

A case report of a successful pregnancy in a woman with Wilson's disease on Zinc sulphate (201)



Gunathilaka S N M P K, Lanerolle S, Jayalath JAVS, Siriwardhana DS, Kodithuwakku KASUA, Weerakoon WAB.

Obstetrics & Gynaecology Unit – 1 & 2, Castle Street Hospital for Women, Colombo 08, Sri Lanka. (punsirikamal@yahoo.com)

Background:

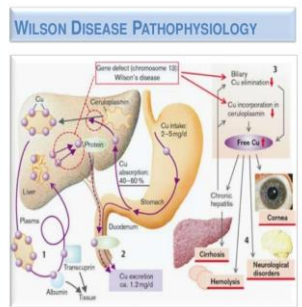
- Wilson's disease is an autosomal recessive, rare disorder of copper metabolism.
- Untreated disease usually causes subfertility and in cases where pregnancy does occur often results in miscarriages.
- However, medications such as **Zinc salts** and **Penicillamine** have resulted in successful pregnancy outcomes.
- We report a case of successful pregnancy in a woman with Wilson's disease on **Zinc sulphate**.

Case Report

- A 19 year old woman with Wilson's disease, which was diagnosed a year ago following the death of her twin sister due to acute liver failure following Wilson's disease, presented in her first pregnancy.

- When diagnosing, her Serum Ceruloplasmin was $27\mu\text{mol/L}$ and 24 hour urinary Cu was $2.28\mu\text{mol}$.
- AST and ALT were 47 U/L and 54 U/L respectively. Penicillamine was started at the beginning and later converted to Zinc sulphate 50 mg tds, 06 months prior to her presentation to us.
- At 17 + 1 weeks of gestation, OGTT and liver profile were normal.
- She was followed up in both antenatal and GI clinics. Her ECHO cardiogram was normal and USS revealed multiple hypoechoic nodules in liver compatible with changes of Wilson's disease, without portal hypertension.
- Anomaly scan of the fetus was normal.
- Zinc sulphate with folic acid were continued during pregnancy.

- There was no deterioration of her liver profile and fetal growth was normal throughout pregnancy.
- She underwent an elective caesarean section at 37 weeks due to breech in labour and delivered a healthy baby girl weighing 3650g.



Conclusion

- Patients with Wilson's disease on regular treatment without symptoms are usually able to conceive and have successful pregnancies.
- Zinc sulphate is an effective therapeutic option and can be safely used in pregnancy.