

Living Donor Liver Transplant

# Paying back the gift of life

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Living donor liver transplant is no longer a new treatment procedure for the end stage liver disease patients. But is it not that much frequent for patients living in resource poor countries like Bangladesh due to the lack of technical expertise, full set up of transplant team and so on. Very few cases are done in foreign countries who can afford the cost. Such a living liver donor is Tasnimul Jannat alias Rafa, a higher secondary level student of Dhaka City College who donated her liver to her beloved father Md. Matiur Rahman.

Traditionally, organs for liver transplant are obtained from deceased donors, after they or their families have given consent to be an organ donor.

Unfortunately, there are not enough deceased donor organs available for today's growing list of people who are waiting for a liver transplant. Many patients waiting for liver transplants become too sick to undergo transplant surgery, and some may die while on the waiting list. If a patient can receive a portion of liver from a relative or friend, he or she has a chance to receive a portion of a healthy liver before becoming too ill to withstand transplant surgery. Living donor liver transplantation is a viable alternative for some patients.

Living donor liver transplantation offers an attractive alternative to deceased-donor organ transplantation. In living donor liver transplant, surgeons remove a portion of a donor's liver. Another surgical team then removes the recipient's entire diseased liver and replaces it with a portion of the living donor's healthy liver. The donor's liver and the portion of the donor's liver given to the recipient grow back to their full size within a few weeks.



PHOTO: COURTESY

Tasnimul Jannat Rafa (left), a higher secondary level student of Dhaka City College donated portion of her liver to her father Md. Matiur Rahman (right). The transplant surgery was done in Global Health City Hospital in Chennai, India.

Md. Matiur Rahman, 52 was diagnosed with liver cirrhosis (a chronic liver disease) in 2012. He consulted many liver specialists at home and abroad. Considering the advice of different physicians at different centres, finally he decided to get admitted at the Global Health City Hospital at Chennai, India in April 2013.

Rafa, the daughter of Mr. Rahman came forward as the living donor to her beloved father. Finally the operation was successfully performed in August 2013. Now both the father and daughter are quite okay. They are under the follow up treatment at the same hospital.

Mr. Rahman informed Star Health about

his liver transplant that he was quite satisfied with the services of the hospital. One of the reasons for choosing this hospital was quality care at affordable cost in comparison to some other countries like Singapore. One of the main cost involves long stay following the surgery.

Living donor liver transplant is now the ultimate solution for the patients with end stage liver disease. Unfortunately the procedure is yet to be introduced in full swing in Bangladesh. Right at this moment, it is available in some countries in the region.

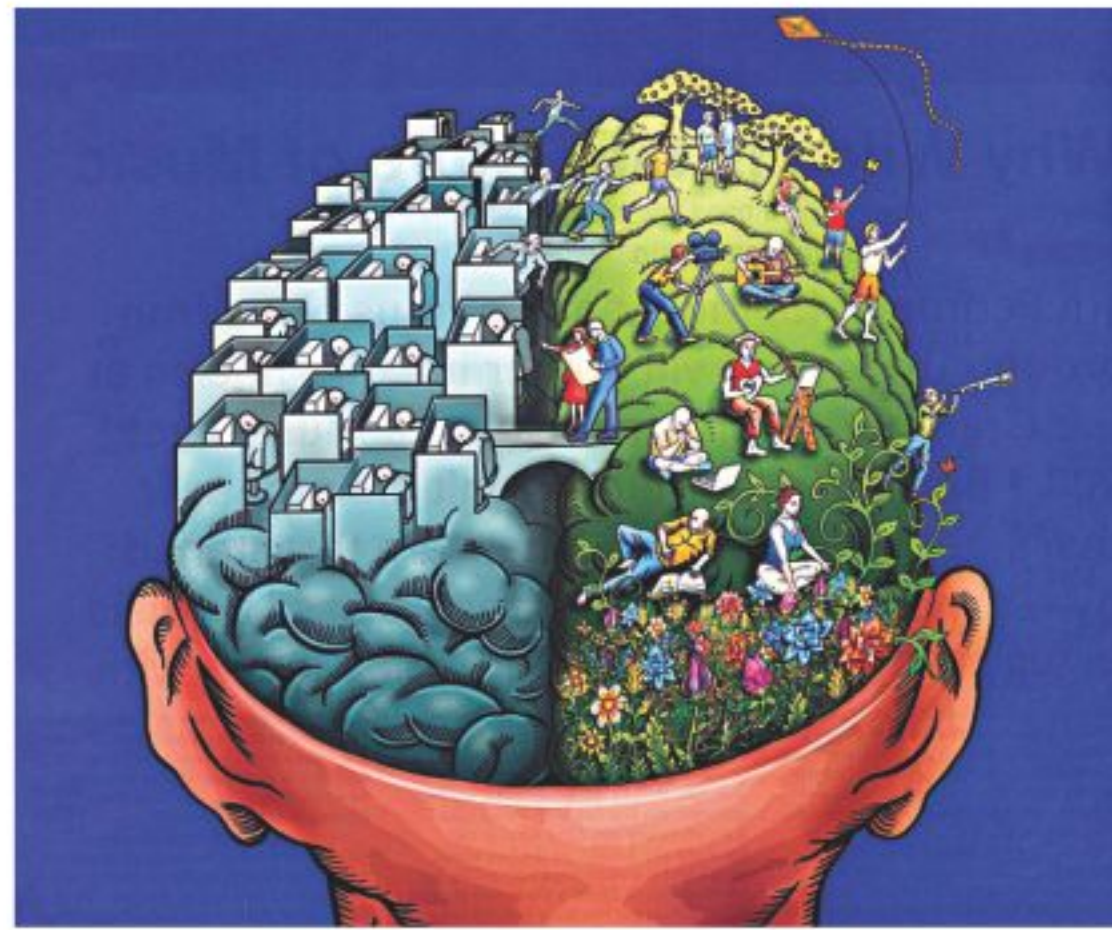
According to the organ donation act in most of the countries, the donor should be closely related to the patients, and of course there are some other factors to be matched between the donor and the recipient.

Due to the shortage of cadaveric liver, living donor is better and the ultimate choice. But there is also shortage of donors. Awareness about the issues of living donor liver transplant can overcome these barriers. Donors like Rafa has shown pioneer example in this regard. It was in fact, a brave step forward for the sake of profound love to her father.

There are many patients dying every year in Bangladesh due to end stage of chronic liver diseases. So there is huge demand of liver transplant in the country. But it seems a long way to meet that demand. It is not only the issue of training the surgeons, but also developing a whole set up of transplant team comprising of multi-disciplinary approach. The government should also encourage and help building efficient teams for liver transplant which could save foreign currency as well as the lives of dying patients of the country due to liver diseases.

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## DID YOU KNOW?



## The brain never sleeps

STAR HEALTH DESK

Your body may be slumbering, but your brain never stops working. It stays busy, constantly instructing your systems to keep functioning — breathing, digesting, pumping blood and all the other tasks that keep you alive while you sleep. Otherwise we would never wake up each morning.

But sleep is crucial to brain function and help consolidate the effects of waking experience — by converting memory into more permanent and/or enhanced forms. Research shows that people who sleep so little over many nights do not perform as well on complex mental tasks as do people who get closer to seven hours of sleep a night. Studies among adults also show that getting less or much more than seven hours of sleep a night is associated with a higher mortality rate. Sleeping problems are almost always involved in mental disorders, including depression, schizophrenia, Alzheimer's disease, stroke, as well as head injury. And symptoms are strongly influenced by the amount of sleep a person gets.

The amount of sleep you need depends on various factors — especially your age. On an average, an adult should take sleep for 7-8 hours, a school aged child should have 9-10 hours to function properly.

## HEALTHbulletin



### Cycling antibiotics might help combat resistance

Doctors might be able to overcome antibiotic-resistant bacteria by swapping out the antibiotics used to treat a patient, providing a one-two punch that keeps the germs reeling, a new Danish study published in the journal Science Translational Medicine suggests.

The researchers revealed that by swapping between antibiotics that play well off each other, doctors can stay one step ahead of bacteria and continuously avoid resistance.

### Ibuprofen may ease arthritis patients' depression

For people with a painful joint condition, common pain relievers may have small benefits for depression symptoms as well, a new study appeared in The American Journal of Medicine hints.

Depression is more than twice as common among people with osteoarthritis, which happens when cartilage wears down around the hands, lower back, knees or other joints.

## Ending childhood TB deaths

Everyday, more than 200 children under the age of 15 die needlessly from tuberculosis (TB) — a disease that is preventable and curable.

The World Health Organisation (WHO) estimates that as many as 1 in 10 TB cases globally (6 to 10% of all TB cases) are among this age group, but that the number could be even higher because many children are simply undiagnosed. However, most of these deaths could be prevented through measures outlined in the first ever action plan developed specifically on TB and children.

The "Roadmap for childhood TB: towards zero deaths", launched

recently by global TB leaders focus on immediate actions governments and partners can take to save tens of thousands of children's lives from TB, including among children infected with both TB and HIV.

The US\$ 120 million a year in new funding for addressing TB in children from governments and donors includes US\$ 40 million for HIV antiretroviral therapy and preventive therapy (to prevent active TB disease) for children co-infected with TB and HIV.

Far too many children with tuberculosis are not getting the treatment they need. Most of these children live in the poorest, most

vulnerable households. It is wrong that any children should die for want of a simple, affordable cure, especially where there are community-based options to deliver life-saving interventions.

In order to turn the tide on this hidden epidemic, experts from CDC urged to scale up existing tools and investing in improved approaches for the future and also put these tools in the hands of front-line health care workers and use every opportunity to identify children at risk for TB.

Experts also recommended broadening the net and involving organisations and agencies beyond the national TB programmes that have contact with children. As much as possible, the roadmap recommends that TB services for children be mainstreamed into existing children's health services, and more responsibility and accountability be given to primary care providers.

Moving to this type of family-centred or community-centred approach, however, will require effective collaboration and joint planning among TB control programmes, maternal and child health services, and HIV services. Only such a concerted effort can end the epidemic.

Source: World Health Organisation



## HEALTH TIPS



### Maintaining your balance at old age

Maintaining your balance means less risk of falling — an important goal for seniors. The Cleveland Clinic offers these suggestions to help prevent falls:

- Make sure one hand is always free. Carry items in a backpack.
- Never try to do something else, such as reading, as you walk.
- While walking, swing both arms from front to back. This will help improve posture and balance.
- Do not shuffle or drag your feet as you walk. Make sure you consciously pick up your feet off the floor.
- Do not pivot sharply to make a turn. Instead, face forward and make a wider turn. Go slowly while changing positions, and use an assistive device if needed.
- While standing, make sure feet are shoulder-width apart.
- Avoid shoes with grippy rubber soles, which may get caught and cause you to fall.



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## Knowing for better living

In the hospitals of Bangladesh . . .

Cardiovascular disease is the **No.1** cause of death!

Check your blood pressure regularly

Check your diabetes regularly

Control your body weight

Avoid smoking

Exercise regularly

Consult your Doctor



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