

# Hospital launches gym to help prevent liver disease

TIMES NEWS NETWORK

**Chennai:** It was a pleasant surprise for who gathered at MIOT Hospitals on Saturday on the occasion of 'World Transplant Day' when doctors stressed the need to focus on prevention rather than harp about the number of transplants the hospital had done so far.

Emphasising on the rapid rise in end-state liver diseases and the constant need for donor livers for transplant, in an effort to play a proactive role in prevention, MIOT Hospitals launched a liver gym on its premises. The gym, a platform that focuses on 'reversing liver damage', will include a friendly helpline available online through which patients can clarify their doubts. Doctors would also help patients with customised liver fitness plans and include lifestyle changes

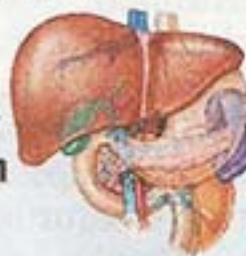
## KEEP IT SAFE

Liver is the most metabolically complex organ in humans

▶ **It performs more than 500 different functions** including fighting off infection and neutralising toxins

▶ **It is the only organ that can regenerate itself**

▶ **Symptoms of liver disease include fatigue, nausea, vomiting, decreased appetite, brown urine or even jaundice**



and risk factor elimination.

Senior liver transplant surgeon Dr V Surendran said most patients who approached the hospital came too late and were in dire need of transplants. "In a free screening session held at the

hospital, 120 people were screened in less than an hour and we found that nearly 40 had liver abnormalities. Over 11.1% had liver diseases and diabetes and 8.3% were diagnosed with hepatitis B. This shows the gravity of the situation and the key is prevention," he said.

In most cases, gastroenterologist Dr Miriam Thomas pointed out, patients realise they have a liver problem only after 90% of the organ is damaged. "Liver is the also the only organ that can regenerate. However, for it to repair itself, early detection is significant," she said. The main objective in prevention is to identify the risk factors and eliminate them, she added. "Liver problems are seen mainly in the high-risk group where they have diabetes, chronic alcohol problems, obesity and hypertension. All this should be kept in check."