

## Hand Transplant

### A Story of Resilience and Hope - Sharing a Bilateral Hand Transplant Recipient's Experience

**Monika More**

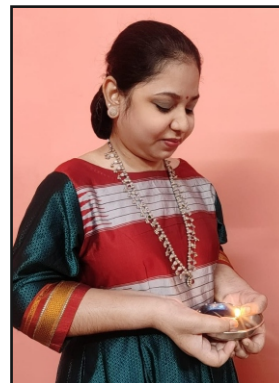
First Bilateral Hand Transplant recipient of Western India - Mumbai, Maharashtra, India

My experience with bilateral hand transplant stands as a testament to the resilience of human spirit, the significance of organ donation, and the transformative power of modern medical advancements.

Following an accident in a local train, I grappled with the limitations imposed by my condition, navigating a world seemingly designed without consideration for individuals like me. Simple tasks became formidable obstacles, and the emotional toll of the loss weighed heavily on my daily life. The prospect of bilateral hand transplantation not only promised the restoration of physical function but also offered hope for reclaiming a semblance of normalcy.

The day of the surgery marked a turning point in my life. Under the leadership of Dr. Nilesh Satbhai at Global Hospitals, Mumbai, a skilled surgical team worked meticulously and each step brought me closer to a future where my hands would once again be my own. Post-surgery, my rehabilitation journey unfolded as a challenging but essential phase in my quest for recovery. Daily physical therapy sessions became a routine, with each exercise representing a step towards regaining strength, flexibility, and control. The emotional impact of the transplant was profound. Overwhelming joy and gratitude accompanied the first moments of realizing that I could feel warmth with my transplanted hands. The ability to grasp objects, feel textures, and engage in tactile experiences that had long been absent from my life became a source of immense joy and wonder.

My testimony serves as a poignant reminder of the multidimensional nature of bilateral hand transplantation. It is not merely a surgical procedure but a comprehensive journey involving organ donors and their families. I will forever be grateful to my donor and his family for their selfless gesture. May my story emphasize the importance of a supportive network including medical professionals, family and friends in navigating the complexities of post-transplant life.



*Ms. Monika More, Mumbai  
First Bilateral Hand Transplant  
recipient of Western India*

The collaborative efforts of medical science have significantly enhanced the quality of life for individuals who have undergone transplantation. My journey reflects the triumph of the human spirit over adversity and underscores the remarkable possibilities that emerge when science and determination intersect.

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**To cite :** More M. A Story of Resilience and Hope - Sharing a Bilateral Hand Transplant Recipient's Experience. Indian Transplant Newsletter. 2023 Jul-Sep; 22(2):p5.