

## **93-year-old man with hip fracture walks on the same day after a complex hip procedure at Fortis Malar Hospital**

**Chennai, 5<sup>th</sup> September 2019:** A team of doctors at Fortis Malar Hospital led by **Dr. NandKumar Sundaram, Senior Consultant, Trauma & Orthopaedic Surgeon, Fortis Malar Hospital** successfully performed a minimally invasive Proximal Femoral Nail (PFN) procedure on 93-year-old Mr. Aravamudhan who walked on the same day, 6 hours after the procedure.

The patient was brought to the emergency room after an accidental fall with pain over the right hip and inability to walk. On examination, the patient was diagnosed with a right hip fracture. The patient was taken up for surgery on the same day after consultation with the team of doctors including the Cardiologist and the Nephrologist. Expert care was taken for the nonagenarian patient, keeping in mind his co-morbid conditions that included cardiac failure, renal failure, diabetes mellitus, hypertension and hypothyroidism. Mr. Aravamudhan responded exceptionally well after the procedure and was on his feet in no time.

Commenting on the procedure, **Dr. NandKumar Sundaram** said “As Mr. Aravamudhan was an aged patient, we right away took him to surgery after consultation with the team of doctors as a delay in 2 to 3 days could cause them distress and loss of will power. It is very important that the patient stays positive and believes in the procedure as it is one of the key factors in the overall process. It usually takes more than 2 days for someone to walk after such an operation but despite his age, Mr. Aravamudhan was able to walk on the same day. Operating on elderly patients requires skill and precision as it is imperative to ensure that physical activity is not curtailed at their age. Aware of the patient’s medical history, the 35 minute surgery involved skilful anaesthetic expertise as well.”

Happy with the quick recovery, Mr. Aravamudhan expressed “I was unable to walk and my hip hurt. I was also very nervous about the operation and read a lot about hip operations and was expecting a long recovery but I couldn’t believe that I could walk on the same day post the procedure. It’s really fantastic.”

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### **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 and Sri Lanka with 43 healthcare facilities (including projects under development), approximately 9,000 potential beds and over 400 diagnostics centres.*

### **About Fortis Malar Hospital:**

*Fortis Malar Hospital was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi-specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Paediatrics, Diabetics, Nephrology and Internal Medicine. Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Paediatric Cardiac surgeries, Orthopaedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital’ Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.*

**For more information, please contact:**

**Press Release**

*For Immediate Publication*



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