PRESS RELEASE
For Immediate Publication

Doctors at Fortis Noida successfully "treat" patients suffering from Lupus: "a life – threatening disorder"

- *Patients presented with complex medical morbidities like epilepsy, Hypothyroidism, Arthritis, Cancer & Thrombocytopenia*
- *Treatment provided to patients establishes that"Lupus is treatable"*

Noida, July 14, 2017: A team of doctors from Fortis Hospital Noida successfully treated two patients suffering from lupus. The first case involved the successful delivery of a baby boy whose mother, a lupus patient had three miscarriages in the past. The complexity of the case lay in the fact that the mother additionally suffered from epilepsy, hypothyroidism and arthritis. The second case was of a patient who apart from having lupus, was also diagnosed with cancer and Thrombocytopenia. The doctors at Fortis Hospital, Noida who treated both these extremely complex cases comprised of **Dr. Bimlesh Dhar Pandey, Senior Consultant, Department of Rheumatology, and Dr. Monika Wadhawan, Consultant, Department of Obs & Gynae, Fortis Hospital Noida**.

Mrs Sharma, a **33** year old woman had been suffering from lupus and epilepsy for the past 10 years. She also had been diagnosed with undifferentiated tissue disorder 2 years ago. Her chances of conceiving were extremely feeble. In majority of the cases, Lupus patients have found it difficult to conceive and make it through the pregnancy successfully as their medication for lupus is severely lowered during the gestation period. In such cases, pregnancy has to take place when the disease is on a low. She had little faith that she could deliver a healthy baby, However she was counselled and ensured of a successful treatment. The doctors guided her on the effective and safe medication which lowered her lupus further enabling her to conceive. Heaven knew no bounds when she delivered a healthy baby who leads an active and healthy life today inspite of her mother suffering from a fatal disorder like Lupus.

Mayuri Sachdeva, 30 years old suffered from lupus which manifested as thrombocytopenia (a condition where a patient has an abnormally low platelet count). Mayuri had been to several doctors but wasn't able to find the right treatment for her intricate medical conditions. At one given point, doctors even mis-diagnosed her of having "cancer". She was suffering from heavy bleeding, swelling in the joints and severe hair loss. Mayuri's case was something which the doctors hadn't come across so far in their medical career as it was an extremely perplexing case which was an amalgamation of her deteriorating health. The team of doctors at Fortis Noida closely examined the situation and started treating her for Lupus. It took several months of rigorous treatment and continous monitoring for Mayuri to come back to her normal health post which she was discharged in a stable condition.

Dr. Bimlesh Dhar Pandey, Senior Consultant, Department of Rheumatology said, "Anyone living with lupus knows that it is a challenging disease. Both these cases were really demanding for our team too. As a rheumatologist it is difficult to diagnose and treat an individual with a heterogeneous and unpredictable disease such as Lupus but it is not impossible. With proper medication and care, this disease becomes curable. These two cases have set examples for other patients on how to be positive and never lose hope."

Dr. Monika Wadhawan, Consultant, Department of Obs & Gynaecology said, "Women with Lupus still face significant risks when embarking on a pregnancy. Improvements in the field of pathophysiology, diagnosis and a greater number of therapeutic options in the treatment of lupus, have made the medical community regard these patients with less trepidation. The fear of getting pregnant in lupus has to be eradicated and the case of Mrs. Sharma stands as an example"

Dr. Pinak Moudgil, Zonal Director, Fortis Hospital Noida says "We have an immensely talented group of doctors who have worked extremely hard to ensure the success of these two cases. These were lost causes when they reached us and they were so complex in their nature that delving into them was quite a task. We had to be precarious and cautious in our approach. Assisted with the infrastructure and technology."

The term "lupus" is most often used to describe a more severe form of the condition called systemic lupus erythematosus (SLE). Lupus is a chronic autoimmune disease in which the body's immune system becomes hyperactive and attacks normal, healthy tissue. This results in symptoms such as inflammation, swelling, and damage to joints, skin, kidneys, blood, the heart, and lungs. While **lupus is not treatable**, early diagnosis and treatment can help in managing the symptoms and lessening the chance of permanent damage to organs or tissues. Since **lupus** is different for every person, treatments and medications are prescribed based on individual needs and in many a cases such as the ones treated at Fortis Noida, intricate and advanced care by the doctors can help cure the disorder to a larger extent.

About Fortis Healthcare Limited
Fortis Healthcare Limited is a leading integrated healthcare delivery service provider in India. The healthcare verticals of the company primarily comprise hospitals, diagnostics and day care specialty facilities. Currently, the company operates its healthcare delivery services in India, Dubai, Mauritius and Sri Lanka with 45 healthcare facilities (including projects under development), approximately 10,000 potential beds and over 356 diagnostic centres.

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