

TECHNOLOGY

Lilavati Hospital performs 5 TAVR procedures in 1 day

Lilavati Hospital successfully performs five transcatheter aortic valve replacement aka TAVR procedures in a single day, saving lives of patients with critical heart issues. Get full details.



Lilavati Hospital team of doctors (L to R): Dr Krishna Prasad Irniraya, Cardiac Surgeon; Dr Ravinder Singh Rao, Interventional cardiologist; Dr Anand Rao, Cardiologist; and Dr Namrata Kothari, Anesthesiologist specialist

Lilavati Hospital and Research Centre in Mumbai has achieved a milestone by conducting five successful transcatheter aortic valve replacement aka TAVR procedures in just one day. This achievement has resulted in the preservation of lives for patients suffering from severe cardiac conditions.

Dr Ravinder Singh Rao, Interventional Structural Cardiologist, and his team performed the procedures on **patients with aortic stenosis**, a condition that can lead to breathlessness, limited mobility, and reduced ability to perform daily tasks. The patients, aged between 65 and 85, had severe aortic stenosis and required prompt intervention.

Aortic stenosis is a serious valvular disorder that requires prompt intervention as it can result in symptoms like breathlessness, limited mobility, and reduced ability to perform daily tasks. If left untreated, it can lead to increased morbidity and mortality rates, especially in elderly patients. **TAVR is a minimally invasive**, non-surgical procedure that replaces the damaged valve in the heart without opening up the patient's chest or harming the heart muscles.

Dr Ravinder Singh Rao, who has performed over 1,000 TAVR procedures, said, "After the diagnosis of aortic stenosis, 95 percent of patients who do not receive prompt treatment lose their precious lives. TAVR is a boon for patients with aortic stenosis. It is a safe and effective treatment for the elderly population who are at high risk for open heart surgery."

The procedure lasts for 1-2 hours and is done under conscious sedation, which means the patient is awake during the procedure. The TAVR procedures were done with cerebral protection to prevent strokes by deploying a filter from the radial artery into the carotid (brain) artery. Any calcium particles dislodged during the TAVR procedure are captured by the filter, thus preventing cerebral stroke. The filter is removed after the procedure.

Dr Nitin Gokhale, Head of Department, said, "**TAVR procedure is a game-changer** that improves the life expectancy of the patient without any complications. This procedure minimizes the hospital stay and aids quicker recovery of patients by averting open heart surgery, which is generally not recommended to the elderly population due to their compromised health status."

Patients expressed their gratitude toward Dr Ravinder Singh Rao and the entire team of Lilavati Hospital for giving them a new chance at life after the completion of this procedure. "The transformative impact of the TAVR procedure not only rescued the lives of five patients but also introduced new avenues for **treating heart conditions** with minimal invasiveness.

This breakthrough underscores the relentless advancement of modern medicine in tackling complex health challenges and instilling hope among patients. Innovative techniques like TAVR offer significant benefits to patients and exemplify the remarkable strides being made in healthcare," concluded Dr Niraj Uttamani, Chief Operating Officer at Lilavati Hospital & Research Centre, Mumbai.