HAPLOIDENTICAL TRANSPLANTATION:
A new option for people seeking a Donor Match

RIGHT TO LOOK GREAT
Breast Augmentation using the latest technology
Dear Readers,

BLK has always been in the forefront of pursuing excellence not only in medical care and outcomes but also in service delivery. In this perspective, October was quite an eventful month for us as we bagged coveted awards, successfully conducted some major breakthrough surgeries and crossed milestones.

The issue features a heartening story of a Haploidentical Bone Marrow Transplant of a young boy from Delhi. This case further underlines the fact that our BMT centre is one of the fastest growing in the world. Other stories in this issue include a high risk life-saving surgery on a 58 year old elderly man wherein his limbs were eventually salvaged; a classic case of monoamniotic twins, to name a few.

Our conscious focus on international patients, uncompromising policy on quality care and service delivery has brought us laurels in the form of the prestigious Frost and Sullivan India Best Practices Award as the Medical Tourism Service Provider Company of the Year in the stand-alone hospital category.

Observing October as a Cancer Awareness Month, we had organized our first ‘Walk-A-Mile’, a cancer awareness walk which saw an overwhelming response by way of turnout of more than 1000 participants from all walks-of-life. I would like to thank each one of our partners associated with us for their contribution towards the success of this event.

And lastly, it gives me great pleasure to inform you that Dr. Anil Kumar Kansal, one of the most accomplished Neurosurgeons in the country is now on board with us as Director- Neurosurgery & Head- Neuro Spine, BLK Centre for Neurosciences.

Let me once again thank each one of you for writing in to us with your thoughts and suggestions. Our editorial team can always be reached at: editorial@blkhospital.com.

Here's wishing you a good time ahead and great health!
Smoking may cause Cancer. And an Amputation.
How Dr. Sushant Srivastava’s team salvaged a limb

Smoking not only makes one prone to Heart Attacks, but can also cause severe, unbearable pain in the legs. If not treated on time, it can even lead to Amputation. Doctors at BLK Super Speciality Hospital performed a life-saving surgery on a 58-year-old man, after he was advised elsewhere to have his limb amputated.

THE CASE
Patel Singh was a heavy smoker suffering from severe Peripheral Arterial Disease (PAD), a condition in which arteries supplying blood to legs or other vital organs become narrowed or blocked. The patient will experience pain in calves and thighs, which occurs initially only while walking but later ensues even at rest. This symptom is known as Claudication. In severe cases, the patient develops a bluish discoloration of the distal part of the limb or even gangrene. Once gangrene is established, a variable amputation has to be undertaken. Claudication is sometimes not recognised correctly and valuable time is lost during which the disease progresses.

A CT Angiogram usually reveals the full extent and severity of the blockages and helps in planning the surgery. In Patel's case, the abdominal aorta was totally cut off at the level of the renal arteries and other multiple blocks involving Bilateral Iliac and Superficial Femoral Arteries.

THE PROCEDURE
Due to the extensive nature of the disease in this particular patient, complex Peripheral Bypass Surgery was required. The aorta was approached retroperitoneally through a thoracoabdominal incision to access its suprarenal part. The top end of a bifurcated dacron graft was anastomosed to the aorta at the diaphragm. The two limbs of the graft were tunneled into both groins where anastamoses to the common femoral arteries was achieved. The distal Superficial Femoral Arteries (SFA) were exposed through separate thigh incisions extending up to the knees and jump grafts were taken to the distal SFAs. To access and bypass different parts of the arterial tree, extensive incisions and complex techniques had to be employed.

THE RESULT
Patel's recovery was quite uneventful. He was out of bed on the second post-operative day and was discharged in seven days. He was asymptomatic and after many weeks, he could sleep peacefully and walk without pain. Timely intervention and the technique of surgery leading to complete revascularization produced gratifying result.

Right to look great.
Breast Augmentation using the latest technology by Dr. Lokesh Kumar

Breast Augmentation is one of the most in-demand Cosmetic Surgery procedures these days. It is a simple day care procedure with very less downtime involved. Many women who have underdeveloped breasts are coming forward to get this procedure done as this gives them confidence in leading a normal social life. The taboo associated with this surgery is fast disappearing.

Recently, at BLK Centre for Plastic & Cosmetic Surgery a new technique “BEAULI” was introduced to enhance the breast size using body’s own tissue. This technique involves usage of high speed water jet stream to separate out fat cells from patient’s own body. These fat cells are now easily extractable and can be used all around the breast tissue to give significant enhancement. BEAULI is a natural breast augmentation and enhancement procedure and has several benefits which include:

- Quick recovery
- No cuts, incisions and scars
- No implant problems
- No foreign object in body
- Minimally invasive
- Natural appearance
- Preservation of lactation

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“One should undergo a yearly test of Ankle Brachial Index (ABI), which is a Blood Pressure measurement of Arms and Legs. Smoking should be stopped completely and a healthy lifestyle must be adopted. The only way to prevent PAD is by controlling Diabetes, Hypertension and Cholesterol.”
Providing a new lease of life.
Haploidentical Transplantation: A new option for people seeking a Donor Match

BLK has performed more than 650 Bone Marrow Transplants within a short span of 4 years, at a success rate of over 80%, which is at par with world’s best. The Centre attracts transplant patients not only from India, but also from countries like Iraq, Pakistan, Afghanistan, Nigeria, Kenya, Sudan, United Arab Emirates, Uzbekistan and Nepal. Today, more than 50% of the patients arrive from different parts of the world.

“In recent years, there have been dramatic breakthroughs in the field of Haematology and Stem Cell Transplant, the latest being treatment through Haploidentical Transplantation technique which virtually eliminates the waiting period for people who need Bone Marrow Transplants on urgent basis. Through this procedure, even if a donor’s tissues are only half identical with those of a recipient’s, it works just as well as a complete match. The donor in this case may be the recipient’s parent, sibling, child or a family member,” said Dr. Choudhary.

In this transplant program, patients are first put through few days of Chemotherapy / Immunotherapy or Radiotherapy as per the condition of the patient before transplantation, just enough to suppress their immune system without causing any harm to their organs. On the day of the procedure, Haploidentical donor have their stem cells collected either through Bone Marrow or Peripheral Blood.

THE CASE

Rahul is a young IITian who was working with HCL, Bangalore when he was first diagnosed with Plasma Cell Leukaemia and had undergone Autologous Stem Cell Transplant which relapsed in just 3-4 months post transplant. The disease was very aggressive and in search of cure he had visited various hospitals in the country. Rahul was completely unaware about the treatment that would suit his condition the best. Moreover, finding a donor was an even bigger challenge. All national and international registries were checked but he could not find the matching donor for transplant. Finally, he got to know about Dr. Choudhary and decided to contact him.

THE PROCEDURE

Dr. Choudhary suggested half-match or Haploidentical Stem Cell Transplant as a treatment option to him. In his family, only his father and sister were his half match. After a few tests and deliberations, his sister was selected as the donor. Rahul underwent the transplant procedure and much to everyone’s relief, it was a success.

THE RECOVERY

Six months after the surgery, Rahul is currently asymptomatic and doing fine. He has even started a group named Yoddhas which has several members who are cancer survivors. He counsels patients from all over the world about the treatment. He wishes to spread awareness about the disease and highlight the importance of timely treatment to the ones in need.
Clot Buster. Life Saver.
A peculiar case of stroke strikes at the most unexpected times, dealt timely and in the most appropriate way

While the golden rule of reaching a hospital in time is well known, how doctors attend to a stroke patient is also critical in determining the prognosis. Often, patients are made to undergo surgery without evaluation of other non-invasive options to bring them to normalcy, and it is the approach that a doctor adopts that creates a difference.

THE CASE
A 52-year-old man was brought to BLK within 55 minutes of an onset of paralysis on his right side. At the time of admission to Emergency, the patient was not able to stand without support or hold objects with his right upper limb.

THE PROCEDURE
As the patient was able to reach Emergency within 4.5 hours, an urgent MRI of the Brain was done which showed blockage of main blood vessel. Patient was given a clot buster agent through the vein besides host of other non-invasive interventions. With constant monitoring and diligent care, the patient showed significant improvement.

THE RESULT
On the following day of the procedure, the patient was able to walk without support and was able to hold objects with his right hand. He was discharged on day 4 of admission. At the time of discharge patient had no neurological deficit.

Monoamniotic Twins- A Complex Surgery.
On the first birthday of monoamniotic twins, parents and doctor re-live the challenges of a rare and difficult delivery

There are many types of complexities associated with certain pregnancies. One such complexity is when the embryo does not split until after the formation of amniotic sac which leads to the formation of monoamniotic twins, wherein the two babies share the same placenta.

THE CASE
As first-time parents, Mr. and Mrs. Gill were thrilled to learn on the first ultrasound that they were expecting twins. But their joy was short-lived when they learnt about the multiple risks involved with monoamniotic twins. They were also informed that this kind of pregnancy is rare and the expectant mothers in these cases are generally advised for termination by most medical facilities.

But Nidhi, the 28 year old twins’ mother, was determined to go ahead with her pregnancy, and then she came across an article on ‘delivery of monoamniotic twins’ by Dr. Khera who had also done one such case earlier. That gave the couple new-found hope and confidence to continue the pregnancy.

Dr. Khera who monitored the pregnancy of Nidhi, mother of twins, advised the parents to be cautious, while highlighting the challenges in such pregnancy. There are chances of cord entanglement between the twins, which can lead to choking; cord compression which could stop the flow of nutrition amongst one twin and twin-to-twin transfusion syndrome (TTTS). Under TTTS, one twin receives majority of nourishment causing the other twin to become severely undernourished.

THE PROCEDURE
Nidhi was advised complete bed rest for 80-90 days to reduce the risk during her pregnancy. She underwent emergency caesarean in 33 weeks due to chances of intrauterine growth retardation or intrauterine death or poor growth of foetus inside the womb. The team of Gynaecologists at BLK led by Dr. Khera performed the surgery with utmost care and helped Nidhi successfully deliver two male babies, weighing 1.2 kgs and 1.59 kgs.

THE RESULT
Thanks to advancements in medical field coupled with diligent care, routine follow-up and strict supervision by the team of doctors at BLK, the monoamniotic twins pregnancy could have a happy ending. Both the twins are doing extremely well and have just recently enjoyed their first birthday celebrations!
Awards and Recognition

BLK Conferred with Prestigious Frost & Sullivan Award

BLK Super Speciality Hospital has been recently conferred with the much coveted Frost and Sullivan India Best Practices Award in “Medical Tourism Service Provider Company of the Year” in the stand-alone hospital category. The winner was selected after a stringent ‘shortlisting and judging process’ by an independent panel of eminent jury members comprising of industry leaders.

Recognising the best BLK Team Members

The winners of the BLK HR Employee Recognition Award for August and September were announced in the month of October. Congratulations to all the winners for their consistent good work!

Mr. Amar Singh (Security Guard - Swift Securitas), Ms. Vijeta (Tvishi Services), Mr. Hruda Nanda Barik (Senior BMS Operator - Engineering & Utilities), Dr. Nira Kumar (Resident- Internal Medicine), Dr. Hemlata (Clinical Associate - Obstetrics & Gynaecology), Ms. Ankita Sharma (Staff Nurse-Nursing), Ms. Neelam (Tvishi Services) and Mr. Sanjeev David (Executive- Housekeeping).

Event and Appointment

‘Walk-A-Mile’ Cancer Awareness Walk

BLK had organised an awareness drive ‘Walk-A-Mile’ aimed at creating awareness for cancer, its prevention and management. The walk witnessed more than 1000 participants incorporating Corporates, PSUs, Oncologists, RWAs of neighbouring areas including Patel Nagar, Rajendra Nagar, Karol Bagh etc. The walk also saw participation of cancer survivors with their families and members from Indian Cancer Society.

Dr. Anil Kansal - Welcome Aboard

Dr. Kansal has joined BLK Super Speciality Hospital as Director- Neurosurgery & Head- Neuro Spine from Fortis Hospital Shalimar Bagh, where he was the Director & HOD Neurosurgery & Spine Surgery.

Dr. Kansal has the distinction of having successfully handled more than 4500 brain surgeries, 2000 cases of spine surgery, 500 cases of anterior cervical microdiscectomy, 60 cases of disc replacement, 400 cases of aneurysm clipping, 50 cases of degenerative spine scoliosis, 500 cases of endoscopic brain surgeries and 30 surgeries of microvascular decompression for trigeminal neuralgia and hemifacial spasm, just to mention a few.