

HEART BEATS

For the Poor & Needy

June : 2014

Volume : 1

From the chairman's desk



1. Heart Disease In India

Some **interesting revelations** of recent surveys on heart ailment in **India / Asia**:

- Asian Indians around the globe have the **highest rate of Coronary Artery Disease (CAD)** despite the fact that nearly half of them are lifelong vegetarians. The **death** rates from CAD among overseas Asian Indians have been **50% to 300% higher** than Americans, Europeans, Chinese and Japanese, irrespective of gender, religion or social class. Among those younger than 30 years of age, **the CAD mortality among Asian Indians is 3 – fold higher than Whites in the United Kingdom (UK) and 10-fold higher than Chinese in Singapore.**
- India is now in the middle of a **CAD epidemic with over 10% of urban Indians having CAD**, a rate similar to overseas Indians. During the past 3 decades, **the average age of a first heart attack** increased by 10 years in the U.S, but **decreased by 10years in India.** About **50%** of all heart attacks among Asian Indian men occur **under the age of 55** and **25% under the age of 40**, unheard of in any other population. These data **underscore the need for early aggressive and unconventional approaches** for the prevention and treatment of CAD in this population.
- **CAD is highly predictable, preventable and treatable.** Over the past 30 years, CAD rates in most developed countries **declined by 50%.** During the same period, **the CAD rates**

New lease of life

A Few beneficiaries of 2013 - 2014

		
SATHI KHATUN	TUHIN	JULIA KHATOON
		
SOURAYAN	LABANI BARMAN	ANIL KUMAR
		
SAMIUL MONDAL	RESHMA MOLLA	SUMIT GURAV
		
MOHANA DAS	RAJASHREE SAHU	RITAMBARA
		
MANORANJAN	SOMEN	CHINMAYA

doubled in India. Indians are in double jeopardy from nature and nurture – nature having been provided by higher levels of lipoprotein (a), and nurture through an unhealthy lifestyle associated with affluence, urbanization and mechanization. **Because of this genetic susceptibility, the adverse lifestyle such as smoking, high blood pressure, high cholesterol, and diabetes are markedly magnified.**

- **Over 1.5 million Indians need critical heart surgery annually.** Currently about **65,000 surgeries** are done, largely because the **rest cannot afford it. They die a slow painful death.**
- More than **1,70,000 children** are born with **congenital heart disease.** Only about **6,000 manage** to get treated **mostly with sponsorships and government aid.**
- Incidence of valvular heart disease requiring surgery is as much as CAD. But very few get the surgery done because of the phenomenally high cost of the artificial valves.

2. Heart Care Facilities-India

With the growing **awareness towards heart disease**, a number of **world-standard Cardiac-Care-Centers** have come up almost in every major city in India. While many of us can rejoice that most modern Cardiac facilities at international competitive rates are available, **it is out of reach of 90% of the population in the country – particularly the weaker sections of the society.**

India is a country of great **diversity**-with extremely rich as well as **extremely poor** people. Whilst on one side the rich society here can match the richest in the world, we do have poor people **who cannot afford even one meal a day.**

Considering that the **Heart Surgery** is **one of the most expensive operations**, how can **the needy poor**, some of who cannot afford even the bus fare to reach a big Hospital with Cardiac facilities,

like Manipal, Fortis, Narayan Hridayalaya etc., **afford such costly operations.**

3. NEEDY HEART FOUNDATION – NHF

To help the needy poor patients, who are not in a position to **afford even the subsidized / bare minimum cost of surgery offered by the Cardiac Hospitals**, a group of dedicated cardiac doctors and prominent citizens from different walks of life, have made efforts to set up a beneficiary Trust called “**Needy Heart Foundation**”.



NHF was founded in 2001 and its **Founding Trustees** are:

Dr R C Srivyas (a very renowned heart surgeon - currently in USA); **Dr Joseph Xavier** (Head Division Paediatric Cardiac Sciences, Fortis Hospitals); **Dr N S Devanand** (HOD & Chairman – Cardiovascular & Thoracic Surgery, Manipal Health Enterprises); **Mr Rajendra Kotaria** (an Industrialist), **Mr S Ramaiah** (a Chartered Accountant) and **Mr O P Khanna** (Former MD of three reputed Companies including a German Multinational based in India - currently Chairman & Managing Trustee of NHF). Recently **Dr C N Manjunath** (Director Jayadeva Hospital), **Dr Subash Chandra** (an internationally renowned Cardiac Physician), **Rtn Rajendra Rai** (Past Dist Governor Rotary Dist 3190), **Rtn V Krishnamoorthy** (MD Repromen Printing), **Mr. Lal Chand Dadlani** (MD St Marks Hotel) **Rtn Chandrasekar Vihwanath** (MD Shekar Logistics) have joined the **NHF Board.**

This Foundation was established for the sole purpose of **reaching out to the poor and weaker sections of society**- irrespective of cast, color, creed, nationality, religion or gender, who have not been able to reap the benefits of modern advances in medical care. Whilst most of the patients came from different parts

of Karnataka, some of the patients came from as far as West Bengal, MP, Maharashtra, Kerala, Tamil Nadu, Andhra Pradesh etc as well as from neighboring countries such as Bangladesh, Indonesia, Nepal, Pakistan, Srilanka etc.

One of the major achievements of the Foundation has been to create complete transparency of the use of donations received. It ensures that every Rupee received by way of donations is utilized effectively.

The Foundation sends the patients only to those Hospitals which offer most economical Heart Surgery Packages in Bangalore. Further it has arrived at an understanding with certain Heart Surgeons who do not charge operation fees for the surgery of such poor patients. It has organized its book of accounts in such a way that any donor can have access to the utilization of their donations any time of the day or even through web / internet.

The Foundation has developed a **website (www.needyheartfoundation.org)** that is used to disseminate useful information for the benefit of the Patients, Donors, as well as the general public. The trust has got approval under class 80G of the Income Tax Act 1956 for **Tax exemption to donors**

4. Cost of Heart Surgery

Heart Surgery is one of the most complicated operations involving 4 to 6 hours or more in case of serious cases, by a team of 3 to 4 doctors. It involves comparatively **large amount of money towards the medicines, disposables, valve replacements and implantation parts and support services.**

The **cost of Heart Surgery** varies from City to city and country to country depending on the overheads. In **Bangalore**, the charges for a conventional Heart Bypass surgery normally ranges **from Rs three/ four lakhs** depending on extent of damage to the Arteries and the heart Valves. In Chicago, USA, the cost of same surgery is about US\$ fifty thousand.

NHF has an MOU with top eight cardiac hospitals in Bangalore like Jayadeva, Narayana Hrudayalaya, Fortis, B G S Global Hospitals, where they have agreed to charge just the cost price that varies from Rs 95000 to Rs 1.25 lakhs for different ailments not considering Valve replacement if required.

5. Donors

This performance would not have been possible without the **generous support of benevolent Donors** from different walks of life. The Support from donors has been **consistently increasing** as a result of strict control of funds utilized and **the transparency** that the Foundation has ensured throughout its working.

Some of the **possible manners**, in which the **prospective Donors** can support the above Cause, are;

1. Case to Case basis.

Under this category **NHF** will contact the Donors for the poor patients who **cannot** afford these expenses in full or in part indicating brief case history of the patient and the cost break up of the expenses involved. The Donors may **commit the extent of help your organization can render in each of these cases.**

2. Annual Commitments.

The Donors may commit **certain number of surgeries on an annual basis** fully or in part as described below.

- (a) Commitment to contribute towards certain number of **Heart-valve replacement** per annum.
- (b) Commitment to contribute towards certain number of **Pacemakers** per annum.
- (c) Commitment to contribute finance **towards certain Number of open and closed heart surgeries** per annum etc.

3. Corpus Fund

Donors may contribute towards the **corpus fund** of the **Needy Heart Foundation**. Under the categories your contribution will be kept as **fixed block with the trust** using only the interest earned towards the operation cost.

Profile of Patients / Heart ailment:

- Needy poor patients irrespective of Religion, Color, Caste or Creed with annual income below Rs 20000/- in the family.
- Patients of any heart ailment certified by a qualified doctor are eligible. Some of the Heart Ailments considered so far are:
Open/Closed heart surgery, BT Shunt, PDA Closure, Single Valve replacement, Double Valve replacement, ASD closure, VSD closure, Intra Cardiac Repair, Arterial Switch, Ross Procedure, ALCAPA etc.

Brief Operational Report on the Financial Year 2013-2014:

In the year 2013-14, NHF saved 322 precious lives by facilitating heart surgeries of needy poor patients- often in critical conditions.

Surgeries overview

Months	Children up to 12 years	Adults up to 60 years	Sr. citizens>60	Total
April 2013	04	07	2	13
May 2013	17	16	0	33
June 2013	10	18	3	31
July 2013	19	09	2	30
Aug 2013	20	15	1	36
Sept 2013	24	16	2	42
Oct 2013	11	14	3	28
Nov 2013	05	06	3	14
Dec 2013	09	17	5	31
Jan 2014	13	09	3	25
Feb 2014	14	06	1	21
Mar 2014	07	06	5	18
Total	153	139	30	322

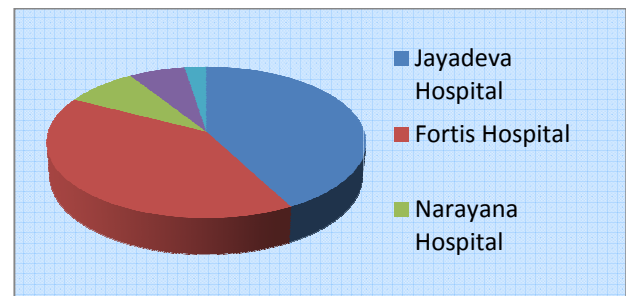
State wise data	
Karnataka	:142
West Bengal	:101
Odissa	:028
Andhra	:006
Tamil Nadu	:001
Kerala	:001
Others	:043
Total	:322

Number of patients utilized Pacemakers: 23

Involvement of leading cardiac hospitals

The above surgeries were performed with the help of profound doctors from leading cardiac hospitals of Bangalore city.

Surgeries shared among hospitals		
1	Jayadeva Hospital	136
2	Fortis Hospital	130
3	Narayana Hospital	027
4	Manipal Hospital	021
5	Vikaram Hospital	008
	Total	322



NHF thanks the sponsors (individuals and organizations) who joined hands to help the above mentioned patients

Rotary Bangalore Indirangar
Rotary Bangalore Koramangala
Rotary Bangalore North West
Rotary Bangalore Yelahanka
Fitness Fight Club
St Marks Hotels Pvt Ltd
Prestige group
Have a Heart Foundation
Associated Commercial Enterprises
Ms. Mini Khanna
Roxy Roller Flour Mills Pvt Ltd
JH Prabia Transport Pvt ltd
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Venkateshwara Rao & Nirupama (USA)
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Ms. Shalini Goenka
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Sitaram Jindal Foundation
Dorabji Tata Trust
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Pacemaker Bank
Fomax
Ms. Neeraja Surampudi
Mahadev & Saraswathi Trust
Mr. Vishal Agarwal
Mr.I.M Tandon
Mr. Pathi Panduranga
All the individuals who took part generously
in their own way

Important events



NHF board meets at St Mark's hotel



Homograft Bank Governing Council Meet



Meeting with Dr. Devi Shetty



Meeting with Dr. Devi Shetty



Meeting Dr. Christian, Germany



Meeting Dr. Sven & Dr. Christian, Germany



Online Fundraising initiative with Pennyful (MoU is signed)



OP Khanna with Ravitej (CEO) & Shesh Giri

An international patient is being treated through Needy Heart Foundation



During the financial year 2013-2014 there were 10 patients from neighboring countries treated successfully

Indonesia-----	:06
Bangladesh-----	:02
Pakistan-----	: 02

Corporate Involvement with NHF



Their hearts beat for needy angels

SOCIAL INITIATIVE The Needy Heart Foundation was born when three doctors realised that many poor patients couldn't even afford basic healthcare, let alone correcting heart ailments. Today, more than 2,000 lives have been saved, thanks to the foundation, says **Priyanka S Rao**

Hospitals are places of hope — hope for a new life, better health and improved living. It is with this hope that the poor confidently climb the stairs of a hospital and it is this hope that sends them angels to answer their prayers.

As an answer to the prayers of scores of underprivileged people, a charitable trust in Bangalore took shape 12 years ago with a mission to make expensive state-of-the-art heart surgeries available to the poor. The Needy Heart Foundation's remarkable journey boasts of having saved the lives of over 2,000 poor heart patients from all over the country.

The Foundation is the brainchild of three driven cardiac surgeons who were motivated to help poor heart patients they came across during the course of their work and at heart camps in rural areas. The young surgeons had witnessed heart-rending instances of babies dying just because they were born to poor and ignorant parents who neither understood the implications of heart defects nor could afford expensive surgery. Some of them did not even have the money to come to the hospital for a check-up and consultation. Seeing the growing number of people in dire need of treatment, the surgeons decided it was time to do something. They soon got together with a few like-minded individuals and thus the trust was

born in 2001. A majority of the beneficiaries of the trust are children. "Generally, children come with a hole in their heart. After a certain age, children with defects become inoperable and hence, they need to be operated on time. There have been cases when parents of young children have approached the trust only to be told that they are too late," says Dr Joseph Xavier, a founding trustee who specialises in paediatric cardiac surgery.

Dr Xavier narrates one such heart-wrenching incident of a 10-year-old girl he couldn't save. "She was a beautiful child with a promising life who had a hole in her heart and couldn't be operated upon. When I asked the father why he hadn't come sooner, he said that a doctor had told him that the hole would close up on its own. We were surprised and realised that there is a lot of ignorance even among the medical fraternity and awareness needed to be created. Even now, we hold talks in both medical and public fora," he says.

Currently, the trust is tied-up with eight well-known hospitals in Bangalore to provide quality treatment to the poor. A multi-stakeholder system is followed where the treatment cost is borne by donors with government assistance. The hospitals give discounts and knock off overhead and professional fees, and veteran doctors associated with the trust perform sur-



ALL FOR A CAUSE A majority of the patients treated by the foundation-trustee doctors are small children. Luckily, most of them go home cured. (PHOTOS BY AUTHOR)

FOUNDATION CHAIRMAN O P KHANNA IS HOPEFUL OF GETTING CORPORATE SUPPORT TO CONTINUE CARRYING OUT SURGERIES FOR FREE OR AT LOW COST TO THE POOR PATIENTS.

geries for free. The patients are also asked to contribute whatever money they can. "We make sure not to overstretch the patients while also ensuring that we are not being taken advantage of. Asking them to pay (money) increases their sense of self-worth...they feel they too have contributed and value it. Else, they won't appreciate what has been done for them and won't listen to us. Follow up becomes difficult," says Dr Xavier.

The main challenge has been fund generation. The trust that prides itself on having zero per cent overhead — every trustee contributes his time, energy and resources voluntarily — mainly depends on donations. There are also rich patients with a change of heart, literally! "The good thing about cardiac surgery is that whether you are admitted in the general ward or deluxe ward, all are treated equal in the ICU. Nowhere else does a rich man get to see a poor man at the same level. It is here that one's perception of life changes. Many rich patients come forward to donate money after their surgeries," says Dr Xavier.

Rotarian O P Khanna joined the board of trustees as chairman motivated by the same factor. "I was on a holiday in Bangalore in 2001 when some people at Manipal invited me to give a talk on their annual day. At the function, I was asked to take up the cause of Needy Heart." He had undergone a cardiac surgery the previous year. He found himself sympathetic to their cause. From eight cases in 2001 to 500 in 2013, Needy Heart Foundation has come a long way. "Needy Heart has been well received and appreciated. This has given us a lot of encouragement. We get patients from Indonesia, Pakistan, Mauritius, Sri Lanka, Nepal and Bangladesh," says Khanna.

To contribute, visit <http://needyheartfoundation.org>.



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