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CELEBRATING



500+
PAEDIATRIC
LIVER
TRANSPLANTATION



JOURNEY OF A VISIONARY



Born in a small village closer to the town of Mayiladuthurai in Tamil Nadu, Prof Rela has been moulded by the education from the Kalakshetra School in Chennai, an Institute of formidable repute known for its deep-rooted “Indian-ness”. After his formal medical education at Stanley Medical College, his sojourn to the UK and his subsequent life thereafter is a story that inspires future generations.

Having spent close to three decades at the prestigious King’s college hospital, London as the Professor of liver Surgery, Prof.Mohamed Rela has created a niche in the field of liver transplantation. In a glittering career spanning over 3 decades, Prof. Rela has performed over 5000+ liver transplantations, including one on a five-day-old baby, earning him an entry into the Guinness Book of Records.

With an intention of giving back to his homeland, Prof Rela returned to Tamil Nadu and set up an extremely successful liver transplant unit in global hospitals performing over 1500 liver transplants in a short span of 8 years. His vision of delivering affordable organ transplantation to the community at large was the driving force behind the inception of Dr.Rela Institute and Medical Centre, Chennai. Many doctors and business leaders told Prof Rela that he would not be able to succeed in his vision of delivering affordable organ transplantation services to the community at large, but that did not deter him. Today the institute stands tall as one of the world’s renowned transplant centres.

Patient centricity, innovation in surgical care, state-of-art technology, and a strong commitment to building a healthier community are some of the aspects that make Dr. Rela Institute and Medical Centre, as “the hospital of tomorrow”.

The list of achievements doesn’t end here. Recently he has been appointed as the president of the International Liver Transplantation Society (ILTS) a global non-profit specialist society dedicated to education, research, and international collaboration in all aspects of liver transplantation.



MESSAGE FROM CEO



As the saying goes, “the journey of a thousand miles begins with one step”. This step or what I would call a “giant leap” was taken in 2010 under the leadership of Prof Mohamed Rela with a vision to change the paediatric liver transplant scenario in India. Today, as we stand here with an achievement as big as this, I feel proud being a part of a team that's dedicated to the tradition of providing unequalled, patient-centred care.

Sometimes we see things that stay with us, they return as a trigger for bigger actions. What stimulated us to come up with this Paediatric Liver Transplant Program was one such incident. A better quality of life to children whose livers had given up on them. When we embarked on the journey of paediatric liver transplantation, we knew it is the start of a lifelong relationship between us, the child and their family. Our Paediatric Liver Care team provides every child with high quality, family-centred care.

500 + is not a number for us. It's an EMOTION. We hold it close to our heart.





The Journey to 500

Over the last 12 years, liver transplant in India has evolved from a rarity to a common procedure available along the length and breadth of the country with survival data comparable to the best centres in the world.

Prof Mohamed Rela, a pioneer in Liver Transplantation initially working at Kings College hospital, London in an enviable position came to India in 2009, with a vision to set up the liver transplant program at Global Hospitals, Chennai. Back in India the transplant scenario was very nascent. With an intention to give back to his homeland, Chennai, he was very focused about setting up a World Class Liver Transplant facility. With that vision in mind, "Institute of Liver Disease and Transplantation" was inaugurated at Global Hospitals, Chennai in 2009.

Dr. Naresh Shanmugam, Paediatric liver specialist from Kings College hospital, London, was appointed to set up a state-of-the-art Paediatric liver transplant centre and work towards the same goal and bring about a change in the liver transplant program for children in India. In 2010, the Paediatric liver transplant program commenced with a miraculous bench mark result of 94% survival rate and children from different neighboring states and countries started visiting the centre for liver transplantations with a hope for revival. Surprisingly, in a span of just 4 years, Global Hospitals, became India's Largest Paediatric Liver transplant centre and in a couple of years it became one of the Largest Liver Transplant Program in the world. This was followed by accomplishing 200 liver transplants in 2016.

With increasing need for intensive care beds, Prof. Rela and his team moved to a larger facility at Dr. Rela Institute & Medical Centre, which hosts one of the largest Liver intensive care in the world. Despite being a new centre, RIMC performed about 65 paediatric liver transplants with a miraculous survival rate of 94%, equivalent to any western centre. What it garnered was beaming smiles on tender faces and trust of numerous parents once again. With the growing success of the program, the Government of Tamil Nadu started funding for liver transplants considering the need of the hour.

In the glittering year of 2022, the program completed 500 Paediatric Liver Transplantations, first in India- a milestone achievement for the entire team, who dreamt together and focused towards one common goal- every child's health, because they believed that every child deserves a better quality and healthy life. Every child matters

THE JOURNEY SO FAR!

First Living Donor
paediatric liver transplant
in South India
2010

First Liver Kidney
(combined transplant)
2011

First Split
liver transplantation in India
2013

2010
First Deceased Donor
liver transplant

2012
First Auxiliary
liver transplant in India

250th Paediatric
liver transplantation
2017

Lightest Baby (2.3 kgs)
To undergo liver transplant
2019

2014
100th Paediatric
liver transplantation

2019
India's Youngest
liver transplant (42 days old baby)

2022
500th Paediatric
liver transplantation

15th C

PAEDIATRIC
LIVER
TRANSPLANTATION

An 11 year old girl from Chennai who developed acute liver failure due to autoimmune liver disease. Because of liver failure, the young girl went into coma and had an emergency liver transplantation.

ONE OF THE LONGEST FOLLOW UP PATIENT

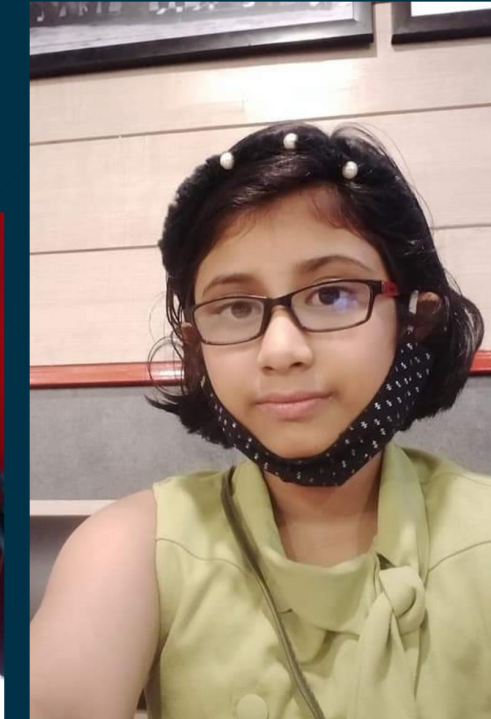
Post liver transplant, she was back home within 2 weeks. It's been almost 10 years,

Rekha is enjoying her college life, going to places, and preparing herself to achieve bigger dreams.



**SPREADING
SMILE & HOPE
THROUGH DECADES**

In our journey of more than a decade in the field of Liver Transplantation, we have been able to bring back a radiant smile on every child's face. Every transplant was unique in its own way, every case had a story to tell. But, knowing that these children are enjoying million hours of smile post transplant, fulfils our purpose.



MOTHER'S LOVE CONQUERS ALL! (EVEN DEATH)



Nirosha and Ashok, a Srilankan couple, had been ecstatic to welcome their baby and give everything they could to the best of their abilities. Discussing names, the room décor and the baby's future became a common tea-time conversation. But never did they expect that the future they imagined would entail running pillar to post to save their baby's life.

Poojani Ameshika, daughter of Nirosha and Ashok, was diagnosed with Biliary Atresia at the tender age of 6 months. Biliary atresia is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation to cure it.

She would not have any food, not even a morsel except breast milk; she was underweight and missed all her growth milestones. As a last resort, Poojani's parents brought her to Dr. Mohamed Rela to seek medical support.

POOJANI AMESHIKA

POOJANI AMESHIKA



"When Poojani was brought to us, she was grossly underweight, like a little less than 5 kilos, and she had severe jaundice," said Dr. Gowmathy, Senior consultant.

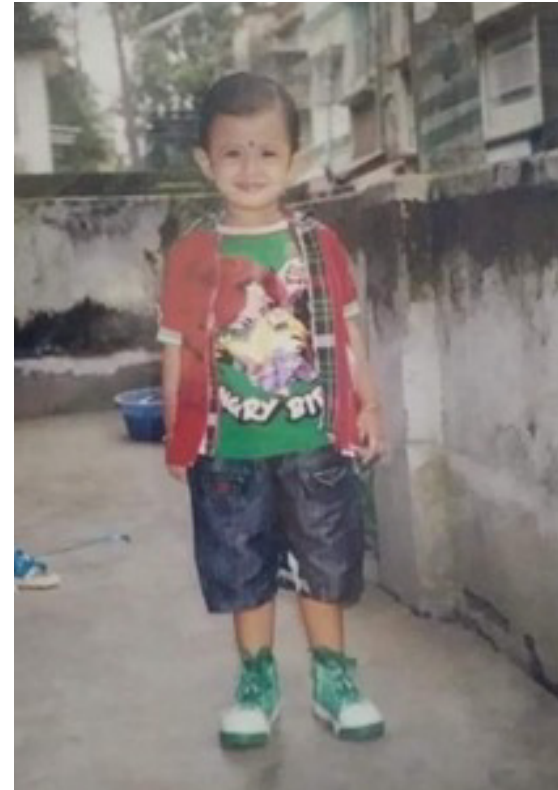
Poojani's parents agreed to the transplant, and the 26-year-old mother stepped forward to donate a slice of her liver.

"Thankfully, the surgery was uneventful. We removed about 225gm of her mother's liver and transplanted it into the baby. Both these livers will grow,"- said Dr. Mohamed Rela soon after the surgery.

Poojani has recently hopped into her teens and is fit and healthy like never before. She loves posing for the camera and indulges in various sports activities. She also enjoys hanging around with her parents and doing naughty pranks.

Biliary atresia is condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

BOUNCING BACK STRONGER.



After experiencing liver disease as an infant and undergoing a liver transplant at Rela Hospital, Krittika is leading a normal life. Today, she has grown up to be a beautiful, confident young teenager with dreams in her eyes and wings to fly.

But, her initial years were not as smooth as they should have been. When she was born, all signs pointed to a happy and healthy baby. Her parents were overjoyed with her arrival in their life. But that feeling was soon overshadowed when she was diagnosed with Biliary Atresia at the tender age of 1 month and 22 days.

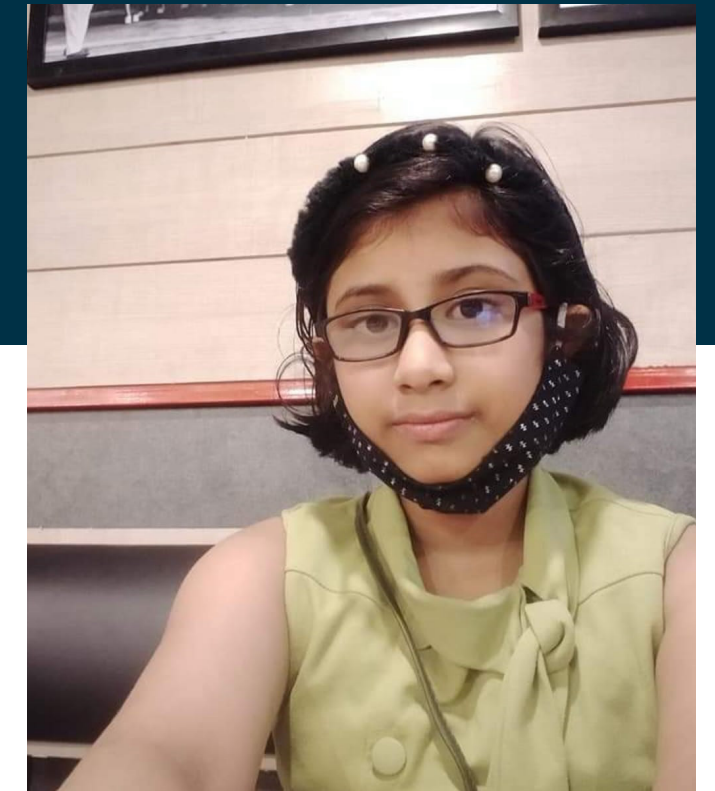
KRITTIKA

"From 10th month onwards, she started vomiting blood and presented a bloated stomach. We were shattered to see her condition and took her to a renowned hospital in Kolkata, but her condition didn't improve. That's when we decided to take her to Dr. Mohamed Rela. In her 11th month, the liver transplant was done.

It has been nearly 13 years since the transplant; Krittika is enjoying her teenage leading a complication-free life, growing stronger, going out and socialising with people.

Biliary atresia is condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

KRITTIKA



INSPIRING FAITH.

8-year-old, young and beautiful Yusra Butt from Pakistan not only received medical treatment from our expert doctors, but she also got immensely motivated and inspired to pursue a career as a doctor.

“Dr. Rela, Dr. Naresh and Dr. Gomathy inspired my younger self to the extent that my mind and my soul were very clear on what I wanted to pursue in my life. The voice within me kept telling me I needed to be someone who gave hope and helped people live a better life.”

Yusra was brought to us at Rela Hospital after she developed renal failure at six and had been on dialysis. In addition, she was diagnosed with a rare metabolic condition called primary Hyperoxaluria.

In this condition, her body fails to dissolve and remove oxalate due to an enzyme defect in the liver. The excess oxalate deposits in the kidney significantly damage it. It also gets deposited on muscles and joints and makes walking very



YUSRA BUTT

difficult. Hence she underwent liver and kidney transplants together, as both her organs were diseased. She made a remarkable recovery and was able to run within a month,” said Dr. Naresh.

It is a very proud moment for all the doctors who not only gave Yusra a better quality of life and inspired the little soul to pursue a career where she could restore hope to other health-affected youngsters. Such an inspiring thought.

“Dr Rela was a beacon of hope, and I would like to revisit him and work like him”,- said Yusra.

Hyperoxaluria is caused by an enzyme defect in the liver leading to high blood oxalate levels, secondary to the body's inability to excrete it out. This deposits heavily in kidneys leading to end stage kidney disease. Patients hence require a combined liver kidney transplant to cure this problem.

YUSRA BUTT



TRANSCENDING BORDERS TO REVIVE HOPE

Baby Lithumsi Kavinhara from Srilanka came to India in Sep 2021 with a fully damaged liver caused by a disease called Biliary Atresia. After a thorough check-up, a transplant was suggested. "I was devastated and in denial. The first question I had was, " Why her?" said the mother. The baby needed a new liver, and the mother stepped forward to be the donor for the transplant.

Dr Mohamed Rela and his team performed the complex surgery, and the result was fantastic. Over the next few days, the happy, contented parents returned to their country by putting their minds at rest.

"I can't express our joy. I still remember how Prof Rela stood in front of us with conviction and comforted us, saying everything would be okay. When you and your child are going through something this serious, it's important to be surrounded by people you trust, people who can explain every



LITHUMSI

LITHUMSI



step of the procedure, people who tell you it's going to be okay,"- said her father.

Baby Lithumsi is a funny, jovial, and loving 1.5-year-old child. Baby Lithumsi is now occupied doing everything a happy child does. She loves playing with her older sister, dancing, reading, and cuddling with her parents. "We had not seen this side of her personality before the transplant. According to the parents, she is enlivening our home with her constant cheerfulness".

Biliary atresia is a condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

2020th

PAEDIATRIC
LIVER
TRANSPLANTATION

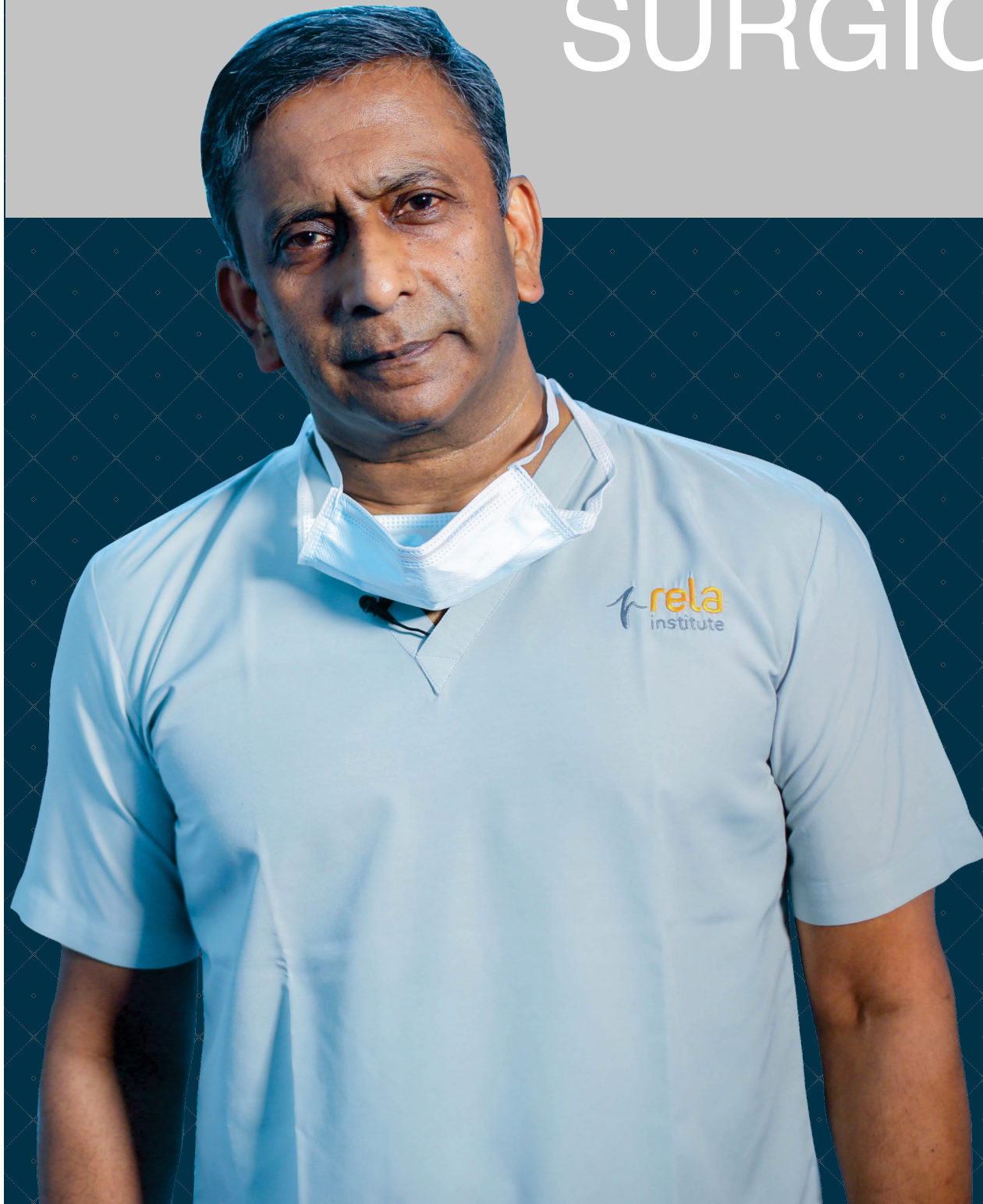
When her parents had almost filed a petition for mercy-killing because of financial crisis, the court decided to provide the funds for the treatment from the Chief Minister's fund and that's when they were directed to Rela Hospital, Chennai

ALLOW MY SICK DAUGHTER TO DIE, HE TOLD A COURT. SHE GOT CARE INSTEAD

Every child deserves a better childhood, a better quality of life and they deserve to live. Gnana Sai's story is a true testament to that thought.



SURGICAL TEAM



Prof. MOHAMED RELA

Chairman & Managing Director
Rela Institute & Medical Centre
HPB Surgery and Liver Transplantation

TEAM

Highly skilled Transplant & Hepato Pancreato biliary surgeons team under the leadership of Prof. Rela, making it one of the best liver hospitals in India.



Dr. Gomathy Narasimhan

Senior Consultant Liver & Renal Transplant Surgeon



Dr. Ramkiran Reddy Cherukuru

Consultant, Abdominal Trauma,
HPB Surgery and Liver Transplantation



Dr. Ashwin Rammohan

Consultant - HPB Surgery and Liver Transplantation



Dr. Kumar Palaniappan

Clinical Lead - Laparoscopy Liver Surgery
Senior Consultant - Abdominal Trauma, HPB Surgery
and Liver Transplantation



Dr. Rajesh Rajalingam

Clinical Lead - HPB Surgery
Senior Consultant, Abdominal Trauma,
HPB Surgery and Liver Transplantation



Dr. Muthukumarasamy

Associate Consultant, Abdominal Trauma,
HPB Surgery and Liver Transplantation



Dr. Arul Kumar S

Associate Consultant- HPB Surgery and
Liver Transplantation



Dr. Jasper Sandeep Rajasekar

Associate Consultant, Abdominal Trauma,
HPB Surgery and Liver Transplantation



Dr. Vasantha Kumar

Associate Consultant, Abdominal Trauma,
HPB Surgery and Liver Transplantation

UNITED BY LIVER

In our journey of 500+ Liver transplants, we have experimented with new surgical techniques and concepts that has enabled us to minimize Paediatric waiting list mortality. Few such techniques are the Split Liver & Cadaver Liver transplant. This innovative surgical technique maximizes the benefit of each available donor organ, making transplantation possible for two people.



CREDITING LIFE. DEBITING ANXIETY!

Life was rolling in a smooth direction for 13-year-old Venkatesh. He relished his teenage years, going out with his parents and having fun with school friends. But little did he know that he would contract a disease that would seriously impede his day-to-day activities. The sudden onset of jaundice, which lasted for over a month, made it even more worrisome for his parents.

“We were disappointed by the treatment at Delhi, and then we brought him to Chennai to consult Dr. Naresh at Rela Hospital and much to our surprise, we learnt that our son was suffering from Wilson’s disease. His condition worsened, and he gradually became drowsy because of liver failure- said his father.

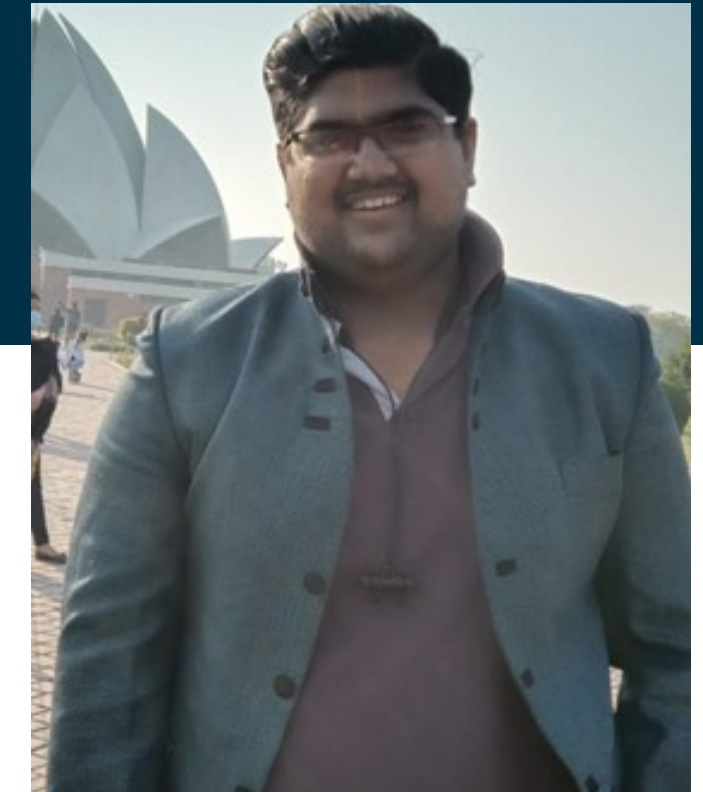
Wilson disease is a genetic condition that leads to excessive accumulation of copper, which damages organs like the liver, brain, kidneys etc., and Venkatesh hit his liver.

In situations like these, parents do not hesitate to make any



VENKATESH

VENKATESH



sacrifices for their children. But unfortunately, both Venkatesh’s parents were unsuitable as donors. But there was still a glimmer of hope—an external donor.

“He was listed as an emergency transplant in the cadaver list. Within 24 hrs of flagging the emergency, he got a suitable liver from a cadaver. Thanks to the advanced medical technologies, there was one more adult who was in need of a liver. Therefore the donor's liver was split into two halves. The left lobe was given to Venkatesh, and the right lobe was given to another adult. Both of them went home after two weeks.”

Venkatesh is a grown-up man now pursuing a career in Chartered Accountancy. Ten years after the transplant, he leads a healthy, normal life like any other youngster.

In Split liver transplant usually the cadaver liver is given to one person. In this special surgery, the liver is divided into two portions and donated to two people.

**NURTURING THE BODY.
NOURISHING THE SOUL.**



It is known that protein is a vital component of nutrition. We all need protein in our diet to help our body repair cells and make new ones and hence are called building blocks of the human body. Protein is also important for growth and development in children and teens. But sadly, Husain, a Bahraini baby, was born with Propionic Acidemia disorder, which never allowed him to consume protein in any form. "At birth, he was prone to attacks of epileptic fits and was diagnosed with a metabolic disorder called Propionic Acidemia. In this disorder, the protein he ate could not be metabolised by the liver due to the absence of a specific enzyme. Any protein consumption would turn into a toxic product and could damage the brain. Because of this, he was on special protein-free formula feed. Despite this, his development was lagging, and the family felt extremely difficult to maintain the diet", said Dr. Naresh Shanmugam

HUSAIN ALI ATEYA

HUSAIN ALI ATEYA



The worried mother got her son to Rela hospital, where the doctors suggested an Auxiliary partial orthotropic liver transplantation (APOLT) to correct the metabolic disorder. "He was very sick from the time he was born, and his disease was complicated," said his mother. After a transplant, Hussain attained his developmental milestone, and eight years later, he is doing exceptionally well. Since the transplant, he is now enjoying normal food, including protein. As a result, he is much more active and feels much more energised. Physically, he is running, using stairs independently, jumping and even starting to dabble on a tricycle!

Auxiliary liver transplant TIn this unique surgery half of recipient diseased liver is left behind and half of transplant liver is implanted. The patient will have two livers, his own liver and a transplanted liver.

TWINNING AND WINNING TOGETHER.

The birth of a child can be very special, but at times, they are born with life-threatening ailments. That can be devastating for the parents and for the family too. Such was the case with Thangam Praveena and her twin brother.

Thangam Praveena and her twin brother filled everyone's life with joy when they arrived prematurely. The family was overjoyed and excited. But both the babies were underweight. Since both of them were active enough, they were discharged from the maternity clinic and taken home.

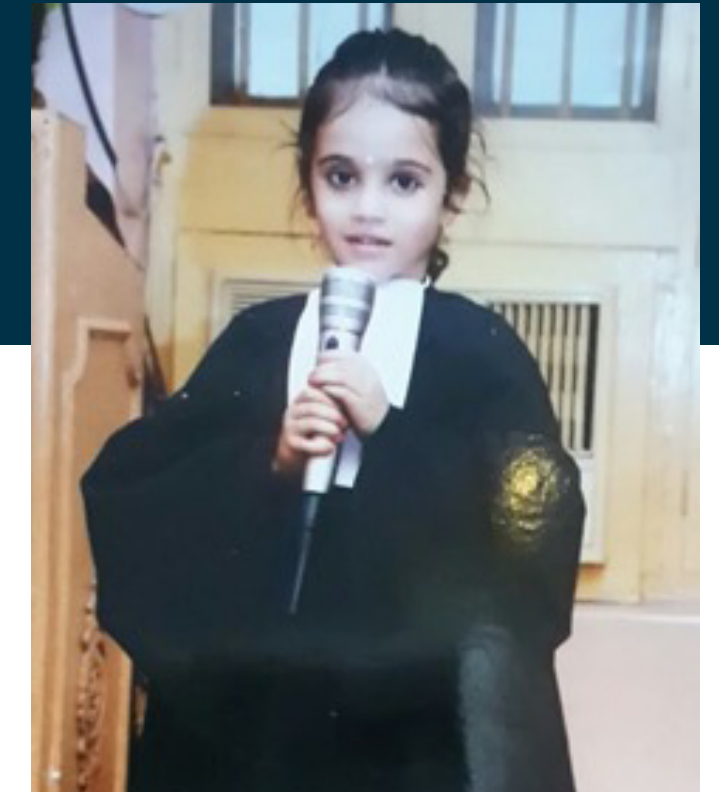
After a few days of enjoyment and bonding, the baby girl became unwell, with symptoms of jaundice. The parents learnt that this was due to a condition called Biliary Atresia. On detection, the baby underwent Kasai portoenterostomy at the age of 2 months, but this failed to clear jaundice.

Lingering jaundice made her weak and compared to her brother, who was underweight. With no other options available, Dr Rela carried out a transplant when she was only 8



THANGAM PRAVEENA

THANGAM PRAVEENA



months old. His skilful surgery proved to be successful.

“Due to her small size, the abdomen could not be closed after the surgery, and so it had to be closed with silicon mesh”,- said Dr. Naresh Shanmugam

Thangam is now much better physically. She has recovered very well after her transplant. Her weight has also improved, and she is having a great time with her brother. They love participating in fancy dress competitions and playing pranks on their parents.

Biliary atresia is condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

25th

PAEDIATRIC
LIVER
TRANSPLANTATION

2 year old Amarnath was suffering from a rare type of cancer called Langerhans Cell Histiocytosis, a rare disease where the liver is affected along with bones and skin.

He was treated with chemotherapy to cure the cancer post which the liver transplant was done.

2 YEAR OLD DEFIED THE ODDS & SURVIVED A RARE LIVER DISEASE

Amarnath is now cancer free since last 5 years, and is tougher than ever.



LIVER ANAESTHESIA CRITICAL CARE TEAM



Dr. AKILA RAJAKUMAR

Senior Consultant and Clinical Lead
Anaesthesia & ICU, Liver Anaesthesia and Intensive Care

TEAM

For the doctors who joined Prof. Rela team, the biggest attraction was the amazing chance to work with and learn from someone of his stature. While some of them had trained abroad and were looking for the right opportunity in India. His presence motivated more and more professionals to come together under his leadership and work in unison towards a common goal.



Dr. Ilankumaran Kaliamoorthy
CEO
& Senior Consultant – Intensivist and Anaesthetist



Dr. Rathnavel G K
Senior Consultant
Anaesthesia & ICU, Liver Anaesthesia
and Intensive Care



Dr. Balaji
Senior Consultant
Anaesthesia & ICU, Liver Anaesthesia
and Intensive Care



Dr. Dinesh
Consultant
Anaesthesia & ICU, Liver Anaesthesia
and Intensive Care



Dr. Premchandar
Consultant Anaesthesia & ICU,
Liver Anaesthesia and Intensive Care

NO HOPE to RAY OF HOPE

It is needless to say, that in our journey of 500+ Paediatric Liver Transplants, we have witnessed various moments of ups and downs. Moments when parents felt dispirited by other hospitals, moments of almost losing their child or moments of complete break down of the family. But we have succeeded in treating every child, and every case with the same amount of care and restored hope and faith in the toughest of situations.



WHEN HAPPINESS BLOOMS BRIGHT

Today, 11-year-old Riddhiman looks and acts like most kids of his age. Fun-loving, mischievous, and ever-curious, he is a bundle of energy. "He keeps us on our toes now. We are preparing ourselves for his naughty teenage years."

Riddhiman's initial years had been far from normal. A genetic metabolic disorder affecting fat metabolism called Zellweger syndrome made him ill from the age of two and gradually led to liver failure. His parents had to accompany him on constant doctor visits and diagnostic centres, but his health was not improved. Even routine tasks proved to be difficult for him. "He was always having some complications or the other, and that gave us sleepless nights".

Just when the desperate parents began to lose hope, they heard of the visit of Dr Jagadeesh Menon, a paediatric liver specialist from Dr Rela Institute and Medical Centre, Chennai, for an Out-Reach clinic in Chandigarh, where they resided.



RIDDHIMAN

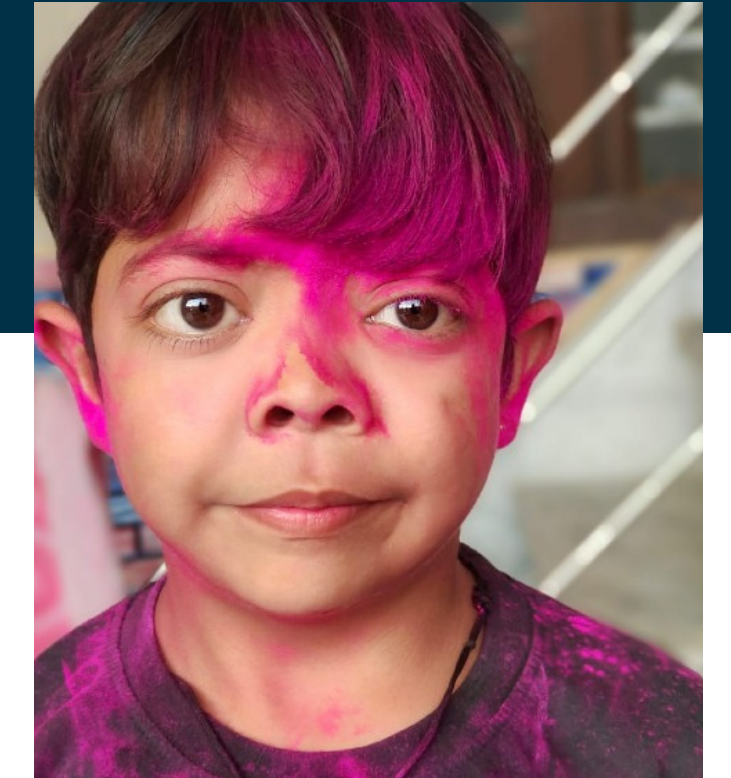
After examining the child, Dr Menon raised their hope by suggesting that a liver transplant would be the only lifelong solution to his problems. He recommended an immediate visit to Chennai for a work-up, followed by surgery.

Dr Mohamed Rela and his team performed the surgery without delay, and the outcome was excellent. The transformation was visible within a few days, and the happy and relieved parents returned to Chandigarh with a fully-cured child. "We have no words to express our happiness. We are grateful to Dr Rela and team for saving our child's life and to the capable support staff for the care and love".

Riddhiman now seems to be making up for a lost time with his constant playfulness and antics. Riddhiman is the first child to undergo liver transplantation for Zellweger syndrome-associated liver cirrhosis.

Zellweger syndrome is a genetic disorder passed from parents to children. It disturbs cellular function and causes serious problems soon after birth. Children can have brain, liver and kidney problems, as well as difficulty feeding or moving

RIDDHIMAN



CARE IS IN THE AIR. LITERALLY!



MANHA JASEER

With a child's birth comes hope, joy and positivity in the family, but the reality was something else for a baby from Kerala. Since birth, she has been admitted to a hospital at Trivandrum for almost 6 months without any hope of survival. She was grossly underweight and had poor nutrition, making the situation even more complicated. It was like a black cloud of pain looming over the family with no hope of a clear sky.

But the concerned father never gave up hope for his child. He came to Dr. Rela, Chennai, with a firm conviction that he would provide a cure.

Dr. Rela restored faith in the father when he said that a transplant was possible and the child needed one. The father was ready to be the donor. Eventually, she was airlifted from

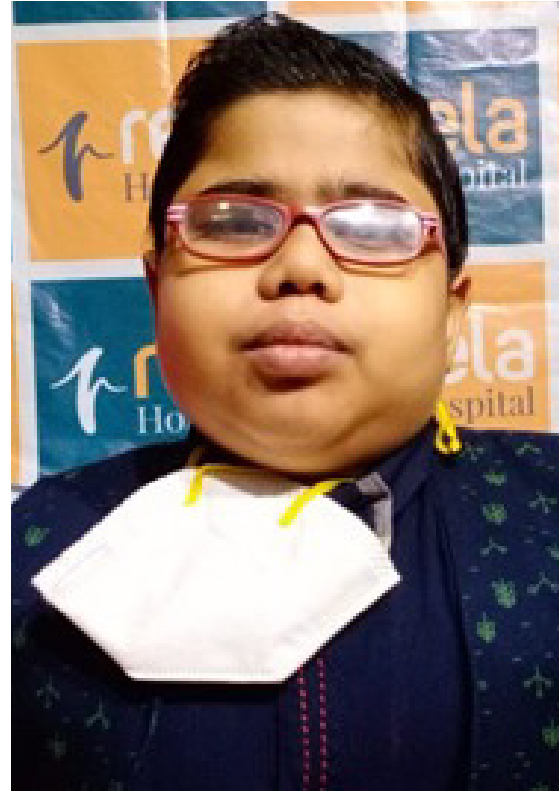
Trivandrum to Chennai in May 2017 due to poor health conditions. The transplant was finally done successfully by Dr. Mohamed Rela and his team. The child stayed in the hospital in the paediatric ICU and celebrated her 1st birthday with the whole team. She was accompanied by her mother and her grandfather, who stayed with her throughout, doing just one thing-praying.

We can call this a miracle or prayer of her loved ones, which gave her a new lease on life. This is what miracles are. This is what survival looks like. This is the power of Hope and Faith.

Biliary atresia is condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

MANHA JASEER





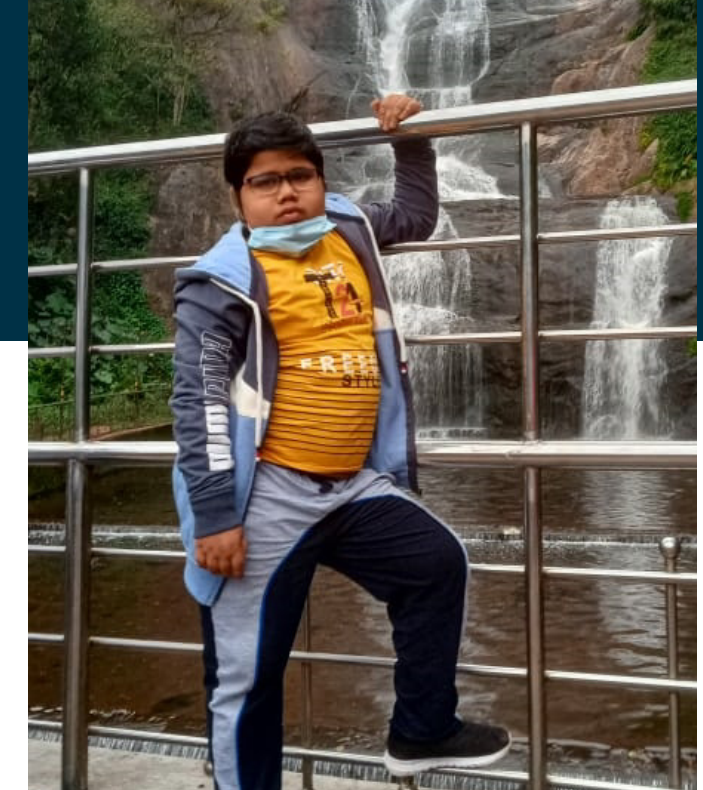
SAYAK

BACK TO SCHOOL AND LIFE!

For 13-year-old Sayak, everything looked good. He was enjoying his teenage years, playing with his friends, going on small outings with his family and relishing his favourite burgers. But life took a different turn for the Kolkata teenager when he was diagnosed with multiple cysts in the liver and kidney.

"When he went into kidney failure, he was diagnosed with congenital hepatic fibrosis and multiple cysts inside the liver. He had undergone a kidney transplant at the age of 6 years for renal failure. However, due to recurrent infection of the cyst in the liver, he used to get high-grade fever and had spent months in the hospital,"- said Dr. Naresh Shanmugam.

SAYAK



It was heart-wrenching to see a teenage boy miss out on all the fun due to his ailment. Unfortunately, this affected his education too.

The condition of jaundice became progressively worse, and that's when he was brought to Rela hospital. After 6 months of waiting, he received a cadaver liver, and the transplant was done successfully. This revived his spirits, and he returned to being a normal teenager again, going to school, eating his favourite food and dancing to the beats of the "Dhak". As the saying goes, life indeed depends on the liver.

Congenital hepatic fibrosis (CHF) is a rare disease that is present at birth (congenital) and affects the liver. It leads to dense scarring of the liver making it stiff like a stone.



500th

PAEDIATRIC
LIVER
TRANSPLANTATION

Master Kavinayan, came with complications like biliary atresia and had associated severe Hepato Pulmonary Syndrome but on further examination, was also found to have an arteriovenous fistula.

MULTIPLE COMPLICATIONS. ONE SOLUTION.

The 12 year old successfully underwent Fistula coiling followed by a Kasai procedure and has recovered rapidly. He is leading a healthy and happy life and is prepping to hop on to his teens.



PAEDIATRIC HEPATOLOGY & INTENSIVE CARE TEAM



Dr. NARESH SHANMUGAM

Director- Women and Child Health &
Senior Consultant - Paediatric Gastroenterology & Hepatology

TEAM

Our PACT is trained intensivist driven 24x7 critical care team which handles both 11 bedded General Paediatric Intensive Care Unit and Paediatric Transplant ICU catering to Solid Organ Transplant like Liver, Kidney, Combined Liver Kidney Transplant and Bone Marrow Transplant.



Dr. Jagadeesh Menon VR
Consultant Paediatric Hepatology,
Paediatric Gastroenterology, Paediatrics



Dr. T. Ravikumar
Senior Consultant
Paediatric Intensive Care Unit



Dr. Saravana Pandian
Consultant
Paediatric Intensive Care Unit



Dr. Shailesh Shivaji Muley
Associate Consultant
Paediatric Intensive Care Unit

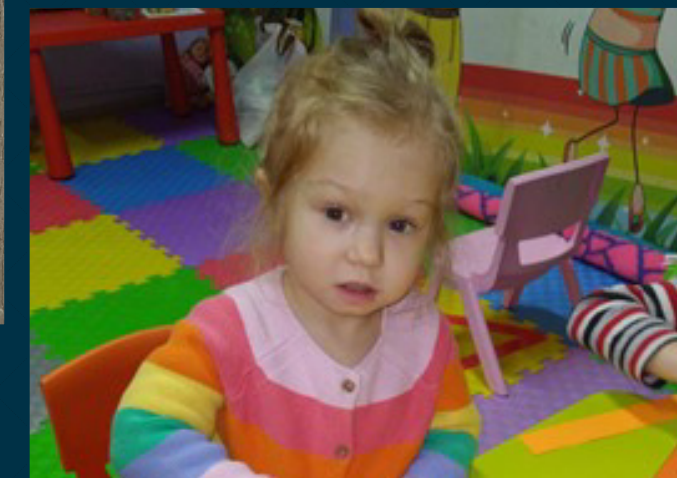


Dr. Sonal Gajbhiye
Associate Consultant
Paediatric Intensive Care Unit

The team is skilled in transport of critically ill children both by land and air transport Our Scope of Services are Transport of Critically Ill Children, Pre-Transplant Stabilization, Advanced Mechanical Ventilation including iNO/HFVO, Extracorporeal Life Support Care such as Continuous Renal Replacement Therapy, Plasmapheresis, ECMO and Procedural Sedation Services

DEMYSTIFYING MYTHS

Over the last decade, we have heard of different myths surrounding liver transplantation. Myths such as- liver transplant is meant only for elders, it cannot be performed on light weight patients, it cannot be done without blood transfusion etc. But looking back at our journey, the way we have demystified the myths by performing unique cases, gives us more reason to believe in ourselves and continue with the same zeal and energy.



TRAGEDY TO TRIUMPH. A TALE OF HOPE.



There is little or nothing in life that compares to the birth of a child. No feeling in the world is greater than this. But such was not the case for the Sayani family. Soon after birth, Baby Aryan started showing signs of illness which affected his brain. What was believed to be a simple infection was later diagnosed as urea cycle disorder due to an enzyme defect in his liver. Children born with this disease would have features of brain dysfunction due to high ammonia caused by defective amino acid breakdown.

When the parents realised that liver transplantation was the only curative treatment option, they shifted the child from Mumbai to Chennai. "It was raining heavily in Mumbai then, and we were very doubtful of reaching the airport, leave alone flying to Chennai. We were only praying to reach Rela hospital safely and sooner."

ARYAN SAYANI

ARYAN SAYANI



Unfortunately, both his parents were unsuitable donors, and Aryan's maternal uncle decided to donate. "I felt I had to do something to save Aryan and help out my sister in distress". The transplant by Dr Rela and the team went off smoothly.

After three years, Aryan is happily jumping around, lighting up the room with his smiles and giggles. He loves being outside, swinging at the playground, running, swimming, riding his tricycle and crawling through bushes. There is no stopping him. Recently, his third birthday was celebrated.

"Aryan flew back with us to his home in September 2019 for the first time after fighting the big battle; we were thankful to Dr Rela and the team. I am grateful to them for giving a new lease of life".

Aryan is the youngest child in India to undergo liver transplantation.

Arginase deficiency is an inherited disorder that causes the amino acid arginine and ammonia to accumulate gradually in the blood. This results in Brain damage leading to problems like fits, spasticity of limbs and delay in development

**FEATHER LIGHT.
FIERCELY WILLED.**



Staff at Rela Hospital witnessed a happy ending instead of what could have easily been a tragic one when they bid farewell to 50 days old Siwansh Awasthim.

He was diagnosed with liver failure during the newborn period, Siwansh, a baby from Nepal, was brought to Rela Hospital when he was just 50. He was admitted directly to the ICU with severe jaundice and poor weight. With the current illness, only a liver transplant would have saved his life. Though he was very small, the transplant team meticulously planned for a mono segment liver transplant, said, Dr. Jagdeesh Menon.

SIWANSH AWASTHI

SIWANSH AWASTHI



At the time of the transplant, he weighed only 2.3 kilos. No other hospital in South India has attempted surgery on such a lightweight patient.

After the successful transplant, Siwansh has grown into a sweet little boy, enjoying his childhood and in high spirits.

Infantile Cholestasis is characterized by stasis of the yellow fluid called bile which flows out of the liver due to either inflammation in the liver or obstruction in the bile tubes called ducts. The infants would turn jaundiced and their stool may become pale or white.

WHERE FAITH AND SCIENCE INTERTWINE.



Jehovah's Witnesses are followers of a Christian faith that prohibits using blood or blood products during treatment. Respecting and protecting that belief and faith, Rela Hospital successfully performed a liver transplant on a Jehovah's Witness from Ukraine by not using blood or blood products.

"With liver failure, blood does not clot. So during the transplant, we need to transfuse blood and blood products. But in this case, the child was prepared for liver transplant with medication to improve her anaemia and later taken for transplant. Moreover, meticulous care was taken during surgery to reduce blood loss. As a result, we managed to

MILANA MILIEIEVA

MILANA MILIEIEVA



perform the liver transplant successfully without blood transfusion,"- said Prof Rela.

Milana was brought to Rela Hospital in very critical condition. The family requested that the surgery be performed without blood transfusion to preserve their values and principles. "We travelled across Europe, but no doctor gave the assurance on the transplantation without blood transfusion. Then we learned about Rela Hospital from our friends, who saved our child's life. We are grateful to the medical team for their efforts and for respecting our belief," said the father.

Returning home with a smile on their face was very overwhelming for Milana and her parents. She is very active now, experiencing little joys of life and doing funny little tricks with her family.

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The inspiring journey of Prof. Mohamed Rela

In December of 1997, a liver surgeon was faced with the dilemma of having to perform a liver transplant on a 5 day old girl. Although risky and fraught with peril, the surgeon went ahead and performed the surgery with his team. Against all odds and armed only with sheer skill and a marvelous team, the surgeon managed to pull off a successful transplant. The surgery changed the history of liver transplantation and won a place in the Guinness Book of World Records in the year 2000. Prof. Mohamed Rela was the surgeon who won the day, that winter of December 1997 and he went on to become one of the world's leading and most respected liver surgeons. The little girl he saved that day lives a bright life. Her name is Baebhen Schutke and she is currently 20 years old, studying law.

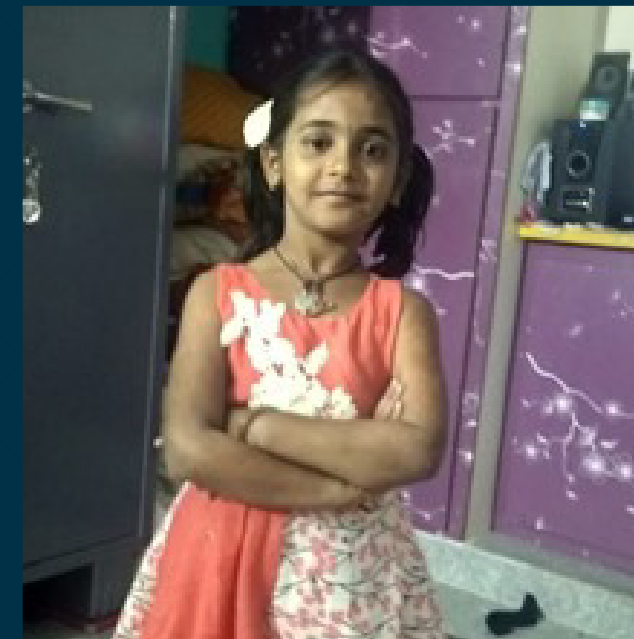
Dr. Rela Institute & Medical Centre (RIMC) was established under the guidance of Prof. Mohamed Rela, who is a pioneer in liver transplantation with over 28 years of experience in the field. With a rich experience of over 2000 liver transplants at King's College Hospital, London as the Professor of Liver Surgery, he started the Institute of Liver Disease and Transplantation at Gleneagles Global Health City in 2009. It quickly became the largest liver transplant program in India. e then moved from Gleneagles Global group of hospitals and started Dr. Rela Institute & Medical Centre in September 2018 with a vision to address health-care issues with facilities of international standards that provide cost-effective high-end treatments like multi-organ transplantation.

Prof. Mohamed Rela has performed over 4000 liver transplant surgeries and is one of the most accomplished surgeons in the world in this field with over 400 scientific articles and papers on liver transplantation & complex hepatobiliary pancreatic surgery. He has pioneered the technique of split liver transplantation where one cadaver liver is split into two and transplanted into two individuals & auxiliary liver transplant. He is also one of the most innovative paediatric surgeons as per an article published by "Top Master's in Healthcare Administration".



GUARDIAN ANGELS

One who looks after or is concerned with the welfare of another, that's who a guardian angel is. In our journey of 500+ paediatric liver transplants, we have witnessed so many moments of generosity. We have seen financial support coming in from government funded programs, minister's fund and crowd funds. All of these only to improve the child's health and help them to live a life like any other normal child



CARE IS IN THE AIR. LITERALLY!



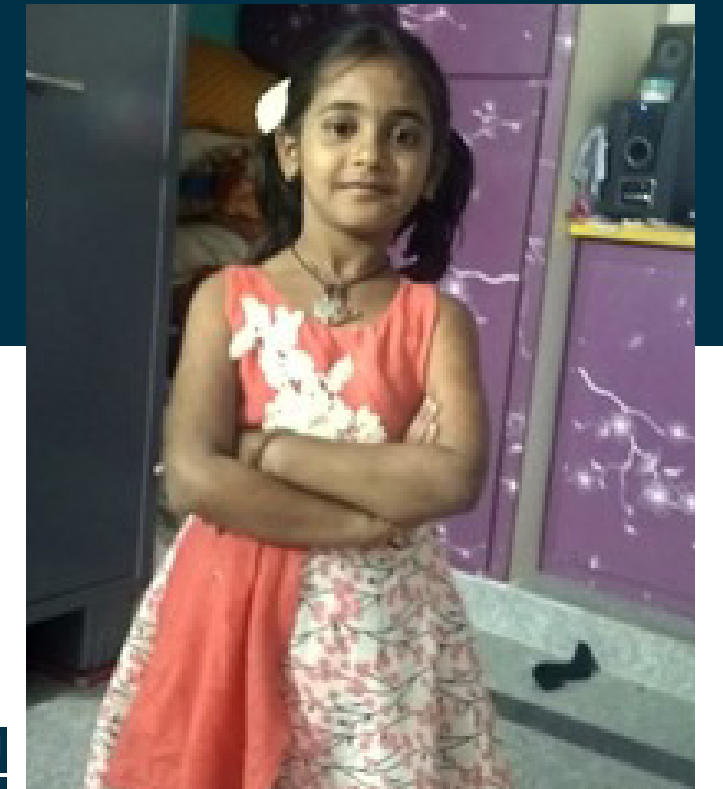
GNANA SAI

Every day holds the possibility of a miracle. That's precisely what happened to baby Gnana Sai.

Ramanappa, a worker in a grocery store, and his wife Saraswati filed the petition in the court of the junior civil judge at Tamballapalle urging it to grant permission for passive euthanasia of their daughter Gnana Sai, who had been suffering from a congenital liver problem. The poor parents were not in a position to foot the medical bill.

"A local doctor diagnosed it as a liver complication and treated the baby. But there was no improvement in her health. We had spent all the money we had. We borrowed money from friends and

GNANA SAI



relatives. We were left with no money," said the agonised father.

But miraculously, the court directed that the funds for the treatment could be provided from the Chief Minister's fund, and that's when they were referred to Rela Hospital, Chennai. Under the expert guidance of Dr. Mohamed Rela, the child received a new liver and a new life.

Every child deserves a better childhood and quality of life and deserves to live.

Gnana Sai's story is a true testament to that thought.

Biliary atresia is a condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.



IN PINK OF HEALTH



Kuhl Bora, a charming teenager from Assam, is enjoying life these days, venturing out into the mountains and posing for her social media friends and followers.

At the age of 5, Kuhl suffered from a rare genetic disorder called Tyrosinemia Type 1. Tyrosinemia seriously affects the body's ability to break down the amino acid tyrosine effectively. Following this, she had developed many complications, including Liver Cirrhosis and an end-stage of liver failure.

Liver transplantation was the only way to pull her out of this

KUHI BORA

KUHI BORA



situation. The surgical team at Rela Hospital performed the transplant and gave Kuhl more reasons to enjoy her life.

After 9 years of surgery, the liver is functioning normally and is in the pink of her health. She also happens to be the 1st Government-funded patient from Assam who went through liver transplantation, restoring hope to those children in need of a transplant.

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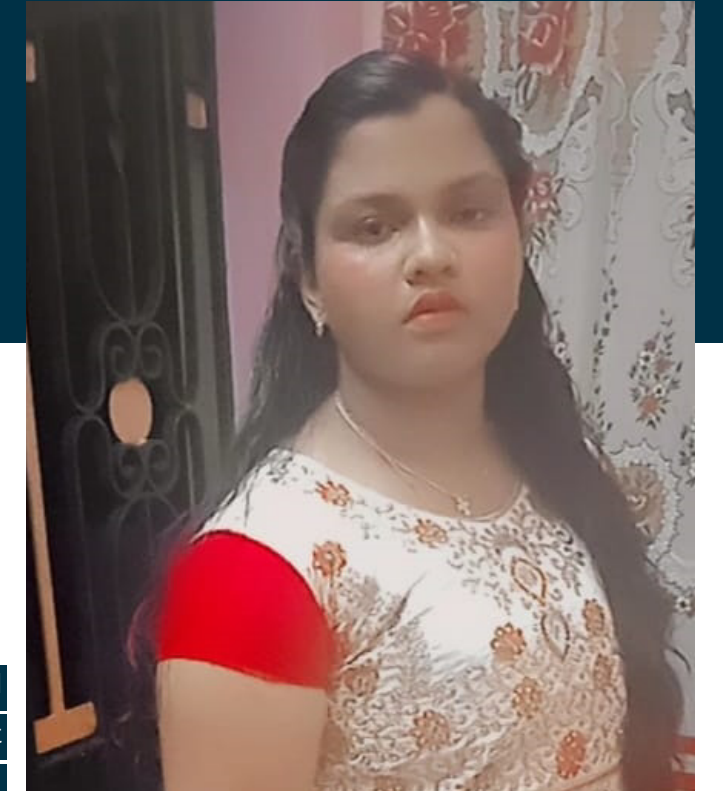
REGA

**ALL FOR ONE.
ONE FOR ALL!!**

Rega, from the village of Nagercoil, Tamil Nadu, has a beautiful and inspiring survival story. In her journey to recovery, she had not only the support of her family and friends and the support and love of her entire village, who pulled her out from the jaws of death. Hers is a story of hope, sacrifices and immense support.

Rega, at the age of 8, was diagnosed with Hepatopulmonary syndrome. The only way to bring her back on track was liver transplantation, but sadly, because of the financial crisis, the parents could not proceed with the surgery.

REGA



Dr. Rela and his highly skilled team performed a successful surgery. That's when a miracle happened, and the entire village of Nagercoil gathered funds to give Rega a new lease of life. They stood by her in solidarity. These cases are exceptional and eye-opening in today's competitive world, where everyone only cares about their wellbeing. It is like a reminder that "Humanity still exists".

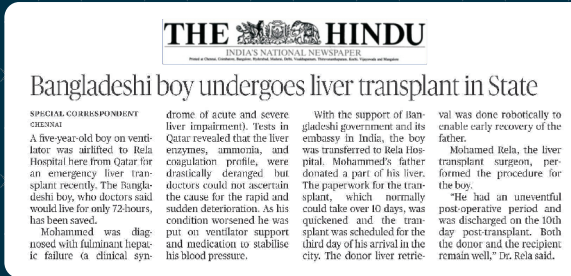
Biliary atresia is condition where bile ducts and gall bladder is not formed properly. It is a disorder affecting the bile ducts and is the commonest cause of cirrhosis in infants, requiring liver transplantation for curing it.

Paediatric Liver Transplantation

Milestones

LIFE SAVING TRANSPLANT

With 72hrs of survival, Bangladeshi Boy was airlifted from Qatar to Rela through ventilator support and successfully saved by Liver Transplantation



ASIA BOOK OF RECORDS

The youngest child to successfully undergo a Small Intestine Transplant in Asia.

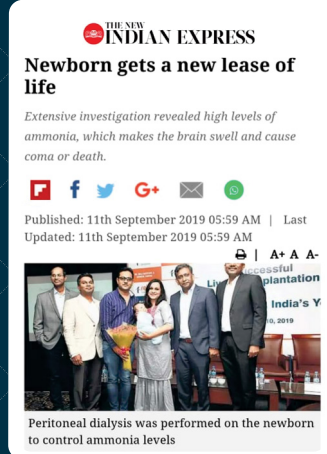


SMALL INTESTINE TRANSPLANT SAVED 4-YEAR-OLD BOY



HEARTY MONIAL From Parents

India's youngest liver transplant recipient's parents had shared their happiest moment with Prof. Rela



GUINNESS RECORD

In 1997, Prof Mohamed Rela Performed a Liver transplant and saved 5-Day-Old Baebhen Schutke who is now a 24 Year Old Law Graduate.



INTERNATIONAL BENCHMARK

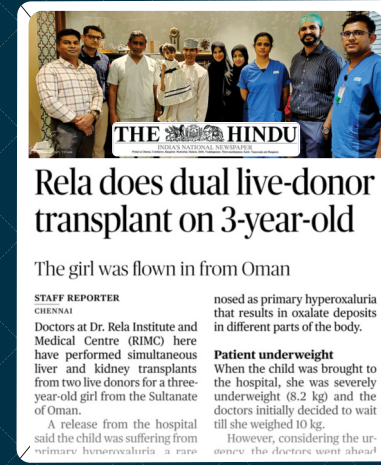
Attained a global milestone by achieving a 99.2% patient survival rate from liver transplant surgeries.

7-YEAR-OLD BOY GETS NEW LIVER AFTER HIS KIDNEY TRANSPLANT



WITHOUT BLOOD TRANSFUSION

3-Year-Old Ukrainian Girl Underwent Liver Transplant Without Blood Transfusion



DUAL LIVE-DONOR TRANSPLANT ON A 3-YEAR-OLD OMANI GIRL

SUPPORT TEAM

Consisting of Patient Care Managers, Transplant Coordinators, Intensive Care Nurses, PICU Nurses and Operation Theatre Nurses.



Mr. Rajagopalan S
DGM - Liver Unit



Mr. Shivakumar M
AGM - Liver Unit



Mr. Srikanth S
AGM - Liver Unit



Ms. Nisha B
Asst. Manager - Liver Unit



Mr. Sunilkumar P
Nurse - ICU



Ms. Preethi Athir
Nurse - PICU



Mr. Krishnamoorthy R
Nurse - OT



Mr. Premkumar B
Nurse - OT

UNWINDING MOMENTS!

Medicine is a very hectic career that can leave a lot of doctors struggling to find time for the things they enjoy outside of work. Long, busy, emotionally draining days can really take a toll on their health too.

Thankfully, our paediatric team do find time to unwind and indulge in recreational activities like going out on small vacations with the team mates enjoying a team lunch or dinner to ease the stress.



