

Asymptomatic Hypertriglyceridemia in pregnant lady diagnosed during Delivery in WGH

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Summary

33 years Asian lady presented at term in labour and had spontaneous vaginal delivery complicated by primary PHH with grade two perineal tear noticed to have strawberry milk shake bloods and grase blood when samples taken for group cross match and u&E , LFT . All samples had failed to be processed except for FBC due to lipaemia . Her lipid profile showed hpertriglycemia 80 times above the upper normal limit though patient was asymptomatic.with mild raise in serum lipase Amylase couldn't be processed as well.

Background

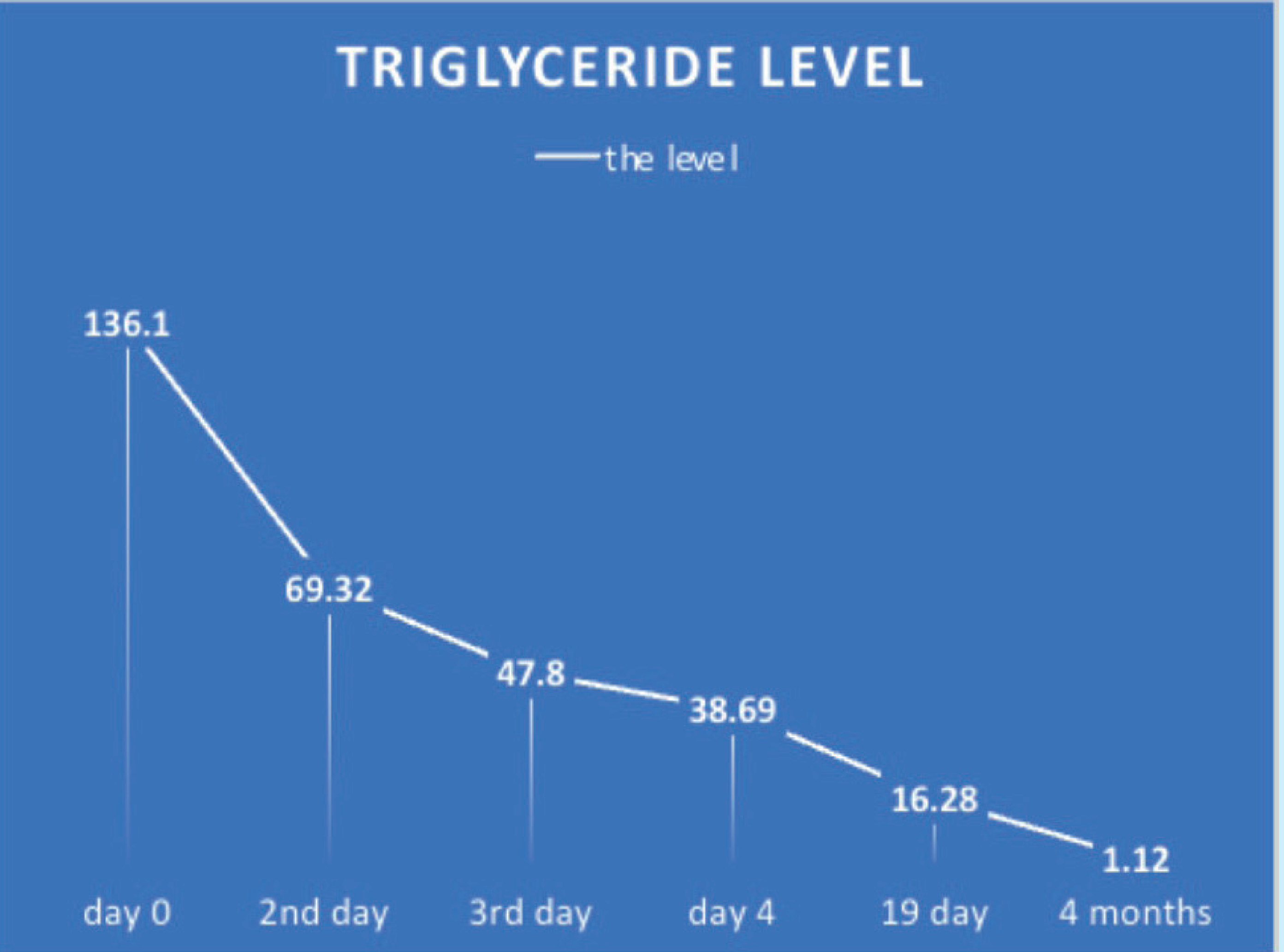
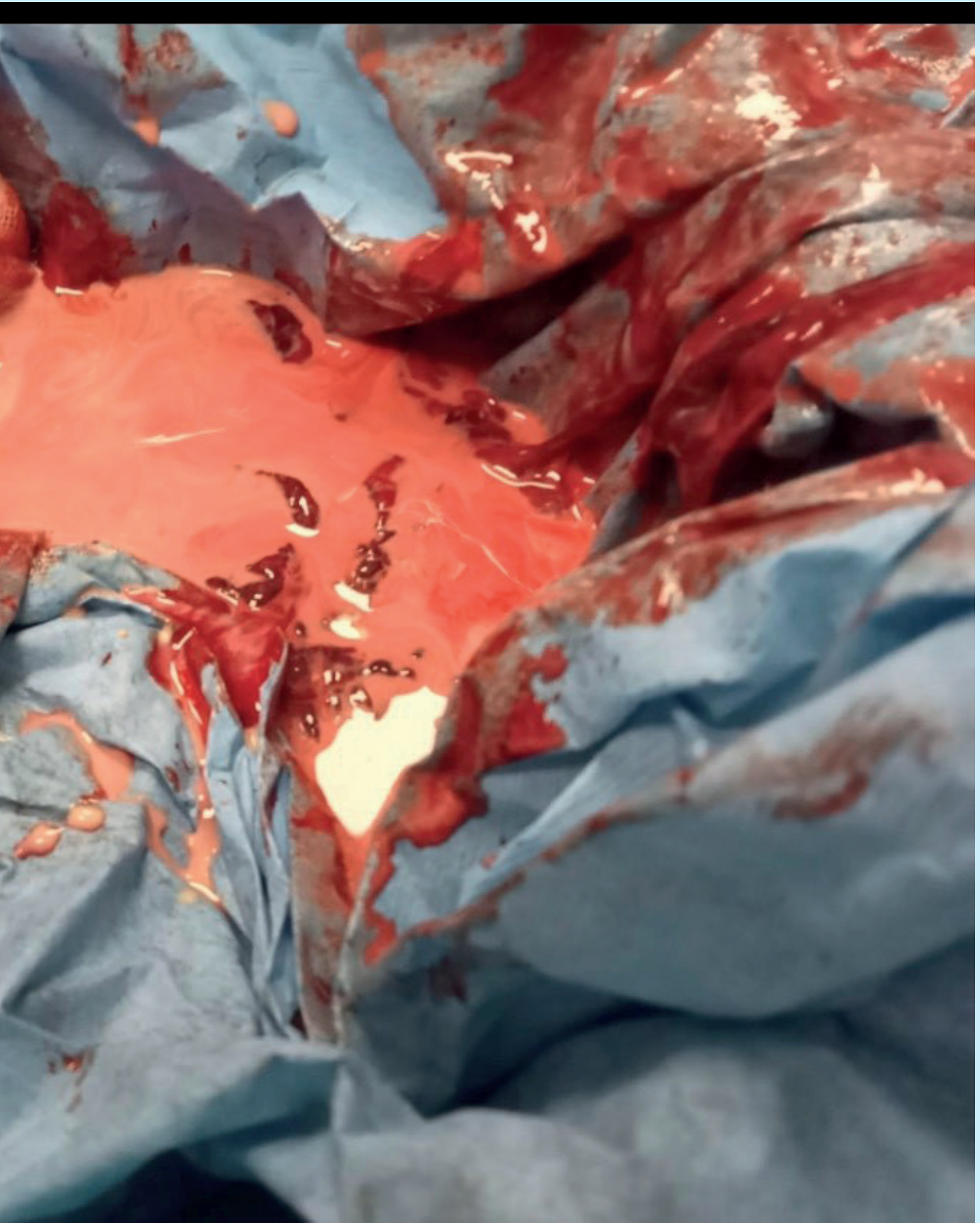
The pregnancy hormones can lead to change in lipid profile and for TG to be increased 3 times by third trimester and this can be happening more if there is a background family history of hypertryglyceridemia or the women her self develop GDM or known case of insulin resistance. And that high level can put the patient under risk of having pancreatitis or develop hypervescosity and preeclampsia. There is few cases out side pregnancy for infants as well as adults for same condition but there is few cases seen or diagnosed for first time during pregnancy , in this case there was no previous personal or family history of same as well as the patient was not diabetic, her GTT normal as per Irish reference.

Case presentation

Asian origin Kora
P1 +1 now
No significant Medical or Surgical History
NKDA
BMI 23.2
Booked at 18 wks +5 days
ORh+ve
Vaccinated COVID 19 x3
Rubella non immune
Waiting her Cx smear
Normal Anomaly scan
Started as MLC then has one episode of palpitations around 28/40 wks then transfer to CLC
Went for FBC &TSH all normal
She presented at 40 wks in labour, delivered sponontenous
PPH of 1320 ml
With one spike of temperature , her bloods noticed to be strawberry as she bleeding per vagina as well the blood which has been taken to investigate her PPH and spike temperature bloods in bottles noticed to be milky
Medical team involved and ask for her triglycerides and cholesterol levels

Investigations

The first sample which has been sent couldn't be process because of lipaemia
Triglycerides comes as 136. 1mmol/L Upper limit is 1.7 mmol/L . No cholesterol or HDL because of lipaemia.
Lipase level 103 unit (8-78)
She has been started on fenofibrate 160 mg OD replaced with micronised fenofibrate 200 mg OD to reduce lipid level as well as prevent pancreatitis she has been counselled about this medication and breast feeding .
Pt put in Prophylactic dose of LMWH and has been seen by dietitian
She has been followed and the level has been dropping dramatically from 136.1 mmol/L to 34.6 mmol/L over 5 days of the use of fenofibrate
Discharged home after stopping the medication .
For review by medics in 2/52.



Reference:
1-<https://casereports.bmj.com/content/15/8/e249000> . | 2-<https://doi.org/10.2217/clp.15.25> | 3-<https://www.researchgate.net/publication/285759702> . | 4-<https://www.uptodate.com/contents/hypertriglyceridemia-in-adults-management> | 5-<https://emedicine.medscape.com/article/126568-overview>.