

## **Physicians at S.L Raheja Hospital - A Fortis Associate successfully conducts its First Bone Marrow Transplantation a 62yr old**

**Mumbai, Sept 4<sup>th</sup> 2017:** Doctors at **SL Raheja Hospital- A Fortis Associate** conducted its first Bone Marrow Transplant(BMT) at the hospital on a 62yr old female. The patient, a housewife from Vasai, had a clean medical history. She was recently diagnosed to be suffering from Multiple Myeloma; after successful intervention at the hospital, her disease at present is completely controlled (in remission stage). Her husband remained by her bedside, before and after she underwent the BMT surgery. The team of doctors who conducted this transplant was led by **Dr Ashay Karpe, Consultant Hematologist, Medical Oncologist & Stem Cell Transplant Physician** and **Dr Bharat Bhosale, Consultant Medical Oncologist & Stem Cell Transplant Physician** at SL Raheja Hospital - A Fortis Associate in Mumbai.

Multiple Myeloma is a type of blood cancer that is related to Lymphoma (Cancer of the immune system and White Blood Cells) and Leukemia(Cancer of the blood cells). It is not certain what causes Multiple Myeloma, but some of the symptoms associated with the disease are bone pain, weakness, fatigue and sudden weight loss. In some rare cases, plasma cells can form purplish lumps that you can see underneath your skin, also known as Extramedullary Plasmacytomas. Autologous(cells or tissues obtained from the same individual) Stem Cell therapy is an integral part of Myeloma treatment. After careful planning, the team of clinicians decided to administer high dose Chemotherapy followed by Autologous Stem Cell Therapy. The procedure involves removal and harvesting of stem cells from the patient itself. This is followed by high dosage of Chemotherapy and infusion of stem cells back into the blood stream through a catheter. With the disease now completely under control, the patient has been advised to attend follow-up sessions every month for the next six months and later once every 3 months for 2 years and then once every 6 months for 3 years.

Speaking about the procedure, **Dr Ashay Karpe, Medical Oncologist & Stem Cell Transplant Physician, S. L Raheja Hospital - A Fortis Associate, Mahim**, said, *"The patient recuperated well and has been advised to come back for monthly follow-up. Her determination to fight the disease coupled with positive attitude and support from her husband helped her overcome this challenge. This wouldn't have been possible without the expertise and constant support from my team of physicians at the hospital"*.

NABH accredited Blood Bank headed by Dr Neelam Nijhara at the hospital, enabled this transplantation by facilitating stem cell separation, blood requirement, playing a crucial role in success of the surgery. The hospital also houses the Marrow Donor Registry (India), which is India's first NGO that maintains computerized database of voluntary, unrelated stem cell donors and facilitates blood Stem Cell transplants for patients with life-threatening blood diseases. It recruits donors, maintains a Registry of volunteer potential donors and initiates a search for a patient requiring a transplant anywhere across globe. At any given time, there are about 3,000 patients searching for a donor for a Stem Cell transplant, across the globe. Less than 30% of those in need of a transplant will find a suitable donor within their



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family (siblings have only 1 in 4 chance of matching). The other 70% depend on unrelated persons to donate their stem cells. This means that out of 2,00,000 patients, more than 1,40,000 patients are unable to opt for Stem Cell transplantation.

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