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To goulash or not to goulash: A case report on blighted ovum

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In the first trimester, the terms early pregnancy loss, miscarriage, or spontaneous abortion is used as there is no consensus in the literature (ACOG, 2015). Early Pregnancy Loss is defined as spontaneous loss of pregnancy before 13wks of gestation (AAFP, 2011). In the UK, miscarriage is defined as loss of intrauterine pregnancy before 24 complete weeks of gestation. The WHO and CDC defines miscarriage as the loss of pregnancy before 20wks of gestation or the expulsion or extraction of an embryo or fetus weighing 500 g or less. This definition is generally used in the U.S., however it might vary as per the State laws. In general, miscarriage is classified as early (before 12wks of pregnancy) and late (12wks to 20wks). A blighted ovum or anembryonic (no embryo) pregnancy is the leading cause of miscarriage. In a blighted ovum, a gestational (embryo) sac forms and grows, but the embryo does not develop. A blighted ovum causes 1 out of 2 miscarriages in the first trimester of pregnancy. The recent study done by Patki & Chauhan in 2015 indicates that miscarriage without medical termination of pregnancy is about 10% globally. However, Indian women are more prone to miscarriages at 32% in comparison to the world. The most common cause of blighted ovum is genetic. However, in India in addition to genetic cause, it includes infections (TB) and structural defects of the uterus. The blighted ovum case report discussed here with the permission from the patient (signed consent form) has infectious etiology of UTI which is similar with the Indian study findings.

Biography

Tripti M. Mathew received MD degree (7 year program) from the former Soviet Union (Georgia & Belarus), MPH degree from Drexel University, USA, MBA from University of Warwick, UK and PhD in Business Management with distinction from Ashwood University, Texas. She completed clinical clerkship in India, 1 year internship in Belarus, 2 year post-doctoral medical device fellowship in USA and General Medicine Fellowship (Visiting) at Christian Medical Center, New Delhi, India. Mathew is Board Certified in Aerospace Medicine, Clinical Informatics, Public Health and General Preventive Medicine by the International Board of Medicine and Surgery (IBMS).

Mary Job received MBBS degree from Kerala University, Kerala, India. She worked as Sr. Resident at Holy Family Hospital, Okhla, New Delhi for 9 years in department of Obstetrics & Gynecology and 1 year in Employee Clinic (1976-1986). Since 1987 she is practicing (Family Physician) at Christian Medical Center, New Delhi, India

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