

The Fate of Pregnant Women with Mechanical Heart Valve: A 10 year Follow up Study After Delivery

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Back ground: The present study was launched with the aim of following up the fate of women with mechanical heart valve who had experienced pregnancy.

Methods: The medical conditions of previously reported 44 patients with mechanical valve, with 49 pregnancies during past decades were addressed after ten years.

Result: Three patients out of 44 target group suffered from CVA sequels which eventually led them to fall into disability and depression. Four patients underwent redo surgery. One of the cases afflicted with Hysterectomy and one had to get divorced. Only one of the patients had a second pregnancy without any complications. Unfortunately, two patients passed away due to valve malfunction. One of the patient's offspring had to undergo aortic valve repair. Actually, we are reporting 9 cases of morbidity and 2 cases of mortality after 10 years follow up of the group.

Conclusion: The life expectancy and quality of the patients with mechanical valve are affected by risk factors such as thromboembolism, bleeding and even mortality. On the basis of these data it is thought that in spite of some development in caring conceived patients with mechanical valves, they are categorized in a very high risk group and they are strongly recommended to have only one child if they really intend to have one.

Key words: Pregnancy, anticoagulant, mechanical heart valve