



**Manipal Hospital Bengaluru
Department of Pulmonology &
Respiratory Medicine**

Launches

**“Interstitial Lung
Disease (ILD)
&
LUNG
TRANSPLANT
CLINIC”**

Date : Wednesday, 22nd August, 2018

Time :11 am

**Venue : The Annexe, 3rd Floor, Board Room
#98, HAL Airport Road, Bengaluru - 560 017.**

A) What is Lung Transplantation?

A lung transplant is a type of surgery where in one or both of diseased lungs are replaced with healthy lungs.

There are different types of lung transplant. When one lung is replaced, it is called "single lung transplant." When both lungs are replaced, it is called "double lung transplant."

In rare cases, people get a bilateral lung transplant and a heart transplant at the same time.

The type of lung transplant you undergo depends on your lung condition and severity of the lung disease.

B) Why should I undergo Lung Transplantation?

Various lung conditions can lead to severe lung disease, including:

- Chronic obstructive pulmonary disease with or without Alpha-1 antitrypsin deficiency
- Interstitial Lung Disease
- Cystic Fibrosis
- Pulmonary Hypertension

Prior to lung transplantation, your doctor will try other treatments first. Your doctor will recommend a lung transplant only if all other treatments fail and your lung disease is so severe it could be fatal in the next few years.

C) Steps before transplant

Before you can undergo lung transplantation, you need to go through few steps.

1. In Lung Transplant clinic:

- You will have few clinical examinations blood, radiological and microbiological tests. You will

also will have to be examined by various different super-specialists and discuss the following things:

- Any other medical conditions and medication history
- Personal history with history of addictions
- Social history with family and support system

2. Not everyone with lung diseases needs to undergo lung transplantation. To be considered for lung transplantation, you need to fulfil certain few criteria like:

- Have advanced lung disease that has not gotten better with other treatments
- Do Not have certain infections or medical conditions, such as malignancy
- Agree to abstain from smoke, drink alcohol, or use illegal drugs, which can harm your new lungs
- Agree to take lifetime medications after surgery

If you satisfy all of these conditions, you will be put on a waiting list for lung transplantation, maintained by Govt authorised body.

D. What can I do as a patient to prepare for Lung Transplantation?

- You can stay as fit and healthy as possible. For that, you can do the following:
- **Do regular exercise** – This will help keep your respiratory muscles strong. Most people need to do a "pulmonary rehabilitation" programme.
- **Eat a healthy diet** – This will keep your body strong and fit. To help with your surgery and a faster recovery, you should also keep your body weight under check.

- **Get the regular vaccines which your doctor recommends** – This includes a yearly flu vaccine. It also includes another injection called the pneumococcal vaccine. These shots can help prevent future infections that can further harm your lungs.
- **Stop Smoking** – You will need to have stopped smoking before you get registered in Lung Transplant Registry.

E. What happens when donor lungs become available?

When donor lungs become available, Govt Authorised Body chooses the person who is the best match for the Lung. People who are waiting for a transplant need to have an emergency contact available at all times so that they can be reached quickly.

When you get a call for your lung transplant, you will need to get to the hospital as soon as possible.

F. What next after the Lung Transplantation?

After the procedure, most people require prolonged hospitalization for a few weeks before discharge.

During the hospitalization and after discharge, your doctors will do regular check-ups and will ask for a few laboratory tests to make sure your new lungs are working perfectly. Tests usually include pulmonary function tests, chest X-rays, blood tests, and bronchoscopy.

After lung transplantation, immune suppressing drugs required. They prevent the body's immune system from fighting leading to rejection of the new lungs

Even though the immune suppression medicines help, they also have side effects of their own. They make it difficult for your body to fight off

infections. Due to this, you will also need to take intermittent antibiotics to prevent infections.

G. What are the long term problems I can have after Lung Transplantation?

Some patients do well after surgery. They can go to work and be active. But a lung transplant is major surgery. Some people have problems after a lung transplant. The problems that can happen after a lung transplant can happen right after the surgery or a few years later. They include:

- Rejection of the new Transplanted lungs
- A narrowing or blockage in an airway
- A blood clot in the lungs
- Infections in the lungs
- Side effects from the anti-rejection medicines like nausea, vomiting, diarrhoea headache, kidney or liver problems.

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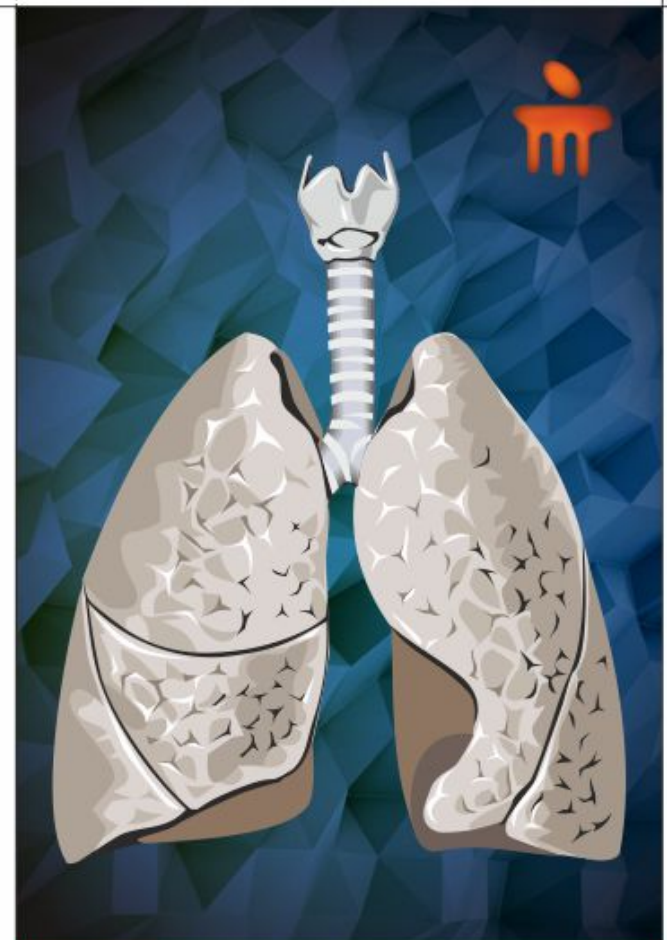
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Manipal Hospital Bengaluru
Department of Pulmonology &
Respiratory Medicine

**“Interstitial Lung
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Every Tuesday & Thursday
5pm to 8pm

Venue : Manipal Hospital

#98, HAL Airport Road, Bengaluru - 560 017.

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For more information & appointment

080 2502 3446

 **1800 3001 4000**

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