



Press Note

Apollo Pediatric Cardiology team accomplish a rare milestone of performing 100 complex Fontan repairs - for Single ventricle defect, a complex condition

Stepathlon extends support to SACHI in its endeavor to provide succor to juvenile heart patients

Hyderabad, March 16th, 2015 : The pediatric cardiology team of **Apollo Health City** accomplished a rare milestone of performing one hundred Fontan repairs, with a stupendous success rate of 98%, for Single Ventricle defect, a complex congenital heart condition. The team of doctors, **Dr.Girish Warriar**, Consultant Pediatric Cardio Thoracic Surgeon; **Dr.Meena Trehan**, Consultant, Pediatric Cardiac Intensivist and **Dr.Kavitha Chintala**, Consultant Pediatric Cardiologist. were felicitated by **Ms Sangita Reddy**, Jt. Managing Director, Apollo Hospitals Group, on Friday at Apollo Health City. On the occasion **Mr.Ravi Krishnan**, CEO & Founder, Stepathlon, has come forward to support SACHI, in its endeavour to provide succor to congenital heart disease kids hailing from economically challenged sections of the society.

In India 3000 to 5000 children are born with single ventricle defects, out of about 50,000 children born with congenital heart disease every year. Single ventricle defects are complex heart diseases with very large holes in the heart and one of the lower chambers of the heart (the ventricle) is often rudimentary. Such children would need multiple operations called **Fontan Repairs** to survive beyond first decade of life. Unfortunately they do not survive for long, as they are not diagnosed and/or do not get any treatment at all.

Since this single ventricle pumps blood both to the body and the lungs, children have either too much blood or too little blood going to the lungs. The former would have severe shortness of breath and distress with occasional bluish discoloration of the body, while the latter present with severe bluish discoloration of the body. In the former the blood flow to the lungs has to be reduced in order to prepare them for the next stage of operation through which the blood from the upper half of the body is sent directly to the lungs. Patients with little blood flow to the lungs, are treated by stenting their ductus arteriosus or inserting a tube between the systemic arteries to the pulmonary arteries to gain some time. **Fontan Repairs** is a staged approach and is highly complicated requiring state of the art expertise and management. In the last four years the Pediatric Cardiology team performed 100 Fontan Operations with a success rate of 98%. This is one of the highest

numbers done in the city and the success is comparable to the best centres across the world.

Stepathlon Supports SACHi

Mr.Ravi Krishnan, CEO & Founder Stepathlon, found SACHi as a comprehensive program that addresses all aspects of pediatric care specially prevention, early detection, treatment, funding and follow up care. Hence his company chose to support SACHi in its endeavors.

Stepathlon is a unique, pedometer-based, mass participation corporate initiative that motivates individuals to take 10,000 steps a day, as recommended by global health authorities. It is a race around a 'virtual world' for companies of all sizes, across all industries and countries. In 2014, it witnessed participation from 60,250 Participants (Stepathletes) from 275 Companies across 635 locations and 34 countries. Stepathlon encourages activity and fitness and fosters health and well-being in a fun, inclusive and relevant manner. Stepathlon aims to break the cycle of sedentary behaviour, turning the sedentary to active and the active to more active, thereby increasing overall productivity.

About Save A Child's Heart (SACH)

Save A Child's Heart (SACH) is an effort to save children suffering from life endangering congenital heart disease or heart related ailments. Most of these children come from economically challenged families. It is estimated that eight children out of every 1000 live births are born with heart diseases every year. Most of these children succumb to this disease even without celebrating their first birthday. In contrast, if these children receive treatment on time, they grow up to become normal adults.

SACHi was launched in 2003. In the last 10-12 years, pediatric cardiology has taken a big leap in India. This is mainly due to various schemes organized by the government and charitable trusts like SACHi who are working at the grass root levels. In the last 12 years SACHi Medial teams has screened over 1lakh children across India.

There has been a major shift towards early referral from the medical pediatricians at Mandal and district levels, understanding that these children have excellent prognosis . Technology has also advanced over the years. Children who earlier needed open heart surgeries can get interventions with key-hole surgeries that significantly reduces hospital stay. Fetal echo has also made huge impact in the early diagnosis of children. Fetal cardiology has improved scope of early diagnosis and referral and considerably added to better survival. SACHi (Chennai, Hyderabad, Madhurai, Ahmedabad) has treated 8000 children with congenital Heart defects till date.

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