

Healthy children and disease stable mothers with multiple sclerosis

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Background: Multiple sclerosis (MS) affects fertile women who ask for a safe pregnancy. Goals: To find the most efficient strategy to shorten the preconception period and the proper time to return to disease modifying treatment (DMT). Methods: Our strategy used in 38 women with MS receiving DMT and planning their pregnancy resulted in the birth of 34 healthy children (also a pair of twins) and a minimal risk for disease worsening. Patients were psychologically supported and educated to plan pregnancy, after stopping DMT, birth control pills and other contraceptive methods used 3 months prior to conception, in order to have a regulate menstrual cycle. They performed gynecological clinical and ultrasound examination to exclude local problems, tests to exclude local or general infections, specific hormonal tests and anti Mullein Hormone test. All treatable problems were solved before stopping DMT. Sperm grams of their partners were performed. Intercourse occurred in the ovulation days (3-4 times), after 3 days of male abstinence. No toxics or drugs were used. Results: DMT safely discontinued had a high percent of rapid pregnancies and healthy children. They returned to the same DMT no later than 8 weeks after delivery, initial breastfeeding being possible and no/minimal neurostatus worsening was observed. Patients were permanently monitored by the neurologist and obstetrician-gynecologist. Conclusions: The patient should remain uncovered by DMT for as little time as possible and this goal can be reached by planning and performing specific tests and treatments for the couple before stopping DMT and returning to DMT treatment.