

## **Doctors at Fortis Malar successfully cure Lung Transplant Patient after a month in ECMO, a first in India**

**Chennai, August 4 2018:** A team of senior doctors from **Fortis Malar Hospital** successfully conducted a high-risk bilateral lung transplant on a 28-old lady from Mumbai. It is a clinical feat when **Mrs Nazanin Zuber Patel** recovered from a month long ECMO procedure, a first in India. This challenging feat was achieved by a team of doctors led by **Dr K R Balakrishnan, Director, Cardiac Sciences** and **Dr Suresh Rao KG, Head of Department, Critical Care & Cardiac Anaesthesia, Fortis Malar Hospital.**

The patient was admitted with complaints of severe breathlessness, abdominal pain along with vomiting and a diagnosis of primary pulmonary hypertension since 2008. The pressure in her lungs was 140 mmHg, as compared to a normal value of 25 mmHg. Her heart pumping was severely compromised, especially the right ventricle which was pumping only at 15% capacity. She was medically stabilized and waitlisted for bilateral lung transplant.

On the 8<sup>th</sup> of February 2018, a potential donor was available, and the transplant was performed. Post-transplant, the patient had persistent hemodynamic instability (Low Blood Pressure) and hence IABP (Intra-aortic balloon pump) was inserted. Nazanin was administered life support VA ECMO (Veno Arterial Extra Corporeal Membrane Oxygenation) when her hemodynamic instability continued. Once her hemodynamics improved she was put on VV ECMO (Veno Venous ECMO) as her lungs had acute graft dysfunction. After a long recovery period, Nazanin became stable and was able to walk again.

Speaking on the surgery, **Dr. K R Balakrishnan** said, *"Mrs. Nazanin had Pulmonary Hypertension with her lung condition rapidly deteriorating and a transplant was the only option. Though the complicated surgery and continuous monitoring leading to recovery was a major hurdle, the Fortis Malar team was very confident throughout the entire process. To maintain any patient on ECMO for a month but post lung transplant with the risk of infection in a immune suppressed patient is a huge challenge. In complicated transplant surgeries like this, modern technology allows us to get excellent results but the treatment is expensive and complications cannot always be predicted. Funding mechanisms need to evolve in our country for such procedures to become universally available."*

Commenting on the surgical procedure, **Dr. Suresh Rao KG** said, *"We had successfully overcome several risks and challenges with effective monitoring and postoperative care. Mrs. Nazanin was on ECMO for a month post bilateral lung transplant and on mechanical ventilation for almost 2 months. After a long stint of being on IV medications and antibiotics, she was mobilized out of ICU with a very good progress in recovery."*

## **Press Release**

For Immediate Publication



*“The doctors at Fortis Malar were very supportive and they gave me confidence and took care of me like their own family member. I would like to thank the doctors and all the staff and especially the nurses who were assigned to me full time in every shift,”* expressed **Mrs Nazanin**.

### **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 374 diagnostic centres.*

### **About Fortis Malar Hospital:**

*Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital' Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.*

### **For more information, please contact:**

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