

46 years old patient given a new lease of life through Bone Marrow Transplant

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INVC NEWS

Bhatinda ,

Doctors at Fortis Memorial Research Institute, Gurugram successfully treated a 46-year-old patient Mr. Rajesh Kumar of Abohar, Haryana who was suffering from Aplastic Anaemia (a condition that occurs when



body stops producing enough new blood cells). The patient was diagnosed with Aplastic Anaemia in June 2017. He had approached several hospitals in Haryana and Jaipur. The patient was then presented at Fortis Memorial Research Institute, Gurugram. The patient underwent successful Bone Marrow Transplant performed by Dr. Rahul Bhargava, Director, Haematology, Haemato - Oncology and Bone Marrow Transplant, Fortis Memorial Research Institute, Gurugram and his team.

Aplastic anaemia is a uniformly total disorder “in this disorder patient requires regular blood transfusion. Aplastic anaemia leaves one feeling fatigued and with a higher risk of infections and uncontrolled bleeding. It is a rare and serious condition; aplastic anaemia can develop at any age. Aplastic anaemia may occur suddenly, or it can occur slowly and get worse over a long period of time. Treatment for aplastic anaemia includes medications, blood transfusions but the only a stem cell transplant, also known as a bone marrow transplant.

Dr. Rahul Bhargava, Director, Haematology, Haemato - Oncology and Bone Marrow Transplant, Fortis Memorial Research Institute, Gurugram said, “The patient came to us 2 years back in critical condition. He was taking regular transfusion before being brought to FMRI. In the span of 5 months, he was transfused with 22 bottles of platelet. Aplastic anaemia is a haematological emergency. The only way to cure aplastic anaemia is through Bone Marrow Transplant. As a procedure, blood sample was sent for HLA Typing which is prerequisite for BMT (Human leukocyte antigen (HLA) typing is a way to tell how closely the tissues of one person match the tissues of another person). The results of HLA typing came back with a full match with his brother.”

“It is important to raise awareness that Stem Cell donation is a very safe procedure and all that is required for same is 300 ml blood from the donor. In this case, two and a half months after the transplant, the patient developed diarrhoea which was suggestive of fight between his brother and his cells. Which was managed successfully with immune suppression thereby preventing death from GVHD. (Graft versus host

disease (GvHD) is a condition that might occur after an allogeneic transplant. In GvHD, the donated bone marrow views the recipient's body as foreign, and the donated cells/bone marrow attack the body)." Dr. Bhargava added.

Patient Mr. Rajesh Kumar said, "I got my BMT 2 years back and I am glad that I took this decision. And am back on my feet and earning for my family. I started getting sick in May,2017 when my gum started to bleed a little every morning. I thought it was some problem related to my teeth, so I consulted a Dentist. After 10 days also, the bleeding did not stop. On doctor's consultation I got my CBC done and it revealed that I had Aplastic Anaemia, I was notice blood in my stool also. When I came to Fortis I had very little hope left in me. I had to undergo blood transfusion every 7th day. My family was seeing me getting weak day by day and I could not do anything about it. When Dr. Bhargava gave me hope that after the BMT I could resume my life like before, I thought it was miracle. My elder brothers stem cell matched and saved my life."

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