

Son loses 20kg in 4 mths to donate liver to ailing father

TIMES NEWS NETWORK

Lucknow: The scales tipped at 90kg, but 24-year-old Krishna Singh couldn't care less. "Where's the time for all this?" he would convince himself whenever the guilt of not having a healthy lifestyle bothered him.

Little did Krishna realise that life would hurl at him a challenge he couldn't ignore – lose weight quickly to save his critically ill father's life.

Doctors treating Kaushal Singh, a property dealer from UP's Banda with advanced liver cirrhosis, decided earlier this year that he needed a transplant. Tests on prospective donors within the family revealed only one match: Krishna.



Krishna Singh, who lost 20 kg to donate a part of his liver to his father, with Dr Abhishek Yadav

The catch? He was unfit to be a donor. Scans showed that Krishna had Grade 3 fatty liver as a result of an unregulated lifestyle in Delhi, where he works in a real estate firm.

Dr Abhishek Yadav, head of liver transplant at Lucknow's ApolloMedics Super Speciality Hospital, and his colleague Dr Utkarsh Srivas-

tava advised Krishna to improve his health before they could reconsider him as a donor.

"With his consent, we drafted a personalised weight-loss and diet plan that was monitored periodically. In just four months, he lost 20 kg without any injections or medication. His fatty liver score also improved remarkably," Yadav said.

Based on analysis of all health metrics, doctors cleared Krishna for the procedure. The transplant was successful and Kaushal has since recuperated enough for him to return home.

Yadav said Krishna not only helped his father live but probably extended his own longevity too.