

## **Abdominal Aortic aneurysm cured with new age technique**

**August, Jaipur:** 74-year-old Banwari Lal's (name changed) appetite had reduced in recent times. He would often complain of abdominal pain, especially after meals. Little did his family understand that what they were simply attributing to age related digestion issues was due to an abdominal aortic aneurysm (AAA). An abdominal sonography helped diagnose the condition which was then treated non-surgically by Cardiac Specialists at Narayana Multispeciality Hospital, Jaipur using not one but two specialized stent grafts.

The Aorta is the body's main blood vessel which supplies blood to the head, arms and down to the abdomen, leg and pelvis. If the part of the aorta that's in the stomach becomes abnormally large or balloons outwards, it is called an Abdominal Aortic Aneurysm (AAA). Such aneurysms are also known as Silent killers because if they rupture – there is an 80-90% risk of instant death, which makes immediate treatment important.

A team comprising of Dr. CP Srivastava, Director & HOD - Cardiac Surgery, Dr. Hemant Madan, Sr. Consultant – Cardiology & Dr. Nikhil Choudhary, Consultant – Cardiology was formed to decide upon the best modality of treatment. Conventionally in such cases, surgery is preferred, but looking at the position of the Aneurysm, health of the patient & the risks involved, non-surgical endovascular approach was deemed fit said **Dr. Nikhil Choudhary, Consultant – Cardiology at Narayana Multispeciality Hospital, Jaipur.**

“The treatment was challenging as the aorta was tortuous and the aneurysm had developed just below the arteries that branch out to supply blood to the kidney. This meant that traditional stents could not be used as they would block blood flow to the kidneys. Also, the aneurysm was not only restricted to the abdomen but also extended up-till the legs requiring more than one stent graft” added **Dr. Nikhil Choudhary.**

A special bifurcation stent graft known as **Pajama stent graft** was deployed at the site of the abdominal aneurysm by a team comprising of Dr. Hemant Madan & Dr. Nikhil Choudhary. The aneurysm was sealed which would prevent the risk of further expansion and rupture. A second stent graft was also deployed to seal off the aneurysm which had extended up-till the right leg.

“Endovascular approach has its own unique challenges and requires the expertise of a highly skilled cardiologist team. In this case, there was risk of the stent graft slipping out of position or blocking the arteries supplying blood to the kidneys. We are happy that we could successfully treat the patient & discharge him in 3 days” said **(Prof.) Dr. Hemant Madan, Director & Sr. Consultant – Cardiology, Narayana Superspeciality Hospital, Gurugram.**

Abdominal Aneurysms usually happen in Senior Citizens, diabetics, smokers and patients with high BP. If not diagnosed early, it could lead to loss of life.