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Double transplant saves man Diabetic Gets New Pancreas & Kidney In Surgery At AIIMS

Kounteya Sinha | TNN

New Delhi: A 36-year-old toy maker from Delhi's Azad Market has become the country's second patient to successfully undergo a simultaneous pancreas-kidney transplantation (SPK) at AIIMS

Mohammad Nadeem, a severe diabetic for the last 15 years, that caused acute renal failure, will not need insulin shots anymore. Nadeem was on 40 IU of insulin everyday. He will not require dialysis also.

Interestingly, the same team from AIIMS, headed by surgeon Dr. Sandeep Guleria, had conducted the country's first SPK transplant in 2004 on Sagar Agarwal. Cured of his diabetes for good, he continues to enjoy a healthy life.

Dr. Aarti Vij, in charge of AIIMS' Organ Retrieval Banking Organisation (ORBO), told TOI: "The family of a young brain dead girl agreed to donate her kidney and pancreas to ORBO which were used for Nadeem."

Dr. Guleria said SPK transplantation is the treatment of choice for Insulin dependent Diabetes (IDDM) patients with renal failure. It not only cures the primary disease diabetes, that caused the renal failure, but also reverses the complications caused by retinopathy.

He said: "Unfortunately,

A RARE SURGICAL FEAT

32 million people in India suffer from diabetes

5% suffer from Insulin-dependent diabetes mellitus (IDDM)

- Dual transplantation of kidney and pancreas is performed for those who have kidney failure as a complication of IDDM
- After transplantation, the kidney will filter & excrete wastes while the pancreas will produce insulin
- The new kidney is placed on the lower left side of the abdomen where it is surgically connected to blood vessels. The new kidney's ureter is attached to the bladder
- The new pancreas is placed on the lower right side of your abdomen where it is surgically connected to blood vessels

• Diabetes is regarded as one of the leading causes behind renal failure, blindness, amputation and impotence

• The kidney and pancreas transplant surgery takes from 5 to 7 hrs

• Transplant patients generally stay in the hospital for 8 to 12 days

SPK transplantation is very rare in India. This is because young people with IDDM in India succumb to complications related to diabetes before they suffer renal failure. Also, we seldom find a young donor willing to donate organs."

"Complications regress with times as blood sugar is excellently controlled, post transplant," he added. The SPK transplant, conducted in November end, lasted around five hours. "The most difficult part is transplanting

the pancreas because it takes much lesser blood than the kidney and is also technically very demanding," Dr. Guleria Said.

Nadeem told TOI: "I am completely fit now. My blood sugar is good. I have regained my energy levels and don't vomit anymore as earlier."

Doctors said diabetics who undergo just a kidney transplant have 80% mortality rate at 10 years versus a 20% mortality who undergo SPK. Renal function is better in SPK than in just a renal

transplant. "The survival rate for a dual transplant for the first year is 95%. The first case we conducted was five years ago. The patient Sagar has not required insulin since then," Dr. Guleria said.

At present, 10-12 patients are in the waiting list of AIIMS for a dual transplant. Experts say SPK is essential for insulin dependent diabetics who suffer renal failure. Both the donor and the recipient ideally have to be below 50 years of age.

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