


LIVE IT UP WITH A HEALTHY LIVER

Centre of Excellence:
Hepatobiliary Sciences



A doctor in a white coat and blue mask is shown from the chest up. Their right hand is raised, with the index finger pointing towards a glowing blue wireframe model of a human liver. The liver model is composed of a network of white lines and bright blue nodes, giving it a digital, futuristic appearance. The background is a soft, out-of-focus blue.

The liver is a very important organ in the human body, and any damage to it can result in scarring, which can lead to liver failure - a life-threatening condition.

With the incidence of acute liver failure and other chronic conditions on a rise, the need for world-class Hepatology expertise is higher than ever before in Africa. We, at Mediheal Group of Hospitals, are at the forefront of addressing this need by providing the most comprehensive and technologically advanced services through our chain of healthcare facilities across Kenya and Rwanda.

Our centres are staffed with the region's most highly-qualified professionals including Hepatologists, Liver Transplant Specialists, Surgeons, Lab Technicians and Nursing Staff. Our doctors are trained across the world at leading healthcare institutions and present the most appropriate diagnosis and treatment for finest patient outcomes.



“**Complementing
the great African dream
with comprehensive
healthcare support...**”

Africa is the youngest continent in the world today which is developing very fast, hosting about 1 billion people which is 14% of the world population and very compatible with the modern smart electronic age. Complementing the great African dream with comprehensive healthcare support is Mediheal Group of Hospitals.

Mediheal Group of Hospitals, established in 2004, has evolved as a center of excellence in healthcare, providing the highest standards of medical treatment to all sections of society. Today, we are one among the leading healthcare providers in Kenya with four multi-specialty hospitals and diagnostic centers. The latest addition includes a Liver Transplant and Hepatobiliary Diseases Unit with a large team of distinguished Liver Transplant Surgeons, Hepatologist, Gastroenterologists, Liver Transplant Anesthetists and Liver Intensivists with the most advanced equipment and state-of-the-art infrastructure to facilitate round-the-clock services. Thanks to the incessant trust and support of our patients and well-wishers, our spectrum of services today is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

We believe that each individual patient is special and deserves the best care possible. We are proud of being able to successfully enrich the lives of our patients by providing high-quality yet affordable healthcare. It is our constant endeavour to provide the very best in healthcare.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel both proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

Dr. S. R. Mishra

MS (Obstetrics & Gynaecology), India
Dip. Gynae Endoscopy (Germany)
Chairman, Mediheal Group of Hospitals



“At Mediheal Group of Hospitals, we are committed to provide quality treatment to population of the African continent.”

Liver diseases have serious health and financial implications. Liver ailments are highly degenerative and require substantial financial capacity for treatment. In the developing world of Sub-Saharan Africa, liver diseases pose major threat due to lack of adequate infrastructure and relatively poor income of the affected family, which renders them unable to pursue quality treatment.

At Mediheal Group of Hospitals, we are committed to provide quality treatment to population of the African continent. We are a group of institutions who work with efficient clinicians who in turn are dedicated to work towards the overall health well being of the population of Africa.

With liver transplant experience of over 10 years, I have gathered extensive experience in both live and cadaveric transplants. I have been involved in over 2500 liver transplants in senior consultant and above capacity. I have been an integral part of a team that routinely operates patients from African countries, CIS countries, Mongolia, Myanmar and Bangladesh. I have also been doing transplants in Paediatric <8 kg children.

In sub-Saharan Africa, many patients with liver diseases die due to the reasons mentioned above. At Mediheal Group of Hospitals, we try to address the underlying challenges by educating our patients on preventive measures and by building adequate infrastructure for providing quality treatment. Our efforts are aimed at addressing the problems that come with an increase in liver disease in the continent. We complement this commitment with technology driven treatment processes and procedures which are at par with some of the developed countries in the world. Our world class treatment facilities across the continent will continue to provide adequate treatment to the needy people in Africa.

Dr. Bala Menon



“**We are making efforts towards transforming the liver disease and organ transplant landscape by bringing in awareness and cutting-edge technology to the people of Africa...**”

Liver disease in the developing world is a frequent occurrence, which is generally inadequately managed because of lack of resources. And liver diseases reflect the broader disparities in healthcare in sub-Saharan Africa. While access to and affordability of therapeutics remains the major barrier, there are now vaccines and new therapies that could comprehensively deal with the burden of liver disease in the region.

Having worked for more than 10 years in complex hepatobiliary and pancreatic surgeries, I have acquired expertise in resectional treatment of Cholangiocarcinoma, primary liver and pancreatic tumors. My expertise also includes the management of acute liver failure, medical management of chronic liver diseases and their complications, preoperative assessment, stabilisation and evaluation of patients with acute liver failure /decompensated chronic liver disease for liver transplantation.

I have performed more than 600 liver transplant surgeries both living as well as cadaver liver transplantation with a success rate at par with the best international standards, and provide services towards the management of postliver transplant.

Being a resource-limited region, in Africa the challenges are greater while compared to the developed world. However, while problems such as lack of deceased donors because of cultural and religious factors are limiting us, we are moving towards the use of living donors. Similarly, development in technology, expert clinicians and increased support from local authorities is helping patients choose liver transplantation as the treatment of choice for end-stage liver disease. In Sub-Saharan Africa, liver transplantation is delivering excellent outcomes for patients, especially where primary medical or surgical therapies have failed. At Mediheal, we have built the expertise and infrastructure required for a successful outcome for people suffering from any sort of liver ailments, from simple to complex treatment procedures.

Dr. Sachinanda N

MBBS, MS General Surgery

Fellowship in Advanced Liver Transplantation and Regenerative Medicine

Senior Consultant Gastrointestinal, Hepatobiliary and Liver Transplantation Surgeon



“Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication...”

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalized nursing care have always been the hallmarks of hospitals since inception.

Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone who walk through our doors. The continuum of care is an added edge that we offer as we aim to elevate the overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people who have come to consider Mediheal as their preferred choice of hospital. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialties and super-specialties of medicine. We receive a large number of international patients every year trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa that have improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking in a journey to redefine healthcare in Africa.

Gokul Prem Kumar

Vice President - International Patient Services

ABOUT LIVER DISEASE

Liver is a cone shaped organ weighing about 3 pounds located in the right upper abdominal cavity beneath the diaphragm, on top of stomach and right kidney. It receives 13% of the body's blood supply at any given time. It is made up of 2 main lobes the right and the left, each of which has its own artery, vein and ductal system. The right and the left ducts join to form the common hepatic duct which transports the bile produced in the liver to the gall bladder and subsequently into the duodenum via the common bile duct.

Liver filters the blood from the digestive tract and then passes it to the rest of the body. It detoxifies chemicals from what we eat and drink, turns it into energy and nutrients and also metabolizes carbohydrates, fats, proteins and drugs, excretes the generated wastes along with the bile into the intestine. It plays a key role in helping blood clot, regulation of body temperature, stores vitamins like vitamin A,D,K,B12,Folic Acid and Iron, synthesizes Cholesterol, Triglycerides, converts ammonia a byproduct of metabolism in the body to urea that is excreted in the urine by the kidneys.

CAUSES OF A LIVER DISEASE

Infections: Viruses - Hepatitis B, C, A, E, D.

Parasites: Entamoeba Histolytica, Echinococcosis and Bacterial Infections

Chronic Alcohol Abuse

Steatosis: Non-alcoholic Fatty Liver Disease

Immune System Related: Autoimmune Hepatitis, Primary Biliary Cirrhosis, Primary Sclerosing Cholangitis

Genetic Related: Wilson's Disease, Hemochromatosis, Alpha 1 Antitrypsin Deficiency, Hyperoxaluria and Oxalosis

Cancers and Other Growths: Primary and Metastatic Liver Cancers, Bile Duct Cancers, Adenomas and Hemangiomas

RISK FACTORS

- Heavy and long-term ethanol abuse
- Blood transfusions before 1992
- Unprotected sex
- Exposure to other people's blood and body fluids
- Tattoos and body piercing
- Injecting drugs with shared needles
- Exposure to certain Drugs / Chemicals / Toxins
- Diabetes / Hypothyroidism / Obesity
- Unsafe drinking Water

SIGNS AND SYMPTOMS OF LIVER DISEASE

There are more than 100 types of liver diseases. Many conditions begin as flu-like symptoms and progress to more severe signs of liver damage, such as jaundice and dark-colored urine.

Some serious symptoms include:

- Yellowing of the skin and eyes (Jaundice)
- Swelling of the legs (Edema)
- Abdominal swelling (Ascites)
- Confusion and difficulty thinking clearly, sleep disturbances
- Blood Vomiting or black tarry stools
- Gynecomastia (when males start to develop breast tissue)
- Shrunken or enlarged liver (Hepatomegaly)
- Dark or scanty urine
- Poor quality of liver - Easy fatigability, tiredness, breathlessness

Other symptoms of liver problems include:

- Loss of appetite
- Nausea
- Vomiting
- Joint pain
- Stomach discomfort or pain
- Nose bleeds
- Abnormal blood vessels on the skin (spider angiomas)
- Itchy skin
- Weakness
- A low sex drive

DIAGNOSIS OF LIVER DISEASE

Diagnosis of the cause and extent of liver damage is important in choosing treatment options for the disease. Several recommendations may be made to ascertain the disease.

The tests are usually a combination of blood tests, imaging tests and tissue analysis. Blood tests will include liver function tests to diagnose liver disease. Other blood tests can be done to look for specific liver problems or genetic conditions. Imaging tests like Ultrasound, CT scan and MRI can show extent of liver damage. Tissue analysis involves removing a tissue sample (biopsy) from the liver to diagnose liver disease and look for signs of liver damage. A liver biopsy is most often done transcutaneous - using a long needle inserted through the skin or Transjugular - through the neck vein into the liver by an expert Interventional Radiologist to extract a tissue sample. It is then analysed in a laboratory.

TREATMENT OF LIVER DISEASE

Treatment for liver disease depends on the diagnosis. Some liver problems can be treated with lifestyle modifications, such as stopping alcohol use or losing weight, typically as part of a medical program that includes careful monitoring of liver function. Other liver problems may be treated with medications or may require surgery. Treatment for liver disease that causes or has led to liver failure may ultimately require a liver transplant.

LIVER TRANSPLANT

The Mediheal Liver Transplant & Hepatobiliary Diseases Unit has a high success rate, which is on par with the best centres in the world.

Evaluation before Liver Transplant

- If a liver transplant is recommended, the integrated liver care team of Mediheal Liver Transplant & Hepatobiliary Diseases Unit will evaluate the recipient as well as donor thoroughly before performing the transplant. A battery of investigations is done to ensure the fitness of the recipient and the donor. The vital organs - Heart, Lungs, Kidney and all others should be in good shape prior to the transplant.
- The team that includes Cardiologist, Nephrologist, Pulmonologist, Anesthetist, Dentist, Nutritionist, Physiotherapist, etc. have to give medical fitness clearance, on the basis of which the transplant is planned.
- In case of Living Donor Liver Transplant, the donor safety is of utmost importance and hence, the living donor evaluation is more extensive and elaborate.

Types of Liver Transplant

- Liver Transplant is a major operation that takes place only in specialized transplant centres. During the transplant, the surgeon removes the diseased liver and replaces with a healthy one. The patient having end-stage liver disease can only be treated by offering a Liver Transplant. It is of mainly two types:

Deceased Donor Liver Transplant (DDLT)

Transplants with livers from donors who have died.

Live Donor Liver Transplant (LDLT)

Transplants with livers from donors who are mostly relatives of the patient.

- Adults typically receive the entire liver from a deceased donor. However, surgeons may split a deceased donor's liver into two parts. The larger part may go to an adult, and the smaller part may go to a smaller adult or child.

There are several advantages of living liver donor transplantation over deceased donor transplantation, including:

- Transplant can be done on an elective basis because the donor is readily available.
- There are fewer possibilities for complications and death than there would be while waiting for a cadaveric organ donor.

All donated livers of deceased/living donors are evaluated well before subjecting to transplant surgery. The evaluation makes sure that the donor's liver should work as it should, matches the patient's blood type, and is of right size, so that it has the best chance of working in the recipient.

- The prognosis following liver transplant is variable, depending on overall health, technical success of the surgery, and the underlying disease process affecting the liver. There is no exact model to predict survival rates. Those with transplant have a 60% chance of surviving 15 years. Failure of the new liver occurs in 5% of all cases. These percentages are contributed to by many complications. Early graft failure is probably due to preexisting disease of the donated organ. Others include technical flaws during surgery such as revascularization that may lead to a nonfunctioning graft.





WHY CHOOSE MEDIHEAL HOSPITALS

- One of the best multi-speciality hospitals in Kenya
- Center of excellence in transplantation of liver and kidney
- Recognized, affiliated and certified by the Govt. of Kenya for performing Living Donor Liver Transplant and Cadaveric Liver Transplant
- Telemedicine services for those patients who are unable to travel

The hospital also participates in trials of artificial liver support devices for acute and chronic liver failure and studies of novel immunosuppressive and antiviral medications following liver transplantation.

Some of the conditions treated include...

- Acute Liver Failure
- Alcoholic Liver Disease
- Autoimmune Hepatitis
- Bile Duct Cancer (Cholangiocarcinoma)
- Chronic Liver Disease
- Cirrhosis
- Cystic Fibrosis
- Drug induced Liver failure
- Familial Amyloidosis
- Hemochromatosis
- Hepatic (liver) Resection
- Hepatitis A, B, C, D & E
- Advanced Hepatobiliary Surgery
- Liver Cancer/ Hepatocellular Carcinoma
- Liver Transplantation
- Non-alcoholic Fatty Liver Disease
- Paediatric Liver Disease
- Portal Hypertension
- Primary Biliary Cirrhosis
- Primary Sclerosing Cholangitis
- Wilson's Disease

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PERSONALIZED CARE

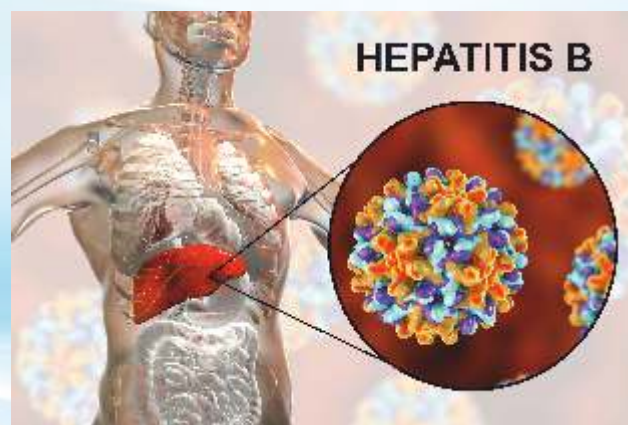
Mediheal Group of Hospitals provides comprehensive, continuing and complete liver care of the highest quality in both Live Donor and Deceased (cadaveric) Donor Liver Transplantations. The Institute is powered by a multi-disciplinary Liver Transplant Team, and Dedicated Liver Intensive Care Units (LICU) that help to accomplish Complex Hepatobiliary Surgeries.

The team will evaluate the recipient as well as donor thoroughly before performing the transplant. Battery of investigations are done to ensure the fitness of the recipient and the donor. The vital organs - heart, lungs, kidney and all other systems should be in good shape prior to the transplant.

Liver disorder is a complex disease that affects each person uniquely. At Mediheal Hospitals, a dedicated team approach ensures individualized treatment for every patient. This apart, the hospital offers patients a seamless integration of medical, surgical, radiologic and oncology expertise.

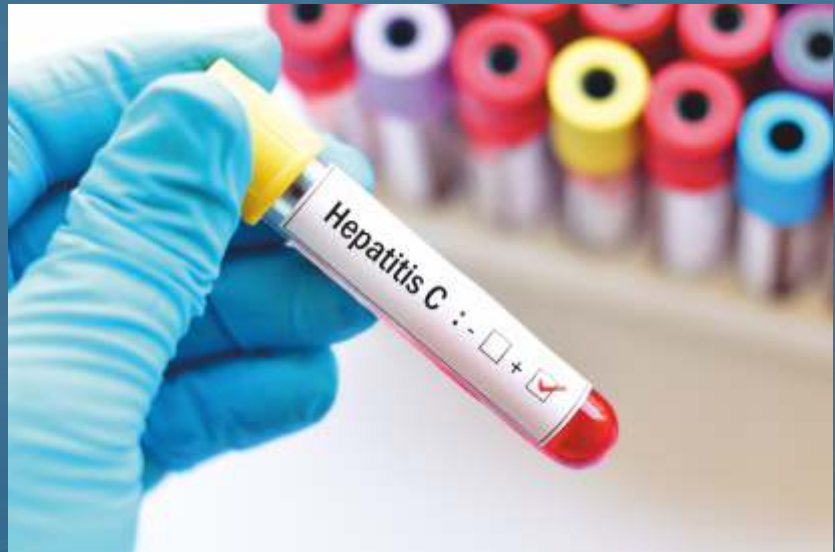
Patients greatly benefit from close collaboration among clinical specialists including Hepatologists, Gastroenterologists, Hepatobiliary and Multi-visceral Transplant Surgeons, Diagnostic and Interventional Radiologists, Expert Pathologists, Advanced-care Nurses, Social Workers and Patient Support Staff (coordinators) affiliated with the program.

The teams' experts offer extensive experience in diagnosing and treating all forms and stages of liver disease, including antiviral treatment for Hepatitis C, Hepatitis B, hepatocellular cancer, holangiocarcinoma and liver transplantation. We can assess and treat liver disease with standard medical therapy, investigational protocols, and surgical therapy. We are also a primary transplantation centre.



The Most Comprehensive Team of Specialists

The Liver Transplant team at Medcover Group of Hospitals includes highly experienced Liver Transplant Surgeons, Transplant Hepatologists, Anesthetists, Intensivists, ICU Nurses, Physiotherapists, Clinical Nutritionists and Coordinators who provide immense support to the families in the times of anxiety and anguish. Patients are cared by the specialists who are highly recognized for their specialized skills. As a result, patients are provided with comprehensive care specific to their type of disease during the entire course of their treatment.



Advanced Technology

Ever increasing technological interface with medical sciences makes it absolutely imperative for hospitals to update the facilities to retain the edge and deliver optimal care. Mediheal Group of Hospitals spares no efforts in providing the best of technologies in treatment of liver conditions.

EXPERTISE PAR EXCELLENCE



Surgery

Surgery constitutes an important component of multi-modality treatment of liver transplant. Surgical procedures are often complex and technically demanding. It is well known that patients have better outcomes when they are treated by experienced surgeons and in high volume centres. The latest techniques can provide superior results over tried and tested methods that have been around for many years. The state-of-the-art operation theatres are supported by avant-garde facilities in modern surgical ICUs managed by critical care experts round the clock. Clinicians at Mediheal Hospitals are leaders in their respective fields.

Apart from Liver Transplants, complex hepatobiliary surgeries in all age groups, resections for liver tumours in non-cirrhotics, Mediheal specializes in management of emergencies such as Upper GI Bleed (Blood Vomiting and/or passing black coloured stools), patient in Hepatic Encephalopathy (altered sensorium or unconscious), Sepsis due to chest infection, Urinary infection, abdominal fluid infection and Hepatorenal syndrome.

Paediatric Liver Transplant Program

A well-recognised program for children and adolescents who require care for all forms of liver disease. It is the only transplant program in the country with specialized paediatric liver transplant



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A well-recognised program for children and adolescents who require care for all forms of liver disease. It is the only transplant program in the country with specialized paediatric liver transplant specialists. This team is prepared to manage any liver disease that may affect children, offering expertise in:

- Medical management (including immunosuppressant regimens)
- Nutritional support
- Interventional procedures such as ERCP

- Innovative surgical approaches
- All forms of liver transplantation, including living donor transplantation and partial or split liver transplantation

Liver Tumour Clinic

Experts in all areas of liver disease participate in evaluation, management and follow-up of liver transplant patients. The hospital offers novel treatments for patients with liver cancer and cancers of the bile duct, gallbladder cancer or cancer that started elsewhere in the body which has spread to the liver

Patient Support Services

Mediheal Group of Hospitals provides a wide range of support services to meet the emotional, spiritual and physical needs of the patient and their families during and long after the treatment. Services such as client counselling, psychological counselling, pain management, spiritual support and meditation are part of the care provided to the patients.

Facility for Outstation Patients

The hospital empathises and understands the needs of outstation patients and strives to give solace to the patients and their families, apart from providing a comfortable, affordable and reassuring environment.

Guesthouse accommodation with AC and non-AC rooms located near the hospital premises will be provided along with free ambulance pick-up from the airport.

International Patient Wing

International Patient Wing of the hospital consists of six centrally air-conditioned rooms with TV, wi-fi, spacious lobbies and pleasant ambience. Catering is provided as per the choice of the patient, as per the advice of the dietician. International Patient Desk takes care of all the needs of the patients related to their travel, stay and treatment.

Innovation and Expansion

Mediheal Group of Hospitals believes in constantly evolving, improvising and innovating to provide the best liver care to the patients at an affordable price. The hospital incorporates cutting-edge technologies and latest treatment modalities for advanced liver diseases treatment.

The group is also constantly upgrading and expanding its facilities to meet the ever-growing needs of the patients.

Telemedicine

The hospital also provides telemedicine and video conferencing to facilitate dialogue between the doctors and patient wherever required.

Outreach Clinics

In an endeavor to reach out to as many patients as possible, the group is currently running several Outreach Clinics at Upper Hill, Nairobi, Doctors Plaza, Eldoret, Town Clinic, Eldoret, Town Clinic, Nakuru and Eastleigh, Nairobi.



WORLD-CLASS OT INFRASTRUCTURE



Operation Theatre with HEPA Filters and Laminar Air Flow



CUTTING-EDGE TECHNOLOGY

ICU Cubicle



Intensive Care Unit



Siemens 1.5 Tesla MRI



Siemens 64 Slice CT

STATE-OF-THE ART DIAGNOSTIC FACILITIES



Hi-end facilities in...

- Histopathology
- Cytology (Gynac & Non-Gynac)
- Clinical Chemistry
- Hematology
- Immunoassay
- Micro-biology
- Clinical Pathology
- Blood Banking & Transfusion



FULLY-EQUIPPED BLOOD BANK



MEDIHEAL HOSPITAL DOCTORS PLAZA - ELDORET



MEDIHEAL HOSPITALS - EASTLEIGH



MEDIHEAL GROUP OF HOSPITALS

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