

## Narayana Health creates awareness on organ donation and transplants

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**Narayana Health has been working relentlessly to build awareness regarding organ donation over the years through outdoor outreach initiatives.**



A team of doctors comprising of liver transplant, heart transplant, BMT and renal transplant from Narayana Health, Bangalore, came together to spread awareness on the importance of organ donation and organ transplants to mark World organ donation day which is observed on 13th of August every year. Along with them were transplant survivors who have undergone heart, liver kidney and bone marrow transplants.

The first organ transplant at the hospital was conducted in the year 2005, which was a pediatric liver transplant and since then there is no looking back. Narayana Health Bangalore has emerged as a centre of excellence for multi-organ transplants, and has performed over 1500 transplants for heart, liver, kidney, pancreas, bone marrow, and lungs. Dr. Sanjay Kumar Goja Director and Clinical Lead, Senior Consultant and Head of Liver Transplant & HPB Surgery oversee the liver transplant team at Narayana Health.

Besides Narayana Health City, which has emerged as a centre of excellence for transplants, the Heart Transplant team at Ramaiah Narayana Heart Centre comprises of Transplant Surgeons – Dr. Ravishankar Shetty, Dr. Julius Punnen and Dr. Shilpa Rudradevaru, Transplant Cardiologist – Dr. Nagamalesh U M, Transplant Anaesthesiologists – Dr. Prashanth, Dr. Guru Police Patil, Transplant Coordinator – Mrs. Reena and Logistics Coordinator – Mr. Ganesh. They are ready 24/7 to play the crucial role between an organ donor and an organ recipient.

The bone marrow transplant (BMT) unit at Narayana Health has completed more than 950 stem cell transplants with most of them being allogeneic stem cell transplants including HLA matched siblings, matched unrelated, cord blood as well as Haplo-Identical transplants. Narayana Health has the capabilities to address various conditions that require bone marrow transplant.

Blood Cancer is one of the few diseases that is perceived as incurable, however with advanced treatment options like bone marrow transplant (BMT) the chances of survival are much higher. BMT can also be used to successfully treat Thalassemia patients and till date we have treated over 250 cases alone in Bangalore.

It is also important to note that Kidney failure is a major public health problem and the incidence & prevalence is on the rise. Chronic Kidney Disease (CKD) is a common harmful & treatable disease usually caused by Diabetes, Hypertension, Glomerulonephritis, Polycystic kidney disease and pain killer abuse for which renal transplantation is a procedure of choice. In India around 0.5 Donors are available against a population of million people whereas in Western countries it is 30 against a million people.

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Joseph Pasangha, COO, Narayana Health City, Bangalore, said, "We have worked continually to become a centre of excellence for multi-organ transplants including heart, liver, kidney, lung, pancreas and bone marrow. Our endeavor is to continue to strengthen our capabilities in order to serve a larger audience who need world class treatment facilities at an affordable cost".

While organ donation in India has come a long way, a lot more work needs to be done and we at Narayana Health are committed to do so.