



Dr Mallika Mohandoss and Dr Prithvi Mohandoss with the Liver Team | MARTIN LOUIS

This Gym Can Keep You LIVER-STRONG

With liver conditions increasingly taking a toll on Indians, MIOT International has launched their Liver Gym, where the focus will be on prevention and well-being besides medical help

Express News Service

Chennai: Although a failing liver is widely attributed to a liquor affliction, specialists state that a bad lifestyle, unknown to many, could often be the tipping factor. Unlike ailments of other organs, liver diseases go unrecognised till 90% of the damage is done. Non Alcoholic Fatty Liver Disease (NAFLD) is now an increasingly common illness and alarmingly enough, places excessive consumption of fatty food as its major contributor. In light of this, MIOT International Chennai launched the MIOT Gold Standard Transplant (MGST) programme on Saturday, June 6. The hospital which boasts a success rate of 90% in transplants, also proposed to cut down on the number of advanced-stage cases incurred by raising awareness on liver wellness.

Transplant of liver is known for being the one of the most pricey and complicated of all medical procedures globally. Since the effects of an ailing liver festers asymptomatic until advanced stages,

it puts the many in the way of risk. Almost one in every five Indians are susceptible to the risk of a liver related ailment. MIOT has emerged quickly as one of the leading liver care centres, especially after their enhanced transplant programme has saved several lives. The hospital also launched a unique gym that looks toward more preventive therapy over recourse.

“There should be greater focus on reducing the need for liver transplants rather than reducing the cost of the same.” said Dr. Prithvi Mohandas, Joint Managing Director of MIOT.

Diabetes was also found to be a leading contributor to liver ailments and almost 56% of Indians who are diabetic suffer from liver complications. Consumption of alcohol and over the counter (OTC) medicines is also feared to catalyse liver deterioration significantly.

On the occasion of World Transplant Day, the hospital has also launched a ‘Liver Gym’ platforms which will serve as an interactive online helpline to spread the word on Liver awareness.

The Bile Trip:

- Liver transplants are among the most complicated surgeries performed, as far as cadaver transplants go
- They're also by far the most expensive and tend to have the most OR time - stretching from 10-16 hours, depending on the complexity of the case
- Increasingly, cadaver livers are looked on as gold dust because people who would normally just accept their fate are now looking at liver transplants as a viable option. more centres are also entering the fray