

# Marfan syndrome, aortic dissection and pregnancy – the triple combination

Running Head: Marfan and Pregnancy

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Dear Editor,

We read with great interest the article by Cottrell and associates [1]. We would like to offer our praise towards their retrospective study regarding the acceptability of conception for women with Marfans, a connective tissue disorder. Their recommendation stands that in the presence of efficient and effective multi-disciplinary team approach toward the care, pregnancy can be encouraged in these patients. The study included four women who had healthy pregnancy either before or after the surgery on aortic root and all with seemingly positive outcomes, along with four other citations of previous studies to establish greater assistance to their recommendation.

Nevertheless, the article does conclude that more research is necessary for risk stratification but overall conception in women with Marfans should not be discouraged. Perhaps it would be encouraging to the authors that there is further research available which hold the same opinions, particularly when seeing improved results in mortality for valvular surgeries in those with Marfans [2]. In-fact even some previous works have also corroborated with the safety of conception in Marfans provided the aortic root diameter remains under 45mm [3].

However, whilst preconceptual counselling is paramount, in many cases this can be missed due to the syndrome not being diagnosed prior to the pregnancy [4], and so having a prerequisite of early detection and following of any clinical guidelines would be vital in reducing the rate of adverse life-threatening results later on. This is particularly important as those with Marfans have up to 6.4% [5] more chance of developing aortic dissection. There also needs to be consideration that aortic dissection can occur without any prior risk factors [2] in these patients, and so a greater importance should be given to those that do have any pathologies of significance. Therefore, we call for an international registry to track the practice of cardiac and aortic surgeries during pregnancy with appropriate follow-up and reporting their outcomes.

## References:

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