

## Minimal invasive Heart Valve Surgery

Most patients are frightened when they think about cardiac surgery. They perceive it as a very elaborate procedure with substantial risk and discomfort.

With the advancement in technology and the field of medicine, cardiac surgery has come a long way and become very safe and convenient. It now promises numerous benefits to the patients and gives them long productive lives.



Currently a lot of focus is being given on a new technique called “Minimal Invasive Surgery”. This procedure involves approaching the heart through a small incision on the chest to achieve the above goals.

This new technique of surgery has become a regular method of open heart surgery at B M Birla Heart Research Centre, Kolkata. Dr.Lalit Kapoor, Cardiac surgeon of the institute, is regularly using this technique for performing valve replacement, closure of hole in the heart and coronary bypass surgery. The main advantage of the procedure is a much quicker recovery for the patient in addition to less blood loss and wonderful cosmetic results.

### Aortic Valve Replacement

Mr. Munna Rajbansi from Gaya, a manual laborer by profession Bihar was one such candidate who benefited hugely from this surgical technique. After the death of his father, Mr. Rajbansi had been unable to take up his father’s job as a loader, which involved heavy manual work due to recurrent complaints of shortness of breath. He was diagnosed with a leaking aortic valve. Not only was he losing his wages, but was also in danger of not being given 'permanent status ' on account of the disease.

He was afraid that a major surgery might prevent him from returning to his heavy labour soon.

All his apprehensions were put to rest when the surgeons decided to perform a minimal invasive AVR on him. By means of this special technique the patient's heart was approached by through a small incision on the upper part of the breast bone. The normal procedure, a full sternotomy (cutting of the breast bone), involves a 10 inch incision through the middle of the chest.

Since a full sternotomy could be avoided, the wound healed rapidly and the pain and discomfort cleared up in a few days. With the normal large incision, many patients take as long as 3-4 weeks to return to a fully active pain-free life.

Munna is now confident of being able to undertake his previous job and hopes to get "permanent" soon. He is elated after the surgery, as well as grateful to Dr. Kapoor for giving him this new life. He has gone back with a newfound belief that "cardiac surgery is unnecessarily feared."



ASD Closure



Bypass Surgery