

12 year old girl from Nellore undergoes heart transplant at Fortis Centre for Heart Failure & Transplant, Fortis Malar Hospital, Chennai

Key Highlights:

- Came with severely depressed heart function and suffering from Heart Failure for 10 years
- Pumping efficiency (Ejection Fraction) less than 15%
- Admitted to the hospital with severe abdominal pain, liver congestion, breathlessness and was bedridden
- Her Lung pressure was high due to heart failure and hence it was a challenge to get a suitable heart.

Nellore, 24th Sep 2014: In continuation to its pioneering effort in cardiac care, the team of experts at Fortis Centre for Heart Failure & Transplant at Fortis Malar, Chennai, led by Dr. K R Balakrishnan and Dr. Suresh Rao K G performed a lifesaving surgery on a 12 year old girl, Mahalakshmi from Nellore who underwent heart transplantation, giving a new lease of life to by making her move normally again.

For the past 10 years, Mahalakshmi was suffering from a heart condition called ‘idiopathic dilated cardiomyopathy’. The problem was noticed when she was two years old, since then it was medically managed. But her condition started deteriorating in the last couple of years. Further examination revealed that she could not be managed medically anymore. Her treating Cardiologist suggested that the only option left for her now is heart transplantation and she was referred to Dr. K R Balakrishnan at Fortis Centre for Heart Failure & Transplant.

Dr. K R Balakrishnan, Director, Cardiac Sciences, Fortis Centre for Heart Failure and Transplant, at Fortis Malar said, When Mahalakshmi arrived at the hospital, she was complaining of severe abdominal pain resulting in liver congestion. She was breathless and bedridden with an EF(Pumping capacity of the heart) of just 15%. She was immediately listed on the transplant list and necessary drugs were administered. During her wait for a heart, her kidney function also started deteriorating. Also, while assessing her, we found her lung pressure to be high because of heart failure and hence was a challenge to get a suitable heart for her. It was after a wait of 1 month, a suitable heart was found and the surgery was conducted on time to save her precious life.

With more than five lakh people losing their lives every year due to a dearth of organs in the country, there is a need to spread awareness about organ donation to give patients a second lease of life. Organ donation in our country is still at a nascent stage. India has a rate of less than 0.2 donors per one million population much lower than than the global average of 0.8.””, said **Dr. Suresh Rao, HOD Cardiac Anesthesia and Critical Care, Fortis Malar.**

Commenting on the same, Mr. Harish Manian, Facility Director, Fortis Malar Hospitals Limited, said, “Our team of highly accomplished doctors led by Dr Balakrishnan and Dr Suresh Rao have performed many firsts in the field of heart failure and the largest number of successful heart transplants in the country. With copious and wide ranging experience in handling heart failure patients including the implanting of India’s first artificial heart, Fortis Centre for Heart Failure and Transplant is recognized all over the world today as a centre of excellence providing the latest treatment for heart failure.”

Today, a couple of weeks post her discharge, Mahalakshmi is walking and getting back to a normal life. Her parents are extremely thankful to the team of cardiac experts at Fortis Malar for giving their daughter a new lease of life and for giving them a reason to be happy again.

About Dilated Cardiomyopathy

Dilated cardiomyopathy is a condition in which the heart becomes weak, enlarged and cannot pump blood efficiently. It affects the heart's ventricles and atria. These are the lower and upper chambers of the heart, respectively. The decreased heart function can affect the lungs, liver, and other organs as well. It occurs in people of all ages, including infants and children mostly between the age group of 20 to 60. The disease often starts in the left ventricle, the heart's main pumping chamber. The heart muscle begins to dilate (stretch and become thinner). This causes the inside of the chamber to enlarge. The problem often spreads to the right ventricle and then to the atria as the disease gets worse.

About Fortis Centre for Heart Failure & Transplant

The team at Fortis Centre for Heart Failure & Transplant at Fortis Malar led by Dr. K R Balakrishnan and Dr. Suresh Rao K G have so far performed 35-ECMO, 27 heart-transplants, 6-VAD’s and is credited with India’s first successful implantation of Heartmate II LVAD, HVAD, a mechanical artificial heart pump and the first inter-state heart transplant in the country. The comprehensive heart disease management programme at the centre includes preventive measures to avoid Heart Failure, Cardiopulmonary testing including peak oxygen consumption measurement, ECMO (lung heart machine) as a bridge to a transplant or a bridge to a decision; nutritional counselling designed to help

patients adhere to a complex medical regimen and a specialized low-sodium (salt) diet. In addition, patients learn to recognize fluid retention that signals heart failure. They are counselled on aspects of Cardiac rehabilitation and individualized exercise plans are drawn up for them to strengthen their heart muscle, improve blood circulation and support the recovery process.

Also in the last few months the team has been actively involved in developing similar centers across Jaipur, Ahmedabad, Bangalore & Delhi.

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, Singapore, Dubai, Mauritius and Sri Lanka with 66 healthcare facilities (including projects under development), over 10,000 potential beds and approx. 280 diagnostic centres. In a global study of the 30 most technologically advanced hospitals in the world, its flagship, the Fortis Memorial Research Institute' (FMRI), was ranked No.2, by 'topmastersinhealthcare.com, and placed ahead of many other outstanding medical institutions in the world.

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