

Liver 'gym' to focus on risk reduction

Staff Reporter

CHENNAI: MIOT International, on Saturday, launched a liver gym as part of an initiative to reverse liver damage. All registered participants on Saturday received a free liver check-up and customised liver fitness plans. "A total of 40 out of 180 patients screened by 11 a.m. on Saturday had abnormal liver functioning," said R. Surendran, Director - Hepato-Pancreatico-Biliary Surgery and Solid Organ Transplantation.

Stressing the need for public awareness on liver care, MIOT International Managing Director Prithvi Mohandas said, "We are not interested in doing thousands of liver trans-

plants. Reducing the risk of damage to liver is the best solution. If they come early, the damage will be completely reversed. The only organ in the body that can repair itself is the liver."

Senior Consultant Gastroenterologist and Advanced Interventional GI Endoscopist Miriam Thomas said India is likely to emerge as the world capital of liver diseases by 2025 owing to an increase in consumption of alcohol and fatty foods and the growth of sedentary lifestyles. The liver gym is an interactive, friendly helpline, available online and at MIOT International which can be used to clear fears and seek treatment.