



HEALTHY HEART

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Honorary Editor :

Dr. Keyur Parikh



Dear Friends,

Treating narrowed or blocked heart arteries has evolved over the past 40 years. Today Drug Eluting Stents are considered to be milestone in the treatment of obstructive coronary artery disease. Metallic stents have led to significant improvements in the clinical outcomes but the presence of permanent metallic implant in the coronary artery led to the permanent caging of the artery and is associated with on-going risk of long term adverse events at the rate of 2-3% per year. BioResorbable Scaffold (BRS) emerged as a solution to overcome these limitations, thus promoting the concept of metal free artery and its possible benefits.

Dr. Keyur H. Parikh

MD (USA), FCSI (India), FACC (USA), FSCAI (USA)
Interventional Cardiologist

MeRes100-The Next Generation BRS Technology

Treating narrowed or blocked heart arteries has evolved over the past 40 years. Today Drug Eluting Stents are considered to be milestone in the treatment of obstructive coronary artery disease. Metallic stents have led to significant improvements in the clinical outcomes but the presence of permanent metallic implant in the coronary artery led to the permanent caging of the artery and is associated with on-going risk of long term adverse events at the rate of 2-3% per year. BioResorbable Scaffold (BRS) emerged as a solution to overcome these limitations, thus promoting the concept of metal free artery and its possible benefits. Although it look promising theoretically but the subsequent randomised trials demonstrated while the first generation BVS (Absorb™; Abbott Vascular, Santa Clara, CA, USA) was as effective as best in class DES but was associated with increase rate of Scaffold Thrombosis.

Some of the potential reasons for increase ST rates included the thicker struts (>150µm) which could lead to laminar flow disruptions, delayed endothelialisation, delayed resorption etc. Beside the device design other factors like patient/lesion selection, deployment technique, imaging and DAPT also played the major role in the clinical outcomes. Next-generation BRS were developed with improved design, especially with reduced strut thickness and low-profile which may benefit in terms of optimum endothelialisation as well as lower scaffold thrombosis rates. The MeRes100™ BRS (Meril Life Sciences Pvt. Ltd., India) is a novel, thin-strut (100 µm) next-generation sirolimus-eluting poly-L-lactic acid (PLLA)-based BRS. It is indicated for improving the coronary luminal diameter in patients with symptomatic ischemic heart disease due to de novo lesion in native coronary arteries. The scaffold eventually resorbs

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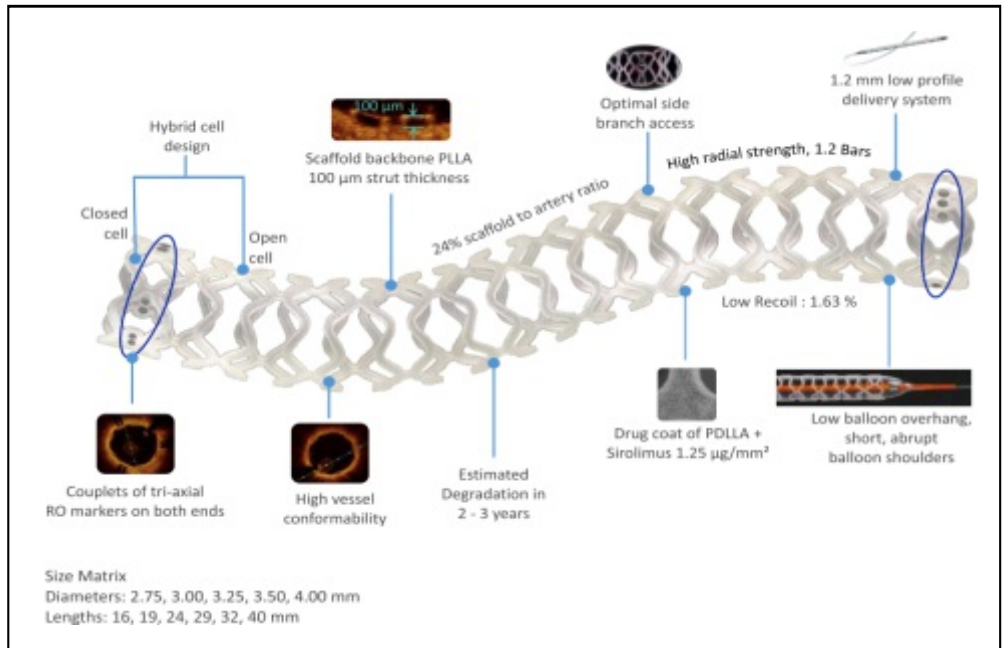


completely and potentially facilitates normalization of vessel function in patients.

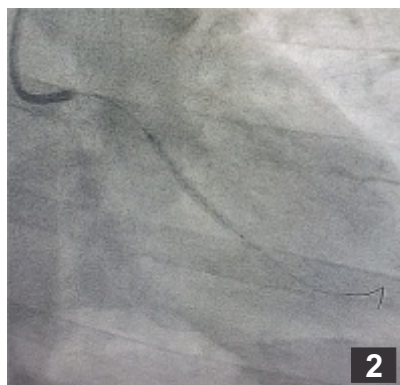
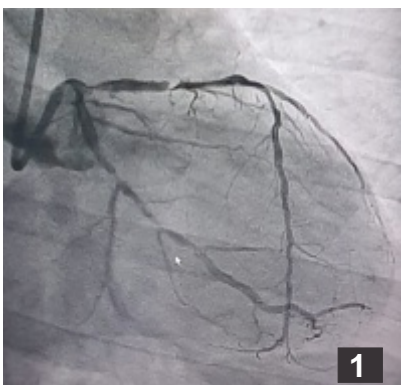
MeRes100 BRS is the world's first-ever 100-micron thin-strut and has received approval from the Drugs Controller General of India (DCGI) and CE Approval in Europe. MeRes100 has been studied in research trials in India and worldwide, supporting its positive safety and efficacy. MeRes-1 and MeRes-1 Extend trials of novel 2nd generation MeRes100™ BRS demonstrated high acute success as well as long term clinical success up to 3-year follow-up with very low MACE rates and zero scaffold thrombosis. All imaging modalities were consistent in demonstrating high efficacy of MeRes100™ BRS revealing low late lumen loss, virtually complete strut coverage and sustained mean flow area and very low percentage of volume obstruction. The encouraging results of these clinical trials provide the basis for further studies, using a wider range of lengths and sizes in more complex and larger patient population in large randomized controlled trials.

At Marengo CIMS Hospital we have done some of the highest cases in Gujarat / India with this technology

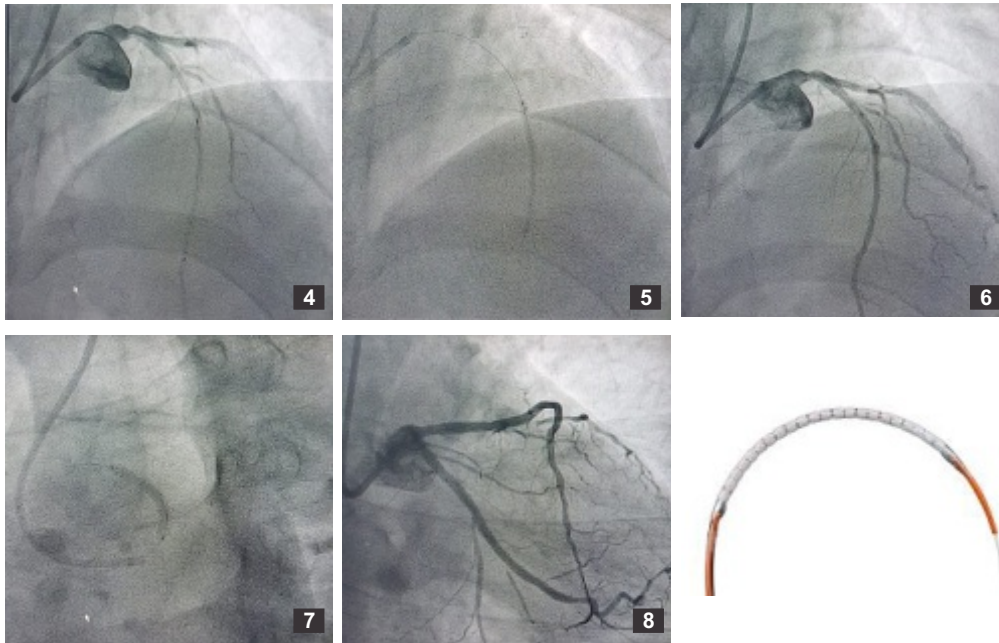
Figure 1: MeRes100™ BRS



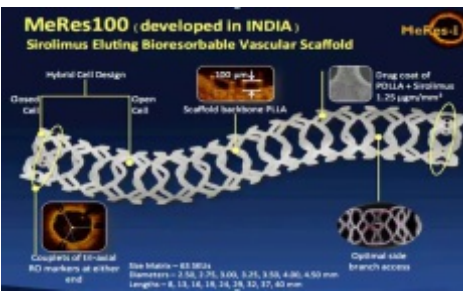
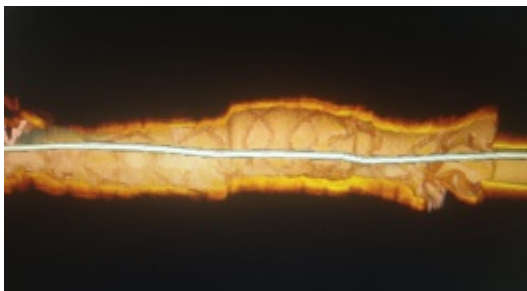
- Novel hybrid cell design and strut width variability allows radial strength like a Drug Eluting Stent (DES)
- 100μm strut thickness minimizes vascular injury & ensures early endothelialization
- Low Profile delivery system and low strut thickness enable smooth procedural performance
- Optimal side branch access allows ease of doing procedures
- Couplets of 3 radio-opaque marker at both ends makes visualization convenient



38 Year young patient with 90% long circumflex and 90% multiple lesions in LAD who had 3 (three) MeRe5100, Placed One of the thinnest bioabsorbable scaffold



- Distal stent with lumen Area 3.02mm² well apposed stent can visualise by OCT (Optical Coherence Tomography)
- Proximal segment of distal stent with lumen Area 4.38 mm²
- Dissected segment due to pre dilatation proximal to distal stent.
- Post 2nd stent deployment OCT run done, OCT showed well expanded stent with lumen Area 8.57 mm² and diameter of 3.40 mm at mid Stent segment.. no evidence of Mal- apposition or under expansion...
- OCT showed well expanded and well apposed stent at proximal stent segment with lumen Area of 9.14mm² and diameter 3.80 mm



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- Organised patient follow up system for better and systematic care for post transplant cases

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- An experienced Heart Transplant team of Cardiologists, Cardiothoracic Surgeons, Cardiac Anaesthetists, and Intensivists
- Successfully completed 29 Heart Transplants
- Dedicated Heart Transplant ICUs and Operating Rooms
- Have the highest volume for Heart Transplants in Gujarat with a 92% success rate of Heart Transplant

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Heart Transplant in Gujarat

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MAY 25, 2022

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- CIMS Renal Transplant has a team of transplant nephrologists and urologists with more than a thousand renal transplant experiences.
- At CIMS, we practice international standards of infection control to avoid post-transplant infections.
- A team of coordinators to facilitate pre-transplant work-up and post-transplant care
- Fully-equipped department to deal with all possible post-transplant complications
- Maintenance of cadaver registry and swap registry

 **27th** KIDNEY
TRANSPLANT
MAY 17, 2022

LUNG TRANSPLANT

- First ever exclusive Lung Transplant Programme centre in Gujarat, to provide comprehensive care for patient before and after lung transplantation.
- At CIMS, the Lung transplant team is specially trained in meeting needs of lung transplant patients.
- Dedicated and trained team of Thoracic Surgeons, Pulmonologists, Anaesthesiologists and Critical Care & ID Specialists.
- Patient suffering from end stage lung disease like COPD, ILD, IPF, Cystic fibrosis, Post Covid fibrosis, etc. will be benefitted.



TRANSPLANT CENTRE

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- Recognised and registered with SOTTO, which enables equal opportunity of deceased donor organs (from brain dead donors)
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- Organised patient follow up system for better and systematic care for post transplant cases

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(In association with BLK-Max Super Speciality Hospital, New Delhi)



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Dr. Niteen Kumar

MBBS, MS (General Surgery)
& M.Ch (HPB Surgery)

Dr. Abhideep Chaudhary

MBBS, MS (General Surgery)
Multiorgan Transplant Surgery
Fellowship (Pittsburgh, USA)

Dr. Gaurav Sood

MBBS, MS (Surgery),
DNB (GI Surgery)

Dr. Bhavesh Thakkar

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- **Dedicated ICUs** (with facility like Hepafilters) and Operating Rooms for liver transplants.



MARENGO CIMS HOSPITAL, AHMEDABAD

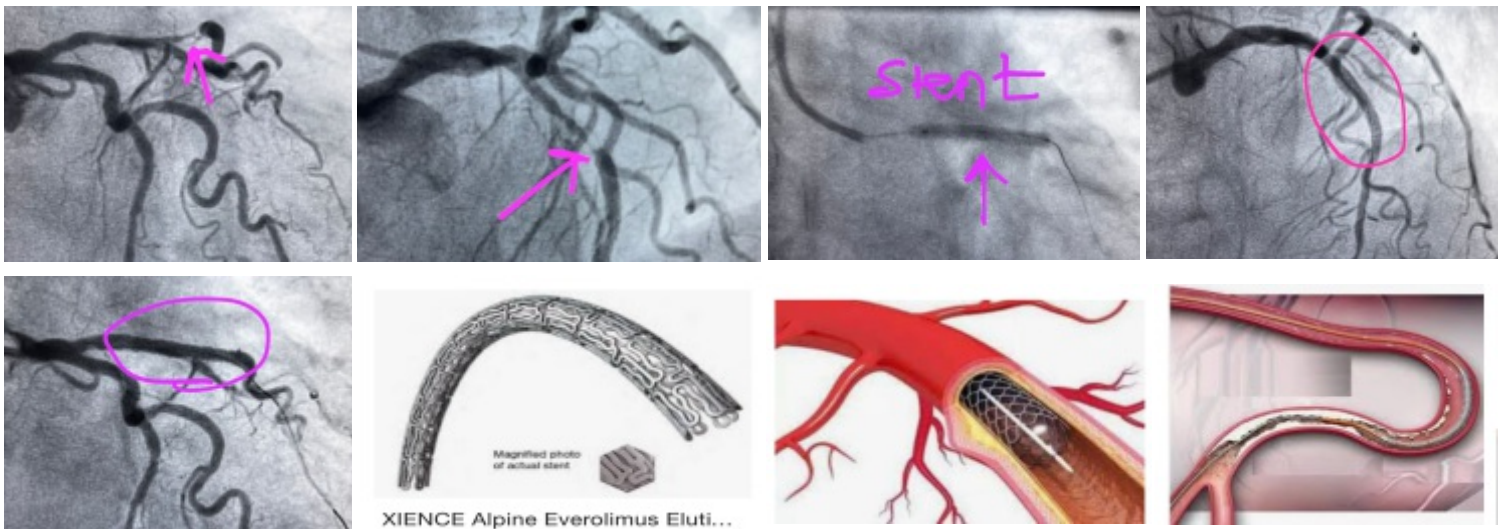


Creates history by treating the oldest woman patient in **the world,**

A 107 YEAR OLD WOMAN

with heart attack, with 99% blockage in the heart, with angioplasty and drug eluting stent

- The patient is a frail 107 year old whose son has also been treated in the past by Dr Keyur Parikh
- Jamnaben (Name changed) was walking within three hours of the procedure conducted



Marengo CIMS Hospital creates history in treating the world's oldest patient, a 107 year old patient from Madhya Pradesh (MP) through angioplasty to restore the normal functioning of her heart. The patient after having a heart attack in MP, was brought to the Marengo CIMS Hospital where her angiography showed a severe 99% blockage of the arteries of the heart. A frail woman presented a significant challenge in itself, let alone conducting a procedure to revive the condition of the heart. Marengo CIMS Hospital clearly established yet another milestone in clinical excellence by successfully treating

the centenarian who was miraculously mobile by herself within three hours of the procedure. The team was headed by Dr Keyur Parikh, Interventional Cardiologist and Chairman Marengo CIMS Hospital, assisted by Dr Chintan Sheth, Cardiac Anaesthesiologist. Dr Parikh is armed with a significant experience of over 37 years of angioplasty (In USA and India) and has conducted one of the highest in the number of angioplasty and stent procedures ever in last 35 years of Clinical Practice.

Jamnaben (Name changed), loves eating ice creams, suffered a heart attack. When

the family recognized the urgency of getting her treated for her heart condition, they did not hesitate to bring her to Marengo CIMS Hospital. It was sheer love and determination of the entire family to bring this lively 107 years aged woman to Ahmedabad over a journey of almost eight hours. Despite her frailty, the family was very confident with the health infrastructure of Marengo CIMS Hospital offered, the clinical excellence that each patient is treated with, and they were not wrong in their decisions.

Patients as young as a 1-day old and as old as 107 year old has been treated with



interventional cardiology and cardiac surgery at Marengo CIMS Hospital and that, is an enviable record. The record of a 90+ year old international patient from Kenya, John White (name changed), with a British/Kenyan Citizenship treated for CABG (Bypass surgery) still stands unparalleled in India. In the case of Jamnaben, the challenges were beyond age. The radial interventional procedure needed the patient to be healthy enough for doctors to find a radial artery in the

wrist which was accomplished successfully. Marengo CIMS is one of the very few hospitals in India conducting regular Cardiac intervention to 1 day old babies to Cardiac Surgeries in 1 kg babies and innumerable patients in 80's and 90's years of age and now over 100 years, including the only centre in Gujarat doing Heart Transplants of almost all viable ages over the past few years.

Dr Raajiv Singhal, Founding Member, MD & CEO, Marengo Asia Healthcare said, "Marengo Asia carries a vision of 'Patient First' and we are constantly evolving to bring better treatment solutions and better outcomes in the clinical excellence and global expertise that we offer to our patients. This interventional cardiac procedure conducted on a centenarian has further motivated us that there are no limitations to the out-of-box treatment solutions that we can bring to patients who have entrusted their trust and confidence on us. We will continue to break barriers of age, medical conditions, and financial constraints as we have done in the past and continue to bring better health in the society. With the vision of 'Patient First', the affordability and accessibility of the treatment solutions to all and the optimised levels of clinical excellence offered, the healthcare provider is fast emerging as a preferred destination for

treatment solutions to patients all over India and beyond."

Dr Keyur Parikh, Interventional Cardiologist and Chairman, Marengo CIMS Hospital says, "Age should never be a limitation to healthcare delivery. The average longevity in India is increasing and is almost at par with Japan or Norway positioned at 74 years and 81 years respectively in women. With the changing face of healthcare, our goal is to position healthcare delivery to our geriatric patients as identical to the younger patient population."

The family was grateful to Marengo CIMS Hospital and expressing their gratitude said, "We wanted our great-grandmother to live many more years. Since the day our grandfather was treated at Marengo CIMS Hospital for the same procedure and we saw his recovery, we were sure that our great-grandmother will also recover fast."

The Ischemic Heart Disease (IHD) is used as a term for patients where the heart arteries are narrowed and less blood and oxygen reach the heart muscles weakening the heart. This ultimately results in heart attacks. In India, studies and research estimate about 40-50 million suffer from IHD and nearly 15 – 20% deaths are accounted to IHD.

THE EVER EXPANDING NEW MEDICAL TEAM AT MARENGO CIMS HOSPITAL (EMERGENCY & TRAUMA)



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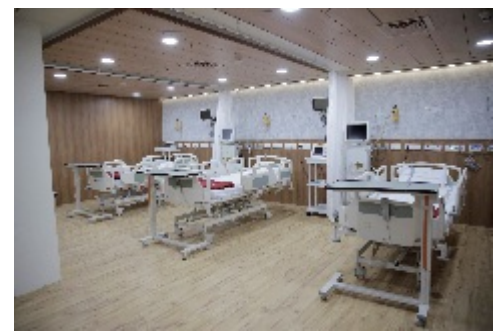
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