

## Fortis Hospital treats rare heart condition

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### Doctors saved the child from reaching heart transplant stage



A 7- year old child suffering from post viral dilated cardiomyopathy, a rare type of heart failure was treated successfully at Fortis Hospital, Bannerghatta Road.

The team of doctors was led by Dr. Yogesh Gupta, Head of PICU and Pediatrician, Fortis Hospital, Bannerghatta Road and Dr. Hetal Mehta, Consultant Pediatric Cardiologist, Fortis Hospital, Bannerghatta road. Post viral dilated cardiomyopathy is a condition triggered by unknown reasons or sometimes follows after a viral infection that causes an acute inflammation of the heart muscle causing weakness in the pumping chamber muscle leading to heart failure.

Post viral dilated cardiomyopathy is not a common scenario in young children. In cases of younger children, it is often preceded by a viral infection caused by viruses which includes those that causes cold, diarrhea like influenza (flu) virus, coxsackie virus, parvovirus, and adenovirus could trigger this deadly reaction. If condition worsens, it can lead to refractory heart failure needing cardiac transplant.

Dr. Yogesh Gupta said, “The child was brought to us with a complaint of viral infection along with shortness of breath, low blood pressure and chest pain which were symptoms that indicated towards congestive cardiac failure. The child was diagnosed with post viral dilated cardiomyopathy, we used non-invasive ventilation along with (medicines to improve heart muscle functions and blood pressure) inotropic drugs and other anti-heart failure medications to stabilize his condition. But as child's condition was getting critical and due to time constraints, we decided to use Intravenous immunoglobulin (IVIg) therapy to treat him. Fortunately, the child started responding to the treatment, his heart rate and the rhythm improved. After his condition was stabilized, on the 6th day we took him off the external breathing support. Serial ECHO showed improvement in Cardiac function and contractility. Quick diagnosis, proper timely treatment and the child's response to the treatment, helped him recover without reaching the stage of heart transplant.”

Many a times, it can be a simple viral infection which can lead to this deadly complication. The most important thing is to seek early intervention with expert advice before it causes more harm to the heart.

