



## **GLENMARK CARDIAC CENTRE**

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### **To Whom It May Concern**

This is to state that Nazneen F. Dubash, daughter of Farokh and Khushnuma Dubash is suffering from 'Primary Pulmonary Hypertension' (PPH), in which the pressure in the pulmonary artery (the blood vessel which leads from the heart to the lungs) and the right side of the heart rises above normal levels. This causes a continuous strain on the heart, leading to heart enlargement and may ultimately cause heart failure. If not adequately treated or if the patient does not respond to treatment, this can have life threatening implications.

'Cardiac Catheterization' was performed on Nazneen on 1<sup>st</sup> July 2008. It revealed that her pulmonary artery pressure was moderately (50% of systemic pressure) elevated. This makes me feel a little optimistic in terms of her response to treatment.

Although there is no cure for PPH, most definitive treatment is heart-lung transplant. It is usually offered only to those where other conventional therapies have failed to provide relief to the patient. Prostacycline infusion, Sildenafil and Bosantan have been used with variable success. If left without treatment, patients get progressively symptomatic with a limited lifespan. Treatment is only to relieve symptoms and in rare cases to slow the progression of the disease.

After her CC investigation, Nazneen was put on 'Sildenafil Citrate' tablets (25mg. 3times a day) which is the first line of treatment for PH patients and the only one available in India. I have reviewed her condition last month (after 7 months of medication) and conclude that her cardiac status remains status quo.

In India, IV Prostacycline and oral Bosantan are not available. We do not routinely test the patient's adaptability and response to the drugs. Since there has been no significant change in Nazneen's status, I have recommended that she be taken to more advanced centre with facility dedicated to the care of children with PPH. This may help her in terms of her quality of life and/or longevity. Amongst the various choices that we discussed, the family has opted for 'Great Ormond Street Hospital & Institute of Child Health', London, UK. Since Nazneen's PA pressure is not very high, this is the optimum time to consider more appropriate intervention based on the advise of the experts in this field.



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