

“34 year old lady with severe heart failure, successfully resuscitated using artificial heart technology & underwent a heart transplant at Fortis Malar”

- Airlifted from Delhi to Chennai for heart transplantation
- Patient suffered from severe heart failure and sustained a Cardiac arrest
- Resuscitated by artificial heart technology (ECMO) while waiting for transplant which improved the condition of the multiple organ failure

Chennai October 29, 2012: Fortis Malar Hospital announced the success of a heart transplant with the use of an artificial heart pump or ECMO to resuscitate the patient while waiting for a donor. The procedure saved the life of 34 year old Ms. Monika Rustagi who was suffering from severe heart failure. As her health was in a critical state, the young woman had to be airlifted from her hometown Delhi and brought to the Chennai based multi-specialty hospital for the heart transplant.

The team who performed the surgery was led by Dr. K.R. Balakrishnan, Director Cardiac Sciences, Dr. Ravikumar, Dr. Suresh rao K G, Dr. N.K. Kapadia and Dr. SK Chowdhary. The successful use of Extra Corporeal Membrane Oxygenation (ECMO) as a bridge to a transplant is extremely uncommon in India since not too many centres in India have the expertise and equipment. The patient responded well to the transplant and can now return to Delhi.

While on vacation at Mussoorie, Ms. Rustogi began experiencing breathing difficulty while ascending the hills. The problem persisted when she returned to her home in Delhi. Doctors at a hospital in Delhi discovered that she was suffering from severe heart failure with a heart pumping potential of 25%. Unfortunately none of the initial treatment methods had much impact on her health. Her health was progressively worsening and survival became an issue of grave concern. The family of the patient was on the lookout for guidance on heart transplants. On the recommendation of a doctor, the family sought the expertise of the Cardiothoracic Surgery and Cardiology department of Fortis Malar Hospital. She was first evaluated by team of doctors from Department of Cardiothoracic Surgery, Cardiology, Nephrology and Radiology. On examining her case, the doctors found Ms. Rustogi to be a prime candidate for heart transplant.

She was put on the waiting list for a heart. Unfortunately during the waiting period her condition continued to deteriorate, nearly reaching a terminal stage of multiple organ failure with a severe fall in Blood Pressure, lack of urine output, severe breathlessness requiring

ventilator support. She was immediately put on ECMO (Extra Corporeal Membrane Oxygenation) to stabilize and act as a bridge to Heart Transplant. Subsequently the patient's body resumed making urine, her blood pressure improved, lungs and kidney functions also improved. After **XX** hours, the hospital received news of the availability of a donor heart. After harvesting the heart from the donor, the surgeons transplanted the new heart into her chest.

Commenting on the case, Dr. K.R.Balakirshnan said “.....

The post-operative recovery was very smooth and rapid. Ten months post surgery Monika Rastogi is doing amazingly well. She is leading a normal life with her husband and family back in Delhi.