

**PRESS RELEASE**

*For Immediate Publication*

## **Fortis Noida Performs Successful Surgery On 36 Year Old Female With Coarctation Of The Aorta, A Congenital Heart Disease**

- ≈ *The patient was in advanced age of having carried the disorder*
- ≈ *Had been treated undetected for a long time with multiple drugs*

**Noida, Thursday, 23<sup>rd</sup> June, 2016: Fortis Hospital Noida** conducted a surgery on ballooning and stenting on Coarctation of the Aorta, a congenital heart condition. The surgical team was led by **Dr. Parneesh Arora, Additional Director, Department of Cardiology, Fortis Hospital, Noida.**

The patient, Mrs Kavita (*name changed*), is a 36-year old patient hailing from Patna and presented to Dr. Parneesh Arora with uncontrolled BP and was on high dosage of multiple types of medications. Further examination revealed that she was suffering from coarctation of the aorta.

Coarctation of the Aorta (CoA) is a congenital condition where the major artery or the aorta that carries blood to all the parts of the body is narrowed. This narrowing affects blood flow where the arteries branch out to carry blood along separate vessels to the upper and lower parts of the body. As a congenital problem it generally gets diagnosed at a very young age. This condition can cause high blood pressure, heart damage, stroke and vascular problems.

The more common treatment to this condition would have been Balloon Dilatation alone. However, in this case since there was residual gradient and since could have led to tear in the aorta and could have also subsequently formed aneurysms hence stents was done. Angioplasty is a procedure done to dilate an abnormally narrow section of a blood vessel to allow better blood flow and the balloon angioplasty is predicted to have the best results, the patient is treated at a relatively young age.

**Dr. Parneesh Arora, Additional Director, Department of Cardiology, Fortis Hospital, Noida** said, "Coarctation of the aorta, or aortic narrowing is a congenital condition whereby the aorta narrows in the area of the ductus arteriosus. Aortic coarctation is considered when a section of the aorta is narrowed. This causes pressure on heart which than start getting enlarged and hypertrophied. This condition is seen in 1% to 2% of congenital heart disease. The incidence of congenital heart disease is 0.8 per 1000 live births. It has commonly seen that by the age 36 years significant changes have already occurred in cases like this. This is the first time we have seen a patient of this age suffering from this disease. The comforting fact is that post-surgery the patient's medication has decreased to just two drugs."

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**Mr. Gagan Sehgal, Zonal Director, Fortis Hospital Noida** said, “This patient had already suffered a stroke in the past; her blood pressure was consistently high and she was on high dosage of a number of drugs to combat the damage that had already occurred given the age she was presented to Dr. Arora. However, the treatment solutions that Dr. Arora adopted helped the patient off the multiple drugs to a low dosage and just two drugs to help in faster recovery. Dr. Arora has again exhibited that the endeavour to better the best is a constant in our doctors. With this case in a condition of advanced heart defect, we have emerged winners again in treating this patient. ”

**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 54 healthcare facilities (including projects under development), approximately 10,000 potential beds and 314 diagnostic centres.*

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