Mirror syndrome: A systematic review of reported cases (1956-2016)


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Background: Mirror syndrome is a rare obstetric complication characterized by the presence of maternal edema along with fetal/placental hydrops. The exact incidence and pathogenesis are yet to be elucidated. In fact, most of our knowledge about this condition came from individual cases published in the literature.

Aims: The present study aims to better illustrate the natural course and clinical features of mirror syndrome, as well as reviewing different management approaches used to treat this condition and consequent outcomes.

Methods: We provide a systematic literature review of 186 papers with 115 patients reported between 1956 and 2016.

Results: The mean gestational age at diagnosis was 27 weeks (16-39w). Edema/weight gain (82.6%) followed by hypertension (59.1%) were the commonest maternal findings. However, fetal hydrops (93%) and placental edema (61.7%) were the commonest sonographic features. Multiple associated conditions such as isoimmunization, multiple gestations, and viral intrauterine infections were identified, but notably, with no impact on the fetal outcome. Procedural interventions, either surgical or minimally invasive, were required in (53%) of the cases to correct the fetal condition. In comparison, (33.1%) of the cases were managed conservatively. Other cases were managed by induction or termination of pregnancy. Procedural interventions done to correct fetal hydrops/anemia in utero as well as induction of labor were the only treatment modalities associated with improved fetal survival; p-values of 0.01 and 0.02, respectively. The overall fetal/neonatal mortality was 63.5%.

Conclusion: Mirror syndrome is a serious complication of med-to-late pregnancy, with markedly increased fetal mortality. When judiciously considered, procedural interventions to correct the cause of fetal hydrops as well as induction of labor are warranted to improve fetal survival.

Biography

Loai S Alghifees is an ambitious and a hard working medical student. During his college years, he participated in many research activities, moreover; he was the head of the scientific committee of medical student’s research club. He is keen on public presentations. He gave many lectures and presentations to junior students.

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