

# CASE REPORT

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## SUCCESSFUL OUTCOME OF PREGNANCY WITH APLASTIC ANAEMIA: A CASE REPORT

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**SUMMARY:** Pregnancy in aplastic anaemia is rare and it offers great problems to haematologist as well as obstetrician as the management of such cases challenges their skills in deciding the best treatment option for the patient. It could be life threatening because of the haemorrhage and sepsis in the mother while the foetus may suffer from intrauterine growth restriction and intrauterine death. However the gold standard treatment for aplastic anaemia is bone marrow transplantation, which is contraindicated in pregnancy because it requires high doses of immunosuppressive therapy which could be toxic to the foetus. There is no universal agreement about the optimal treatment regime for this disorder in pregnancy. The present case report describes a patient with aplastic anaemia who was managed with intensive haematological support leading to delivery of a healthy infant by caesarean section.

**KEY WORDS:** aplastic anaemia, immunosuppressive therapy, pregnancy outcome