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Case report

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Aplastic anemia in two consecutive pregnancies: Obstetric and anesthetic management

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Abstract

Aplastic anemia is a serious condition occasionally coexisting with pregnancy. This pathological process is associated with significant maternal and neonatal morbidity and mortality. Obstetric and anesthetic management are particularly challenging, and treatment requires knowledge of pathophysiologic mechanisms in order to provide safe care to this group of patients. We describe the successful obstetric management and labor analgesia of a patient with diagnosis of aplastic anemia in two consecutive pregnancies.

Keywords: Aplastic Anemia, Obstetric Anesthesia, Thrombocytopenia, Neuraxial Anesthesia

Introduction

Aplastic anemia (AA) is a life-threatening, albeit rare disease, with serious implications for pregnancy.¹ It is defined by the presence of pancytopenia with hypocellular bone marrow in the absence of an abnormal infiltrate or bone marrow fibrosis.² There are limited available data about its natural history in pregnancy and there are no reported cases of recurrence with successful management in consecutive pregnancies. Here we present the first reported case of aplastic anemia in a patient who despite deterioration of her medical condition, successfully carried two consecutive pregnancies with favorable obstetric and neonatal outcomes, and in whom, labor analgesia was adapted to her condition with excellent patient satisfaction. Anesthetic, hematologic and obstetric care during each pregnancy is presented. Therapy during the peripartum period is also discussed.

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