First Artificial Heart Implanted at BLK

Blood is not always thicker than water

Mother refuses to donate kidney, mother-in-law chips in to save Kavita
It gives me immense pleasure to present the very first edition of BLK Pulse, the newsletter that provides a platform for communication between BLK and our growing healthcare community. The newsletter will contain information on the hospital, its progress and insight into few of very complex and rare cases.

To begin with, our cover story on Organ Donation efficiently highlights the importance of donation, elucidating why you should take the pledge as an Organ Donor. We are, in fact, quite happy to have received a heartening response to our ongoing campaign for Organ Donation under our flagship initiative - Recycle Life.

The case of a 32 year-old businessman from Iraq who got a new lease of life after a successful implantation of Left Ventricular Assist Device (LVAD) is the kind of story that never ceases to inspire us to push our own limits. In fact, the articles and the special achievement features, which have been covered in this edition, are unique in their own ways. I am sure they will successfully add value to the readers’ knowledge while setting the tone for subsequent editions.

We will always be on the lookout for such inspiring articles, news of special achievements, significant announcements and any piece that you feel will be of interest to our community.

I hope you enjoy this edition and if you have any thoughts for improvement or wish to see new areas covered, please drop me an email or write to our Editorial team at: editorial@blkhospital.com. We encourage you to share our newsletter with those you think would be interested; you can also write to us and we would be happy to add their names to our mailing list.

Here’s wishing everyone good health.
Dr. Ajay Kaul is one of the finest surgeons in the country with a vast surgical experience comprising of Complex Congenital to Cardiac Transplant in Adults, Total Arterial Coronary Bypass Surgery, Valve Repairs, Surgery for Aneurysm and management of Cardiac Failure etc.

They may forget your name, but they will never forget how you made them feel.

~Maya Angelou~

On 26th February 2016, a complicated Angioplasty of a 73 year old patient from Afghanistan at the BLK Heart Centre was streamed live at the India Live 2016 Conference attended by over 3000 Cardiologists from around the globe. The surgery was conducted by Dr. Jean Fajadet, a famous Cardiologist from Toulouse, France, along with the team of Dr. Subhash Chandra. It was, indeed, a remarkable feat for BLK Heart Centre to be reckoned as one of the premier centres for live case activity amongst other leading centres from USA, Japan, Singapore and across the metropolitan cities of India.

BLK Super Speciality Hospital is immensely proud to inform you that under the leadership of Dr. Ajay Kaul, Chairman & HOD, Cardiothoracic and Vascular Surgery, BLK Heart Centre, we have performed the First Artificial Heart Implantation (LVAD) to save a precious life.

**THE CASE**

BLK Heart Centre received a male patient from Iraq with a critical heart condition. He was previously admitted to multiple hospitals and was very sick. The patient was suffering from a severe disease of heart muscles. This anomaly led to a severe dysfunction in the left side of his heart. The valve leakage had created an enormous, irreversible enlargement of the main chamber of the heart (left ventricular is the main pumping chamber of the heart).

**THE PROCEDURE**

The only hope of survival for our patient was either a Heart Transplant or an assist device like LVAD (Left Ventricular Assist Device). Patients who have reached this stage of the disease categorically need a Heart Transplant. Since time is of the essence in such cases and transplants involve numerous donor availability issues, such patients are offered LVAD to greatly increase their chances of survival. For the recipient, LVAD can add 10 to 12 years of quality life and beyond.

LVAD is a very specialised and valuable device that is connected to the main chamber of the heart, from which it takes blood and then pumps it into the major artery of the heart called aorta. Performing this procedure demands a very high level of expertise, training and dexterity. This procedure is so specialised that only a few centres across the World and India offer it.

**THE RESULT**

After implanting LVAD in the heart of our patient, we also repaired his defective heart valve. As post-operative management of the patient requires advanced, highly skilled ICU care and multi-disciplinary approach, the patient was observed at all times by our dedicated medical team. In 2-3 days, the patient had recovered well and had started walking. Post his discharge, the patient was able to do his routine work without any problem.
THE CASE

This was a complicated case. The initial diagnosis and X-ray done on her showed a shallow acetabulum with dislocated hip and more than 5 cm cranial migration of head. This means that her hip was completely dislocated as the cup and ball socket was raised to 5 cm above resulting in shortening of the leg muscle. It was very difficult to bring femoral head (highest part of the thigh bone) into its socket as the acetabulum (which joins the head of femur with pelvis) was shallow.

THE PROCEDURE

So, a plan was made to reconstruct the acetabulum and do a Femoral Osteotomy (surgical cutting of a bone to allow realignment). The acetabulum was reconstructed with Femoral Head Graft and Femoral Osteotomy was carried out to reduce the head and finally cemented components were used to perform Total Hip Replacement, added Dr. Mahajan. Dr. Mahajan further explained, muscle was opened layer-by-layer from all sides around the hip and released till the limb became of equal length.

The most challenging part of the surgery was to provide a stable hip with equal limb length. For this the cup and ball was cut and fixed to enlarge the hip at the socket. The surgery which seemed impossible to begin with, was a resounding success. The triumph of this difficult and challenging feat was a result of the expertise and competence of Dr. Mahajan.

THE RESULT

The patient was discharged within a few days after the 3 hours long surgery and is now slowly and surely regaining her strength. "Dr. Mahajan and his team at the hospital have blessed me with a new lease of life, for which I cannot thank them enough. It is because of Dr. Mahajan that my painful limp, is now a distant memory," said Sita Sood, Assistant Manager at CSES.

Sita Sood who fell off from her bed when she was just 6 months old, now walks straight for the first time after the age of 53 after a Total Hip Replacement (THR) surgery done by Dr. Rakesh Mahajan, Senior Consultant, Orthopaedics, Joint Reconstruction & Spine Surgery at BLK Super Speciality Hospital. As a child she missed playing with her peers, as an adult, she faced rejection while getting married. She ran from pillar to post in order to get herself a normal life when at the age of 35 she met her perfect match, who left no stone unturned to get her treated.

Dr. Rakesh Mahajan, who achieved this remarkable feat said, “The patient was given no surgical treatments at the young age, which proved disastrous. The injury caused severe dislocation in her right thigh bone and resulted in the shortening of her limb by 8 centimetres. This caused acute discomfort to the patient and left her limping the entire life.”

BLK Super Speciality Hospital doctors correct 53 years of life-on-a-limp by a unique Hip Replacement Surgery

Patient stood straight for the first time after 53 years

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Nurses may not be angels, but they are the next best thing.

~Anonymous~
Blood is not always thicker than water
Mother refuses to donate kidney, mother-in-law chips in to save Kavita

All was not well with Kavita, a 36-year-old housewife from Uttam Nagar in West Delhi. She had to undergo Kidney Transplant and her mother agreed to donate one of her kidneys to her daughter. So far, so good; however, her mother developed cold feet and refused to donate her kidney to her daughter. Kavita was shocked.

Dr. Sunil Prakash, Senior Consultant & Director, Nephrology & Renal Transplant Services, BLK Super Speciality Hospital, who was the Transplant Nephrologist in-charge of the case, was left saying, “It is not a reel life story, but a real one with a happy ending. Today Kavita is fine and is leading a normal life.”

A HUMANE INITIATIVE

At BLK Super Speciality Hospital, we have made a conscious effort through our flagship initiative Recycle Life to keep alive the legacy of those who give others a chance to live. Aligned to our honourable Prime Minister’s appeal for highlighting the need for Organ Donation, we encourage people to join hands to pledge their organs and make a difference. Be a saviour..... Take the pledge now!

Contact our “Recycle Life Team” at transplant.coordinator@blkhospital.com

THE CASE

Kavita, a housewife, was suffering from frequent bouts of vomiting and sudden weight loss when she first visited a local doctor in her locality, Uttam Nagar. At that time, she took some medication which could control her vomiting bouts, but her weight loss was persistent.

She went through an ultrasound test for the whole abdomen and the results declared that she was suffering from Renal Failure. It was then she was referred to Dr. Sunil Prakash for further treatment.

THE PROCEDURE

After she underwent all necessary investigations, a team of doctors decided that she would have to go for Renal Transplant. However, her family was faced with the biggest challenge to find a first degree donor, who can only be from amongst the close family members like her mother, father, husband, son or daughter, brother or sister. Finally, her mother agreed to donate one of her kidneys for her daughter. All investigations were completed but just before the transplant, her mother refused to give her kidney.

At this point her mother-in-law, Vimla came forth and decided to donate her kidney. “After undergoing investigations, it was found that Vimla was fit to donate her kidney to Kavita. The surgery took place on 23rd June 2015 and was a success. Now both donor and the recipient are doing fine,” said Dr. Aditya Pradhan, Senior Consultant, Urology, Andrology & Renal Transplant, who had conducted the surgery.

THE RESULT

This case is extremely rare. In general, females are the predominant donors in all Kidney Transplants, accounting for more than 85% of live donors. This is the first instance we have encountered of a mother-in-law coming forward to donate her kidney for her daughter-in-law. This donor overcame all objections from the recipient’s family, and very bravely consented to donate her own kidney. In Vimla’s own words, “I want to save this girl’s life .. she is my daughter, not daughter-in-law.”
Mediastral Tumour

A 64-year-old gentleman from Iraq had persistent and progressively increasing cough and shortness of breath for the last 1 year. He had been diagnosed with Anterior Mediastinal Tumour three months back. A biopsy from the tumour at his native place suggested Neuroendocrine Tumour of Intermediate Grade (NET). Before coming to BLK, he had completed 3 courses of anti-cancer therapy (Chemotherapy), but without any significant response.

His radiological investigations at BLK in the form of Whole Body PET-CT showed a large mass in the central part of the chest nearly 12 x 17 x 15 cms in size compressing the airway, the heart and great vessels. Due to the large size of the tumour and pressure over heart and lungs he was unable to even lie down straight. At BLK Cancer Centre, thorough clinical evaluation was done and the need for surgical removal of the tumour mass was discussed with the patient and relatives. He then underwent extensive cardiac and respiratory evaluation for fitness for surgery.

Under general anaesthesia, he underwent Median Sternotomy. With careful and sharp dissection the tumour could be removed completely. Post-operative outcome was good and he was up and moving from the next morning. Overall the patient was doing well and had a good recovery.

These type of tumours are difficult to manage as they lie in close proximity to vital organs such as heart and large vessels of the chest. They can cause sudden death due to minimal complications. Fortunately, we had the opportunity to remove three such tumours in three different patients within a short span of 30 days. The surgery was conducted with a standby Cardiothoracic surgery team, so as to enable set up of artificial heart lung perfusion if required for conduction of safe surgery. These surgeries are feasible only in Super Speciality Centres with dedicated Thoracic Surgical Oncology services along with backup of Cardiovascular Surgery, Pulmonology and Intensive Care, all working in good harmony.

SURGICAL TEAM

Dr. Kapil Kumar
Director - BLK Cancer Centre & HOD - Surgical Oncology
BLK Cancer Centre

Dr. Sandeep Mehta
Assistant Director
Surgical Oncology
BLK Cancer Centre

Dr. Ashish Goel
Sr. Consultant
Surgical Oncology
BLK Cancer Centre

Dr. Ajay Kaul
Chairman & HOD
Cardiothoracic and Vascular Surgery
BLK Heart Centre

Cardio Sciences | Emergency and Trauma | Fertility Sciences | Gastroenterology and Hepatology
Gynaecology and Obstetrics | Neurosciences | Oncology | Paediatrics | Renal Sciences

ON TOP, YET AGAIN

BLK Super Speciality Hospital has been adjudged amongst the best hospitals in Delhi / NCR and across India in Multiple Specialities
MILESTONE ACHIEVEMENT

500

BONE MARROW TRANSPLANTS
Asia’s largest and world’s fastest growing transplant centre

- Frontliner in conducting Allogenic (match related, unrelated and haploidentical donor) and Autologous Stem Cell Transplants on domestic as well as international patients coming from across 60 countries
- 30 bedded Bone Marrow Transplant Unit
- 150 Thalassemic Major Patients Cured
- 50 Haploidentical Transplants
- Extracorporeal Photopheresis for GVHD

BLK Super Speciality Hospital recently signed an agreement with National Cancer Center of Republic of Uzbekistan, which is the country’s biggest Oncology facility. Basis this partnership, BLK Super Speciality Hospital will provide medical diagnostics and consultation to the people of Uzbekistan for the next three years. The focus would also be on developing educational, scientific and medical cooperation to achieve excellence in Cancer Care.

Experts from BLK Super Speciality Hospital will also participate in development of joint international projects and conduct research on mutually agreed topics benefitting both the countries.

This joint initiative will also pave way for education and training of health professionals from Uzbekistan in India with an aim to share experiences and techniques. It will also provide a wide platform for organising conferences, seminars, round table discussions and symposia, where scientific articles, thesis and scholarly reports by professors and teaching staff would be presented amongst delegates from both the countries.

WHERE HEALING MEETS PASSION

At BLK, we are passionate about delivering the highest standards of healthcare, be it the finest doctors, cutting edge technology, state-of-the-art infrastructure or nursing with a smile. We have deployed very high-end technologies such as CyberKnife VSI, Trilogy Tx Linear Accelerator and Bi-Plane Neuro Interventional Lab, at our Centres of Excellence, which are geared to address the complex medical needs of patients. We are also one of the few private hospitals in India and the only one in North India, that has the facility to offer gamma irradiated blood and blood components to its patients.

Highlights:
- Largest private sector hospital in Delhi
- Spread over 6,50,000 sq. ft.
- 650 bed capacity, 140 critical care beds, 17 state-of-the-art modular operation theatres
- 1500 health care providers, 150 globally renowned super specialists, 300 medical experts
- Asia’s largest Bone Marrow Transplant Unit
- One of the few hospitals to offer Artificial Heart Transplant (LVAD) and Heart Valve Replacement without Surgery (TAVR) procedures in India
- Comprehensive Cancer Care with organ specific specialist teams
- One of the largest Bariatric Surgery Centres in the region
- Wide spectrum of Heart Care services, including Minimal Access Cardiac Bypass Surgery
- Wide ranging Neurosciences facilities
- Orthopaedics including Joint Replacement, Sports Medicine and Spine Surgery
- Comprehensive Mother and Child Care with advanced IVF Lab
- World class expertise in Critical Care
- Facilities for Urology and Kidney Diseases
- One of the few hospitals with facilities for Heart, Liver and Kidney Transplant

Partnering with Uzbekistan National Cancer Center

Prof. Sarimbek Navruzov, Chairman - National Cancer Center with Mr. Naresh Kapoor, Executive Director - BLK Super Speciality Hospital

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