

LIVER TRANSPLANTATION

1. What are functions of the liver?

Liver is situated in the upper right side of the abdomen just below the rib cage. The liver helps fight infections and cleans your blood. It also helps digest food and stores a form of sugar your body uses for energy. It produces clotting factors, makes proteins and store vitamins.

2. How does the liver get damaged?

Liver damage can occur suddenly or it can happen over a period of time.

Sudden (Acute) liver failure:

- Acute hepatitis
- Some drugs (may include her herbal treatments, Chinese medications)
- Paracetamol overdose

Chronic (Long term) liver failure:

- Excessive alcohol intake
- Hepatitis B, C
- Fatty liver (excessive weight gain, diabetes, high cholesterol)
- Autoimmune liver disease

In children, liver can get damaged due to developmental abnormality of bile duct (biliary atresia) and other metabolic liver diseases.

3. How do I know if my liver is damaged?

Some signs and symptoms of liver problems are

- Yellowing of the skin and the whites of the eyes, a condition called jaundice
- Feeling tired or weak
- Losing your appetite
- Swelling of feet
- Swelling of the abdomen due to water accumulation
- Losing muscle
- Itching
- Bruising or bleeding easily
- Blood in the vomit
- Passing black stools
- Confusion and disorientation

4. What is liver transplantation?

Liver transplantation is surgery to remove a diseased or injured liver and replace it with a healthy one from another person, called a donor. Many people have had liver transplants and now lead normal lives.

5. How will I know whether I need a liver transplant?

Our transplant team will examine you and evaluate your blood tests. Based on their assessment, they will counsel you regarding requirement for a liver transplant. The team will include liver transplant surgeons, liver specialists, hepatologists, nurses, social workers, and other health care professionals. The transplant team will examine you and run blood tests, x rays, and other tests to help decide whether you would benefit from a transplant.

During your evaluation, and while waiting for a transplant, you should take care of your health. Our team will tell you what you can do to stay strong while you wait for a new liver.

6. Who needs a liver Transplant?

A liver transplant is needed when a person's liver is failing and a doctor recommends he or she be evaluated for a transplant. Many diseases can cause liver failure. Cirrhosis (scarring of the liver) is the most common reason for liver transplants. Liver cirrhosis after a certain stage is not reversible by medical treatment. Other common reasons for liver transplants are:

- Chronic hepatitis B and chronic hepatitis C
- Alcoholic liver disease
- Autoimmune liver diseases
- Primary liver cancer
- Fatty liver disease
- Acute liver failure
- Bile duct diseases
- Genetic diseases
- Children - Wilson's disease, biliary atresia, metabolic disorders

7. What are the types of liver transplant?

There are two types of transplants:

a) Cadaveric (Deceased donor) liver transplant: Consent is obtained from the family of a brain dead donor and the whole liver is procured and transplanted into the recipient.

b) Living donor liver transplant: A healthy person from the patient's family donates part of the liver and is transplanted into the recipient. The liver grows to normal in the donor as well the recipient.

8. How long does it take to recover from liver transplantation?

Recovery after liver transplantation depends in part on how ill the patient was prior to surgery. Most patients need to spend a few days in the hospital in the intensive care unit and another few days in the ward. The entire hospital stay is around 2-3 weeks.

9. What is the success rate of liver transplant?

The success rate of liver transplantation is quite high. Nearly 90% liver transplant patients are

alive 1 year after liver transplant and 75% of liver transplant patients are alive five years after their transplants.

Most patients return to a regular lifestyle three to six months after a successful liver transplant. Eating a healthy diet, exercising regularly, and taking recommended medications are important factors to staying healthy.

10. How long does a person wait for a liver transplant?

The waiting time for a liver transplant is different for each person. The time a person spends on the waiting list depends on his or her blood type, body size, stage of liver disease, overall health, and the availability of a matching liver.

MELD / PELD Score :

MELD score is the value which decides the severity scoring system for adults with liver disease, designed to improve the organ allocation in transplantation based on the severity of Liver disease rather than the length of time on waiting list. It is important for Liver disease patients to know their MELD score which decided the need for Liver Transplantation. Patients having MELD Score above 15 is most likely need Liver Transplantation. This score is based on laboratory data i.e. creatinine, total bilirubin, INR (international normalized ratio. A measure of blood-clotting time). The pediatric version of MELD is called PELD.

Many versions of MELD calculator are freely available on Google Play store and can be easily installed by searching 'MELD Calculator'. Patients can use the same to monitor their MELD score on their own.

DDLT / LDLT:

There are two options available for Liver Transplantation. The patients who does not need Liver Transplant on priority or who can be managed on medication certain time; can enroll/register their name to Zonal Transplant Coordination Committee (ZTCC) for the waiting list of Deceased/Cadaveric donor Liver Transplant (DDLT).

The scarcity of deceased donor organ is the limiting factor in Liver Transplantation, The Living Donor Liver Transplant (LDLT) has been one of the most remarkable evolution in Liver Transplantation. LDLT has been shown to be a clinically safe option in addition to deceased donor Liver Transplantation (DDLT). Living-Donor Liver Transplants are possible because of the liver's unique ability to regenerate, or regrow. The immediate/close family members to can come forward and donate their part of Liver to their loved ones. The potential Living donor needs to undergo certain clinical tests to confirm the fitness of his/her health and organ suitability to the recipient. There is also a stringent legal procedure to approve Living Donor Liver Transplant procedure.