



Parshottambhai with the Zydus team of doctors that carried out the first successful heart transplant operation at the hospital

HEART TRANSPLANT TO HOME IN 13 DAYS

Zydus Hospitals demonstrates exemplary medical excellence in Cardiac Surgery

When the powers of science, technology, devotion and faith combine, wonders happen. This story of a heart transplant patient from the journal of Zydus Hospitals is worth a read.

In May 2012, life began to turn a little awry for Parshottambhai, a humble school teacher in Bhavnagar. His heart started feeling different, as if it was racing. His erstwhile small, routine walks to his class suddenly started causing inexplicable exhaustion to him. Still in his 40s, it was usual for him to not take it too seriously, let alone think of the possibility of a heart problem. As a human tendency, we ignore the fact that there could be a problem with our heart. Parshottambhai responded to the situation in no different way.

Days passed, the symptoms continued to grow and his health deteriorated. He realized the need to see his physician who advised him some medicines. The treatment seemed to work as he was moving back to being healthy, almost. The test of his heart's strength never ended.

In October 2021, his heart's health plunged severely. He suffered a heart attack. Following an angiography, he was diagnosed with Triple Vessel Heart disease. Simply put, his 3 major heart vessels, which supplied blood to a large part of his body, were blocked. Usually, in this condition a Heart Bypass Surgery (CABG) is a commonly recommended, gold standard treatment option. Unfortunately, it was not a viable option in this case. The risk was too

high compared to the benefits, as the pumping of his heart was not good enough. Subsequently, the next best option of Angioplasty was selected. Parshottambhai was advised for regular and frequent follow-ups to keep a check on his cardiac status.

As fate would have it, on May 3rd, things took a sharp turn. Parshottambhai was rushed to the Emergency Medicine Department at Zydus Hospitals. He had suffered another massive heart attack (MI - Myocardial Infarction). He was received at the hospital in cardiogenic shock – a critical situation where your heart fails to pump the blood needed for your body's essential function.

Dr. Bhavesh Roy, Sr. Interventional and Transplant Cardiologist and treating physician, decided to perform POBA (Percutaneous Old Balloon Angioplasty) which was the best and safest option given the situation. Parshottambhai continued to be on life support, while the team of doctors at the cardiac ICU worked hard to keep him stable.

Analysing the situation, Artificial Heart (LVAD – Left Ventricle Assist Device) was the only option to help Parshottambhai with his life. His anxious family was counselled to make them aware of the situation and the recommended treatment. It is essentially a support device that temporarily supports the patient until donor heart is available.

Parshottambhai who strongly believed in destiny and the philosophy of 'whatever is meant for you, will come to you', was listed for



“Heart transplantation is a life-saving option in a certain subset of patients and the results have been very rewarding.”

–Dr. Sandeep Agarwala,
Sr. CVTS & Heart Transplant Surgeon



“Our training in Heart Transplant at National and International Institutes made the difference”

–Dr. Bhavesh Roy,
Sr. Interventional and Transplant Cardiologist

Heart Transplant. He and his family, with complete faith in God and hope in their hearts, took this first step in the journey towards getting a new heart.

The much awaited moment arrived on May 28th, when a miraculous call confirmed the availability of the donor heart. A kind family had decided to donate the organs, including the heart, of their beloved family member.

Dr. Sandeep Agarwala, the Sr. CVTS & Heart Transplant Surgeon, swiftly completed the due diligence and rushed with his team to get the donor heart retrieved to be brought to the hospital at the earliest. Parshottambhai was then prepared for the marathon surgery that would gift him a new life.

Dr. Sandeep Agarwala, along with Dr. Rajesh Desai - the pioneer of cardiac surgery in Gujarat, braced themselves for the life-saving surgery with the best team of surgeons,

cardiologists, perfusionists, and operating room technicians. The team burnt the midnight oil reviving the ray of hope for the family as they anxiously waited outside the operation theatre. After the surgery, that continued until early morning, Parshottambhai was shifted to the advanced ICU where he would be closely monitored for some days.

First few days after the transplant are critical for the patient as well as the team of treating doctors and they need to be handled with utmost expert attention. Dr. Sandeep Agarwala and Dr. Bhavesh Roy, along with the ICU team of Dr. Saurin Shah and Dr. Jignesh Mehta spent five days at the patient's bedside as they worked meticulously and diligently to observe Parshottambhai's health after the transplant. To everyone's joy, Parshottambhai showed remarkable progress on the path of recovery. He was soon discharged

from the ICU and shifted to the ward giving a sigh of relief and a reason to smile to the family.

With the patient put on immunosuppression to prevent the rejection of the donor heart, sepsis is the most common complication that may occur in heart transplant surgeries. It can create a significant hindrance to the road to recovery of the patient. The medical team needs expertise and strong commitment to the cause of Patient First in order to overcome the challenges like these. Dr. Bhavesh Roy, Dr. Sandeep Agarwala, Cardiac Anaesthetist Dr. Saurin Shah and Dr. Jignesh Mehta have been extensively trained in Heart Transplant at various hospitals in India and abroad, which played a vital role in enabling Zydus Hospitals deliver such an exceptional result.

The motto of team Zydus was simple in treating Parshottambhai to have another chance to live. Take each day as it comes, be proactive and positive, and follow the evidence based medicine.

Seeing Parshottambhai walk back to the comfort of his home with his family on the 13th day of his surgery was as exhilarating for everyone involved in the treatment as it was for Parshottambhai's beloved family members.

The entire team of Zydus Hospitals draws inspiration from the courage and cheer of Parshottambhai, who bid adieu to the doctors and the entire health care team with tears of joy in his eyes, sense of gratitude in his heart and an apt message for all - 'Jio dil se'.