the body's ability to fight infection. Leukaemia is seen in all age groups. Some of the symptoms associated with the disease are weakness, dizziness, fever, loss of appetite, unintentional weight loss, mouth ulcer, red spots on skin,” Dr. Ojha added.

Shanno Devi Sharma, reported of complains like pain in left side flank, constipation, etc. By the time she was diagnosed with cancer, it was already the fourth stage. The doctors evaluated and studied the case and started with targeted chemotherapy sessions. Fortunately, the patient showed good response to the therapy sessions and the cancer cells subsided over the months. Shanno will have to undergo medication for few months for full recovery from the disease.

Dr. Vikas Goswami, Senior Consultant, Medical Oncology, Fortis Hospital, Noida said, “Cancer has become a lifestyle disease but one can avoid it by making a few lifestyle modifications. My advice is that one should go for at least 45 minutes of brisk walking for at least 3 days in a week. For those, who sit for long hours at work, they must walk at least 10 minute in an hour. It is essential to avoid smoking and consumption of alcohol, junk foods. Fresh air and sunlight exposure is equally important. 20 minutes of sunlight daily goes a long way in prevention of so many cancers. There is a need to create awareness about regular check-ups & counselling even after one is completely cured. Undergoing regular preventive screenings ensure that even if one is diagnosed with a cancer, there is a very high possibility of cure.”

Dr. Pinak Moudgil, Zonal Director, Fortis Hospital, Noida said, “Our doctors are constantly striving to extend best in oncological care. We are proud to bring out these cases of successfully treated patients to bring out the skill and expertise we have to offer.”

About Fortis Healthcare Limited

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