

Embryonic Reduction in Triplet Pregnancies A Milestone in Cuba: A Single-Center Experience.

Astrid Galvez, Camilo Anaya, Yovany Vazquez.

1. Gynecological and Obstetric Hospital Ramón González Coro, 2. Provincial Center for Medical Genetics. 3. School of Medical Sciences Manuel Fajardo, 4.University of Medical Sciences of Havana, Cuba

OBJECTIVES

To describe the perinatal outcomes and the impact on maternal-fetal health of embryonic reduction as a therapeutic option for pregnant women with triplet pregnancies in Cuba.

METHODS

A retrospective descriptive study was conducted on pregnant women with triplet pregnancies who requested the procedure of embryonic reduction. The analysis covered maternal sociodemographic characteristics, reproductive assistance techniques used, and perinatal outcomes of patients attended at the Provincial Genetics Department of Havana between 2017 and 2023.



MATERNAL AND PREGNANCY CHARACTERISTICS

Variable	N	%
Maternal age		
25–29 years	1	8.3
30–34 years	2	16.7
35–39 years	3	25.0
Over 39 years	6	50.0
Total	12	100
Fertilization method		
Spontaneous	0	0.0
ART low complexity	2	16.7
ART high complexity	10	83.3
Total	12	100
Number of fetuses and chorionicity		
Trichorionic triplets	12	100
Total	12	100

RESULTS

- During this period, 12 pregnant women underwent the procedure of embryonic reduction. 83.4% of the pregnancies were conceived using assisted reproductive technologies, with in vitro fertilization predominating. All cases involved trichorionic triplets. Advanced maternal age was a predominant factor, with 58.3% of the pregnant women over 35 years old. All participants achieved delivery after week 34, without significant maternal or fetal complications.

CONCLUSIONS

- Embryonic reduction appears to be an effective option for improving perinatal prognosis in triplet pregnancies in Cuba. Despite the limited number of cases, the results suggest that this intervention may be beneficial for pregnant women, allowing for better management of the risks associated with multiple pregnancies. Although the procedure is not novel internationally, its implementation in the Cuban context represents a significant milestone that enhances perinatal outcomes and offers a viable alternative for patients.