A first in Karnataka - Joint Heart & Lung transplant performed at Narayana Health City. [1]

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1st in state: Man undergoes heart and lung transplant

TIMES NEWS NETWORK

Bengaluru: A 63-year-old Bengalurean became the first person to undergo heart and lung transplant in the state. The surgery took place on January 3 after a 24-year-old man from the city met with a road accident and his family agreed to donate his organs.

The recipient, a retired central government employee, was suffering from end-stage lung disease and cardiac ailments and had registered with Jeevasarthakathie in November 2018, seeking both the organs.

On January 3 morning, a green corridor was created from Sparsh Hospital in Yeshwanthpur, where the accident victim was declared brain dead, to Narayana Health, near Anekal, covering a distance of 62km. The ambulance was provided with police escort and took 40 minutes to cover the distance via NICE Road.

The standard window for heart and lung transplant (from the time they are harvested to when they reach the recipient) is four hours. “Without support from Bengaluru police, this transplant would not have been possible. Lung transplant is complicated, risky and chances of infections are higher. The patient will be under observation in the ICU for the next few days to avoid complications,” said Dr Basha Khan, senior consultant pulmonology/intensive care and medical director — lung transplant, Narayana Health City.

The recipient was on treatment for breathing problems in 2016. In mid-2018, he came to Narayana Health seeking treatment as his condition worsened. He was diagnosed with end-stage lung disease for which lung transplant was the only solution. He was also diagnosed with severe coronary artery disease and given his condition, a cardiac bypass was not possible.

Dr Julius Punnun, senior consultant cardiothoracic and transplant surgeon told TOI it was one of the toughest surgeries. “We have to wait and watch his recovery. He will have to be in hospital for the next month. The mortality rate in heart and lung transplants is as high as 25% in the first one year of surgery,” said Dr Punnun. Jeevasarthakathie, the state’s cadaver organ transplant authority, confirmed that it was the first heart and lung transplant in the state.
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