

A Space Marketing Feature

HealthCare

Life Preserving Liver Transplants

Earlier liver diseases were commonly caused by Hepatitis B and C. Now the most common causes of liver diseases are alcohol and obesity-related disorders. There has been a major shift in the dynamics of liver cirrhosis.

About 10 lakh new patients are diagnosed with it every year in our country. Liver disease may affect one in every 5 Indians.

According to WHO (world health organization) liver disease is today the tenth most common cause of death in India.

More than two-thirds of liver transplants are Living Donor Liver transplants, whereas only 30 percent are cadaver (after brain death) transplants.

A live-donor liver transplant involves transplanting a portion of the liver from a living donor into a recipient whose liver no longer functions properly. The donor's remaining liver regenerates itself and returns to its normal volume and capacity within a couple of months after the surgery. Meanwhile, the transplanted liver portion also grows and restores normal liver function in the recipient.

Living Donor Liver Transplants

In these circumstances, patients have to depend on their family members and close relatives for donation. Because liver transplantation is such a successful procedure, doctors are recommending this procedure for more and more patients.

Unfortunately, there are not enough donor organs available. Which means the number of people waiting for a liver transplant greatly exceeds the number of available deceased-donor livers.

A living-donor liver transplant provides an alternative to waiting for a deceased-donor liver to become available.

Living-donor liver transplants are more common among children needing a liver transplant than among adults due to the scarcity of appropriately sized deceased-donor organs.

In addition to making more liver transplants available, patients who receive living donor transplants experience these advantages: Transplanting patients earlier in the liver disease progression often prevents them from becoming very sick.

They also recover faster from the transplant surgery. The graft – the new liver – is more likely to survive when it comes from a living donor.

The recipient's body is less likely to reject the donated organ (graft). Recipients spend less time on the waiting list.

Best persons to donate liver

The best candidates for living liver donation are family members or close, personal friends of the recipient. Liver donation is a major abdominal surgery and a serious commitment. Ultimately, the safety of the

recipient and donor determine whether a live donor transplant is an option.

In general, the following guidelines make patients most likely to benefit from a living donor liver transplant: Have an important personal relationship with the recipient.

Come forward to donate willingly. Be between the ages of 18 and 60. Have a compatible blood type with the recipient.

Be in excellent health. Not have uncontrolled high blood pressure, liver disease, diabetes or heart disease. Be about the same physical size as the recipient, or larger.

Before the procedure

To be considered for a living-donor liver transplant, both the donor and recipient must undergo a thorough health and psychological

evaluation at a transplant centre. Separate transplant teams will care for the donor and recipient during the evaluation process and will discuss the potential benefits and risks of the procedure in detail.

For example, while the procedure is often potentially lifesaving for the recipient, donating a portion of a liver carries significant risks for the donor.

Matching of living-donor livers with recipients is based on age, blood type, organ size and other factors.

During the procedure

On the day of transplant, surgeons first operate on the donor, removing a portion of the liver for transplant.

Then surgeons remove the diseased liver and place the donated liver portion in the recipient's body

and connect the blood vessels and bile ducts to the new liver.

The transplanted liver in the recipient, as well as the portion left behind in the donor, regenerates rapidly, reaching normal liver volume and function within a couple of months.

People who receive a liver from a living donor often have better short-term survival rates than those who receive a deceased-donor liver. But comparing long-term results is difficult because people who have a living donor usually have a shorter wait for a transplant and aren't as sick as those who receive a deceased-donor liver.

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IMPACT OF COVID-19 ON GENERAL SURGERIES



Since the onset of pandemic, many people have avoided visiting hospitals for their check-ups and health issues because of fear and anxiety. For instance, there are cases where people with appendicitis have waited till the situation got aggravated to Renal Failure. They thought it was just a normal stomach ache and did not prefer to visit hospital and have medical opinion on their clinical condition. The fear of Covid has created significant impact on the lives of people. Out of anxiety they have been neglecting many seasonal infections & diseases. Surgeries are one of the most critical procedures which require immediate medical assistance.

There are three types of Surgeries, Elective Surgeries, Semi-emergency Surgeries & Emergency surgeries. When it comes to Elective Surgeries, depending upon the situation, we can defer surgery when the prevalence of pandemic is at its peak. But there is no second thought when it comes to Emergencies, operation has to be carried out irrespective of Covid-19. If the patient is tested positive for Covid-19, there might be some post-operative complications and patient might take little extra time to get recovered. Particularly, in the case where General Anaesthesia is administered to the patient involving lungs, severity will be on higher side. Surgeries which are performed with regional anaesthesia are relatively less complicated.

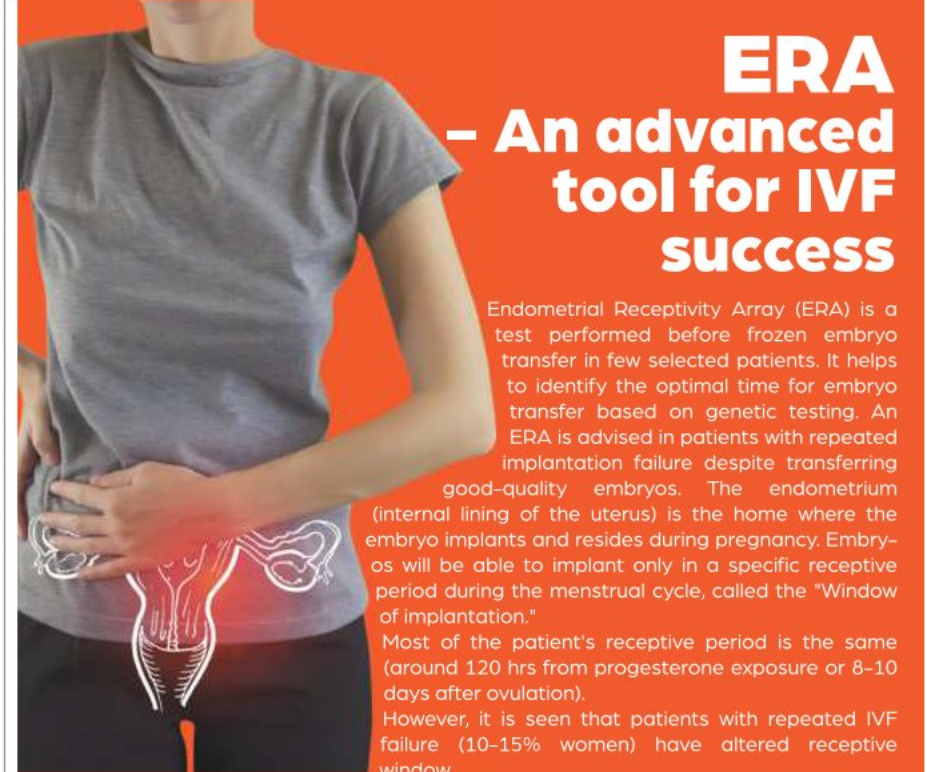
Covid positive patients should take extra precautions after their surgery because their immunity levels will be less and wound healing ability will also be reduced. Patients are advised to do post-operative respiratory exercises and should maintain healthy diet. If you are vaccinated for Covid-19, you need to wait for at least 7 days from the date of vaccination for surgery. There might be some side-effects depending upon an individual's body system, hence, we need to hold until the person gets completely recovered.

At Star Hospitals, all our staff are fully vaccinated. We have been following strict norms to ensure the safety of patients. There are two different sections for patients with Covid symptoms such as Lung Infection, Cough, Cold etc and for other general cases like trauma care or fractures to avoid the possibility of cross-infection. We bring together a dedicated team of expert physicians, nurses and other healthcare professionals to provide the highest standards of medical treatment. Our multidisciplinary services offer extensive and state-of-the-art medical care. Our full range of primary and specialty healthcare services enable cross-specialty consultation, which assures comprehensive treatment for each patient.

The medical field is constantly changing, and surgery is no exception. With new advances in technology, surgical practices have become more precise than ever before. These advancements will continue to improve patient experience and expedite the recovery process.



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ERA – An advanced tool for IVF success

Endometrial Receptivity Array (ERA) is a test performed before frozen embryo transfer in few selected patients. It helps to identify the optimal time for embryo transfer based on genetic testing. An ERA is advised in patients with repeated implantation failure despite transferring good-quality embryos. The endometrium (internal lining of the uterus) is the home where the embryo implants and resides during pregnancy. Embryos will be able to implant only in a specific receptive period during the menstrual cycle, called the "Window of Implantation." Most of the patient's receptive period is the same (around 120 hrs from progesterone exposure or 8-10 days after ovulation). However, it is seen that patients with repeated IVF failure (10-15% women) have altered receptive window.

ERA mainly helps identify this window of implantation and allows doctors to perform "personalised embryo transfer" based on the result obtained, thus increasing the IVF success in subsequent treatment cycles. ERA evaluates over 200 genes that play a role in the endometrium becoming receptive. The ERA examines these genes, deduces whether the endometrium is receptive, and predicts a woman's window of implantation. The goal with the ERA is to determine the ideal day for embryo transfer, thereby decreasing the likelihood of implantation failure.

Procedure steps:

- Endometrium lining is prepared using hormones (estrogen) to get adequate endometrial thickness in a Mock hormone replacement treatment cycle.
- Progesterone therapy is started after achieving good endometrial lining.
- Endometrial biopsy is taken 120 hrs after initiating progesterone.
- Endometrial tissue is immediately transferred into a tube containing a fluid that helps preserve the tissue. The sample is sent to the genetic laboratory. The laboratory analyses the genes involved in embryo receptivity and helps to determine the "window of implantation."

This information is then used in the subsequent cycle, and the exact time is calculated for Frozen Embryo Transfer.



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EARLY DIAGNOSIS AND PROPER TREATMENT CAN HELP CURE LIVER CANCER

In the human body, liver plays a crucial role in digestion, metabolism and minimal and patients can be discharged release of toxins like ammonia and after surgery. With the ongoing pandemic, doctors are advising patients in middle-aged individuals with cirrhosis to postpone radical surgery in cases and children with genetic defects. The where it is possible. In such cases, to other predisposing factors include viral prevent the spread of cancer, a highly infections like hepatitis B, C and heavy advanced TACE procedure and RF alcohol consumption. Due to certain ablation are performed under sedation genetic defects, children between the and is only a day care procedure. As it has age of 3 and 7 suffer from a form of an important advantage, it is being cancer called hepatoblastoma. practiced widely, even with patients with advanced stages of liver cancer.

SIGNS AND SYMPTOMS OF LIVER CANCER

Sharp pain towards the right side of the abdomen is an indicator of liver cancer. The other symptoms include loss of appetite and blood vomiting. If initial screening is done before the onset of symptoms, patients with liver cancer can be treated in the early stages itself. The endoscopic equipments, the Renova tests include viral tests, AFP serum test and targeted ultrasound scan of the liver. The exact stage of cancer and other key details are important during diagnosis, for which CT and MRI scans along with full body scans are done in rare cases.

MEASURE TO PREVENT THE DISEASE

It is important to refrain for consuming excess alcohol and take hepatitis B vaccines. For those families with a pre-existing history of liver cancer, opt for genetic counselling. With advanced laparoscopy systems, diagnostics, and the Renova Hospital in Hyderabad comprises an experienced team of doctors who specialize in liver and pancreatic diseases. The well equipped theatres can tackle elective and emergency surgical work with efficiency.

PRECAUTIONS TO TAKE WHEN OPTING FOR RADICAL SURGERY AMID COVID-19

In most cases, the main treatment involves the surgical removal of cancer called hepatectomy, which is common in gastrointestinal cancers. It can be performed through minimally invasive surgery or laparoscopy. In these cases,

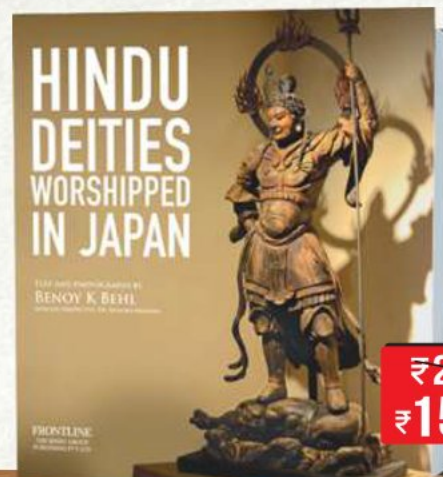


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A SPECIAL PUBLICATION FROM THE HINDU GROUP

This coffee-table book opens a window to the practice of Buddhism in Japan, right from its arrival in that country 1,000 years ago to its growth through the worship of deities of Indian origin. Benoy Behl's images illuminate the pages and present an invaluable account of Japan's links with Hinduism and with its Buddhist past

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