

15-month-old with jaundice gets new liver

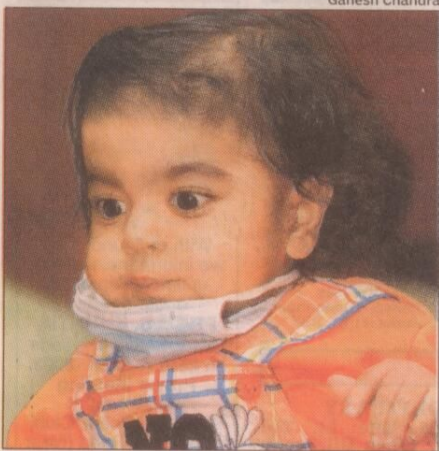
TIMES NEWS NETWORK

New Delhi: For 15-month-old Nihal Upadhayay's parents it is nothing less than a miracle. Nihal, who was diagnosed with jaundice soon after his birth, underwent a liver transplant in July 2008. Doctors at Indraprastha Apollo Hospital say that they have never operated on such a small baby.

Nihal was taken to Apollo Hospital in April 2007 in a critical condition. "His liver biopsy showed he was suffering from idiopathic neonatal hepatitis. It was a big challenge for us as he was very weak and because of jaundice and progressive liver disease was unable to gain weight. We had to work really hard in terms of managing his condition as well as increasing his weight," said Dr Anupam Sibal, group medical director and senior consultant paediatrics, Indraprastha Apollo.

For Navneeta Upadhayay, Nihal's mother, it was the most traumatic experience. "I conceived Nihal after undergoing fertility treatment for nearly two years. And when doctors

Ganesh Chandra



PATH TO RECOVERY: Nihal is the youngest patient to be operated at Apollo Hospital

in Assam, where Nihal was born, told me that he has jaundice I was scared. But doctors said it is common and would subside. But when it continued for months, we got worried and took him to a hospital in Kolkata. But then we decided to bring him to Delhi as his condition was constantly deteriorating," said Navneeta.

With the help of Apollo Hospital, which did the medical treatment free of cost, Nihal underwent transplant surgery on July 22, 2008. "His aunt donated the liver as his mother couldn't due to medical reasons. We operated both Nihal and Nandani (Nihal's aunt) simultaneously in two operation theatres. It was a complicated surgery as the baby was really young and weighed just 6 kgs," said Dr Subhash Gupta, senior consultant liver transplant, Indraprastha Apollo.

According to the doctors at Apollo, Nihal is doing fine but has to be on drugs for whole life. His parents will have to spend Rs 5,000 to Rs 7,000 per month on his treatment. But they are not complaining.

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By Mail Today Bureau
in New Delhi

LITTLE Sivojit Paul was born with a liver disorder less than a year ago. Last month, with a little help from his parents and a lot from doctors at Apollo Hospital in Delhi, he became the youngest patient in India to have undergone a successful liver transplant.

Sivojit was born with a liver disorder called biliary atresia, in which there is no connection between the liver and the intestine and the bile cannot be excreted.

Initially, a surgery was performed at Kolkata to join the liver and the intestine. After the surgery, the baby's condition started deteriorating. He became sick with rising bilirubin and stopped gaining weight.

The doctors at Kolkata referred him to Indraprastha Apollo Hospital, Delhi, where the seven-month-old was operated upon. While both parents offered a part of their livers for the surgery, it was Sivojit's father Indrajit, a Kolkata-based advocate, who was chosen as the suitable donor after primary tests.

7-mth-old Sivojit youngest to have a liver transplant

Sivojit underwent a successful liver transplant on September 12. Today, the baby looks healthy and happy. The doctors at Apollo said there were few chances of health problems recurring in the future, but they did not rule out chances of infection.

At a press conference held on Wednesday, Dr Anupam Sibal, group medical director and senior paediatric gastroenterologist, Apollo Hospital, said: "Sivojit was brought to the hospital with a deteriorating condition when he was six months old. His case was a major challenge because of his age and deteriorating health. A liver transplant is ideally performed only after the child crosses the age of one since the risks are very high at such a tender age."

Biliary atresia is the most common reason behind end-stage liver failure in babies. It affects one in 12,000

Liver surgery saves life and sets record

MAIL TODAY



Dr Subhash Gupta (left) and Dr Anupam Sibal of Apollo Hospital.

babies across the world.

"Sivojit was a high-risk baby because his general condition was weak and the blood vessels were very tiny. The high bilirubin made him lethargic and he refused to feed," says Dr Subhash Gupta, senior consultant, liver transplant, Apollo Hospital, who performed the surgery. He was assisted by a team of four doctors — Nishant Wadhwa, Nameet Jairath, Neerav Goyal and Vivek Vij.

Moon Moon, Sivojit's mother was glad they decided to bring him to Delhi. "We were at our wit's end when we came to know of Sivojit's condition. It seems like a miracle he has survived. It was good we brought him here because the city has good healthcare facilities," she said.

A large number of children in India suffer from liver diseases and many require transplants. But there is a lack of conceptual data. The first successful paediatric liver transplant was performed in India in 1998. Eight successful transplants have been performed at the Apollo Hospital in Delhi.



Moon Moon Paul with her son Sivojit.

SONIA'S MIGHTY GESTURE: A NEW LIVER FOR PAK BOY



PHOTOS: ARIJIT SEN



Mobeen with his family and doctors from Apollo Hospital poses with UPA chairperson, Sonia Gandhi

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Archana Dalmiya, PA to Sonia Gandhi, said, "He needed a liver transplant and that was not possible in his country. The other option was to take him to Europe but his father, a cook in Lahore, could never afford Rs 1.5 crore needed for the transplant there."

Mobeen's father, Ahmed, said, "Most doctors in Pakistan had given up on Mobeen and I could never have collected that amount on my own as my pay as a cook in Lahore is just sufficient to run the house."

Lahore Chief Minister Shahbaz Sharif, who is the younger brother of Nawaz Sharif, gave the family Rs 6 lakh for the treatment. Mobeen's father and brother Biswal then came to India for the transplant. Although Sonia's office or the hospital authorities refused to divulge how much money she gave, a routine liver transplant can cost up to Rs 12 lakh.

"I always knew that my son would get better in this country that I consider as close to me as my motherland," Ahmed said.

For the transplant, Biswal donated 40 per cent of his liver. "Mobeen was admitted on October 21 in a bad shape. He needed a lot of blood for transfusion. Finally, we had to transplant his liver with a portion of his brother's liver. He is completely

day," Dr. Subhash Gupta, senior consultant, liver transplant, at Apollo, said. Dr Anupam Sibal, medical director, Apollo, said, "The fact that his son is eating properly is a big thing for the father. Earlier, it was difficult to make Mobeen eat because of his condition."

Mobeen's father said he was grateful to everybody in the country for their whole-hearted support and care. "Had it not been for Sonia Gandhi and Sharif, my son would have been dead by now," an obviously grateful Ahmed added.

Throughout Mobeen's stay in Delhi, Gandhi got regular updates on his health. During the meeting, Gandhi presented Mobeen with a cricket kit and movie CDs as the kid had developed a fondness for

ORCHIE BANDYOPADHYAY

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Department of Communication & Public Affairs

Newspaper Indian Express

Date Nov. 20, 2008

Pg - 1.

Sonia helps Pak boy undergo liver transplant in Delhi

VIDYA KRISHNAN

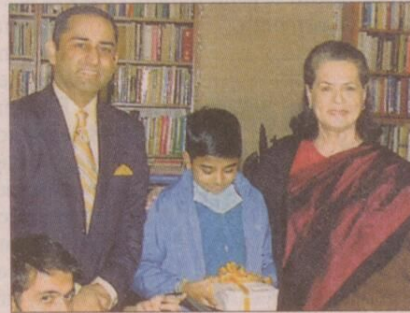
NEW DELHI, NOVEMBER 19

A month ago, fourteen-year-old Mobeen Ahmed, the son of a Lahore cook, was admitted to the Indraprastha Apollo Hospital in Delhi. He was lethargic, undernourished and down with liver cirrhosis. Today, the boy left Delhi with a healthy liver after a successful transplant and dreams of becoming a cricketer. But before he set out for Pakistan, he said a big thank-you to the one person who helped him out — UPA chairperson Sonia Gandhi.

On being told about Mobeen's love for cricket and movies, Gandhi gifted him a cricket kit and CDs of Shahrukh Khan movies. Asked what sort of help did she extend, Gandhi's office did not go into details except to say it was monetary assistance.

"We don't know if this is a big or small move, we only hope it contributes to smoothening ties between the two countries. We usually try and help anyone we can but in this case the child was quite unwell and had come a long way from Pakistan, hoping for better health. We couldn't have let him down," said Archana Dalmia, secretary at the Congress president's office.

Mobeen was advised a liver transplant but the family lacked the resources. The family first got in touch with doctors at Indraprastha Apollo Hospital last year and it took them a



Mobeen (centre) met her Wednesday, she gifted him cricket kit, SRK CDs

while to prepare for the visit. "My father is a cook and his earnings are not enough to fund such an expensive procedure. We had no choice except ask for help. Even to come to India, we had to save and ask people to pitch in," said Bismil, Mobeen's elder brother.

With help from a voluntary organisation and Gandhi, Mobeen underwent surgery earlier this month.

"We had to build him up nutritionally before we could operate on him. Thankfully, he responded well. We discharged him within 14 days after the surgery," said Dr Anupam Sibal, Medical Director, Indraprastha Apollo Hospitals.

As for Mobeen, he wants to return to India someday. "I want to become a cricketer, represent my country. I would like to come to India and play matches here."

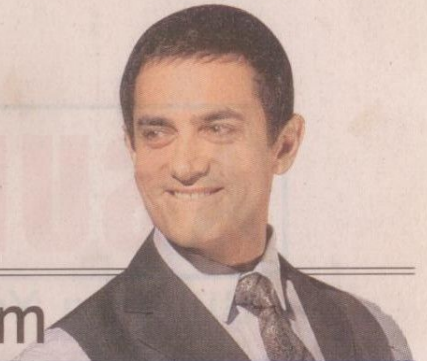
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HT CITY

Farhan Akhtar on why Aamir remains an enigma to him

METRO

Hindustan Times, New Delhi, Friday, December 19, 2008 9

10 yrs of successful liver transplants

Doctors at Apollo Hospital have performed more than 200 surgeries, with 90 per cent success

HT correspondent
New Delhi, December 18

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Today he is part of the school basketball team and plays other sports like cricket once in a while. "I owe it all to my father," he said. Sanjay's father donated 30 per cent of his liver to save his son.

While it has been an achievement for the boy, it has been a bigger feat for his parents to see their only son alive and healthy.

"There can't be greater joy than seeing him alive. He leads an absolutely normal life like all other boys his age," said his mother Tilaka Kanthasamy, partly in English and partly in Tamil.

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DJESHWAR SINGH/HT

An eight-month-old baby, who underwent a liver transplant five days ago.

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jashekhar assured us we were in safe hands," she said.

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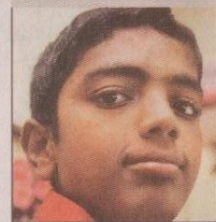
"In the last two years, Dr Subhash Gupta's team has carried out 128 liver transplants with 90 per cent success rate. A bigger success is that we have had 100 per cent success in paediatric cases," said Anupam Sibal, group medical director of Apollo Hospitals.

Nihal Upadhyay, who is just 17 months old, underwent the transplant five months ago.

"My son has recovered well. I am the sole breadwinner of the family so the decision to donate part of my liver was a very big decision for us to take, but it was all worth it," said his father Vikas.

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TILAKA KANTHASAMY,
mother of Sanjay,
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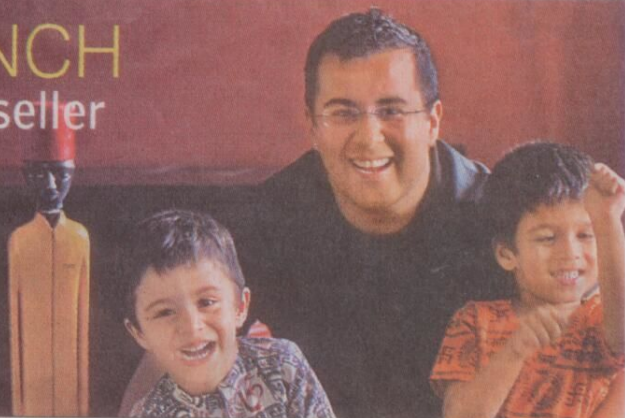
NIHAL UPADHYAY



HEALTH

BRUNCH Mr Bestseller

Chetan Bhagat is India's top-selling author today. What makes him tick?



APRIL 27, 2008 • NEW DELHI • METRO

What ails the LIVER?

More than alcoholism, it is viral Hepatitis B and C infections that lead to liver failure

Sanchita Sharma

EVERYONE KNOWS that drinking too much alcohol can ruin the liver, but few people realise that it is viral infection more than alcohol that causes end-stage liver failure among Indians. Data from two leading liver transplant centres in the country — Apollo Hospitals and Ganga Ram Hospital — shows that hepatitis B and C viruses cause more cases of end-stage liver failure than alcohol abuse (see box).

Of the 215 adults who underwent transplant at Ganga Ram Hospital, more than half (52.5 per cent) ended up for surgery because of either Hepatitis B and C viral infections. At Apollo Hospitals, almost a third (31 per cent) of the 134 adults that underwent transplantation needed surgery because of Hepatitis B and C viral infection.

While most children need transplantation because of congenital defects, the major causes of liver failure among adults are Hepatitis B and Hepatitis C infections, drinking too much alcohol, liver cancer, cirrhosis, haemochromatosis (genetic condition that leads to over-absorption of iron in the liver), and paracetamol overdose and other drug reactions.

"Liver failure is a life-threatening condition that occurs when parts of the liver get damaged beyond repair. The good news is that all the major causes of liver failure are preventable. Even liver cancer is caused by Hepatitis B or C infections and is one of the rare cancers that are entirely preventable," says Dr A. S. Soin, Head of Liver Transplantation and surgical Gastroenterology, Ganga

Ram Hospital.

All viral hepatitis may cause inflammation of the liver that can lead to failure. "All three types of hepatitis viruses — Hepatitis A, Hepatitis B and Hepatitis C — that damage the liver can be prevented. Cheap and effective vaccines are available against Hepatitis B (costs Rs 120 for three doses) and Hepatitis A (Rs 1,600 for two shots) that give you lifelong protection against the viruses," says Dr Anupam Sibal, head of Hospital Services, Apollo Hospitals.

"Though Hepatitis C has no vaccine, its transmission can be prevented by ensuring that only safe and tested blood and blood products are used," adds Sibal.

The amount of alcohol you drink should also be controlled. Over the years, too much alcohol can cause a condition called fatty liver, which can lead to either alcoholic hepatitis that causes serious but often reversible liver damage, or cirrhosis, which causes irreversible damage.

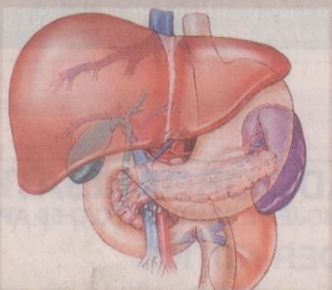
The symptoms of liver damage are generalised and include yellowing of the skin and eyes, abdominal pain and swelling, dark urine, pale or tar-coloured stools, chronic fatigue, nausea and loss of appetite.

Protecting your liver is not as tough as you would imagine. "The liver is very resilient and can remain functional after losing most of its cells to disease. It can regenerate in a few weeks even after much of it has been removed during surgery, so a little help in the form of getting vaccinated and eating healthy can help it function optimally for years to come," says Dr Soin.

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GRAY MATTER | HEALTH

Sunday Hindustan Times, New Delhi, April 27, 2008 15



Causes for liver transplant

Hospitals	Apollo	Ganga Ram
Total surgeries	156	238
Adults	134	215
Children	22	23
Hepatitis C	19 %	33 %
Hepatitis B	12 %	19.5 %
Liver cancer	7 %	26.5 %
Alcohol	20 %	13.5 %

HEALTHY FEED

Vitamin C
Mustard greens, lemons, oranges, cauliflower, red cabbage, strawberries, papaya, spinach, kiwi fruit, asparagus, mangos, capsicum, broccoli, and Brussels sprouts.

Vitamin E
Almonds, sunflower seeds, avocados, asparagus, walnuts, tomatoes, whole grains, and green leafy vegetables.

B-complex
Nutritional yeast,

sunflower seeds, almonds, peanuts, sesame seeds and brown rice.

Methionine and cysteine
Egg yolks, garlic, onions, broccoli, Brussels sprouts, sesame seeds, whole grains and beans.

Choline
Soybeans, egg yolks, nutritional yeast, fish, peanuts, cauliflower, lettuce, cabbage, lentils, chickpeas (chana) and brown rice.

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PHOTOS: ARIJIT SEN



Mobeen with his family and doctors from Apollo Hospital poses with UPA chairperson, Sonia Gandhi

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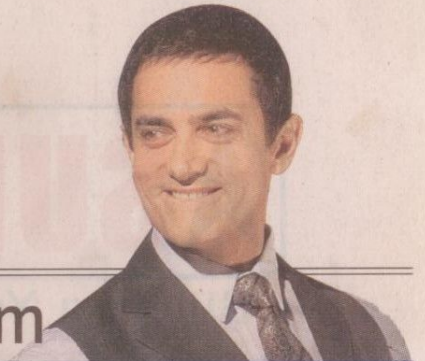
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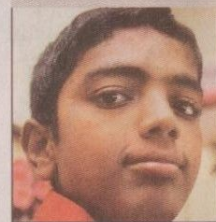
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