

ACUTE FATTY LIVER OF PREGNANCY

AFLP DOES NOT KNOCK, IT CRASHES IN !!!!

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INTRODUCTION

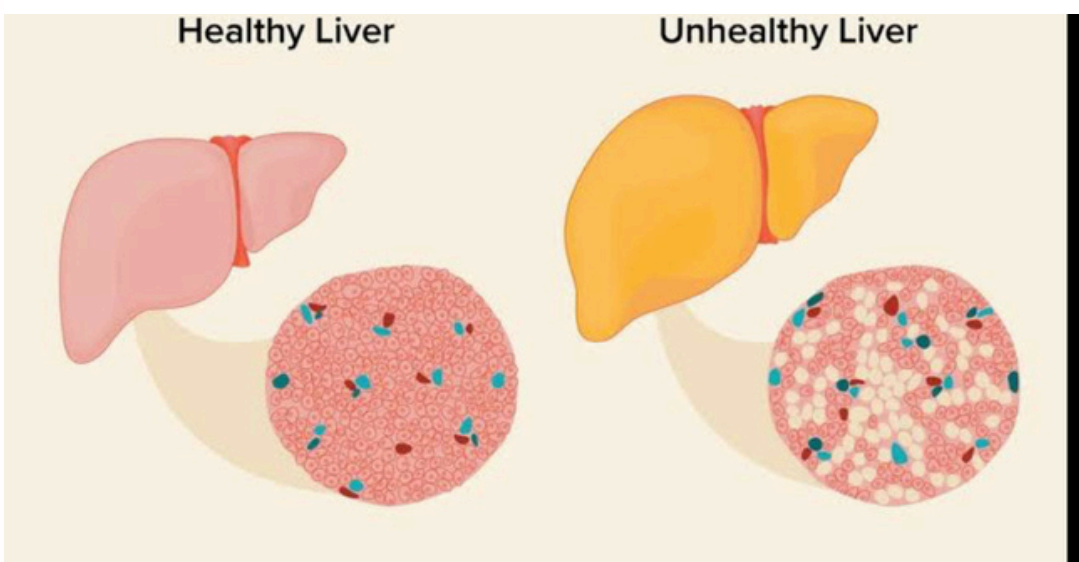
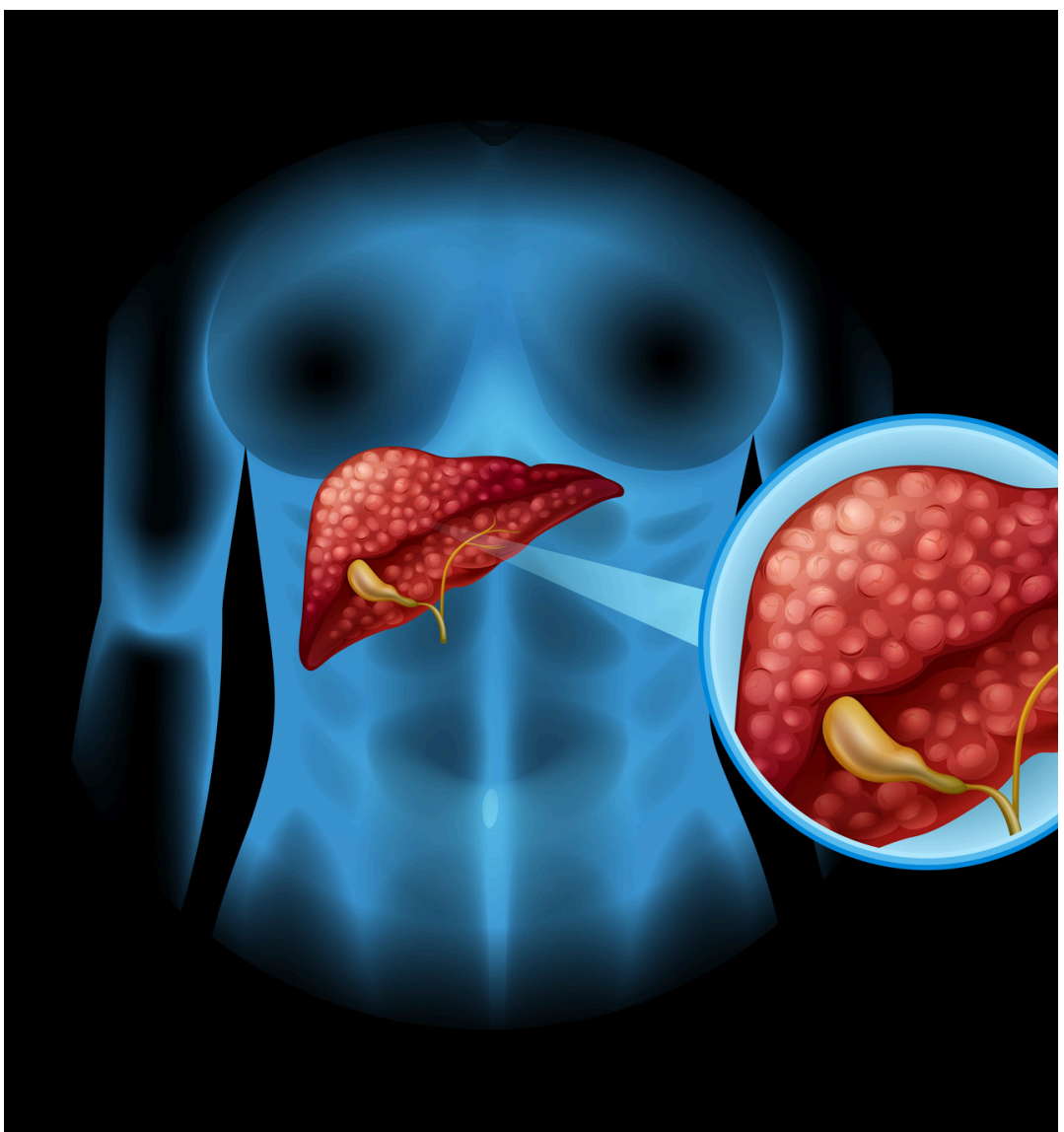
Acute Fatty Liver of Pregnancy (AFLP) is a rare but potentially life-threatening obstetric emergency, occurring in approximately 1 in 10,000 to 20,000 pregnancies. It is characterized by microvesicular steatosis, a pathological condition where fat accumulates within hepatocytes, impairing liver function. AFLP is associated with significant maternal and fetal morbidity and mortality due to its rapid progression and systemic implications. Despite advancements in maternal healthcare, delayed recognition and management remain critical challenges.

METHODOLOGY

The study involved a thorough review of existing literature on AFLP, complemented by a retrospective analysis of three documented cases managed in a tertiary care setting. Each case was assessed for clinical manifestations, laboratory findings, imaging results, management strategies, and patient outcomes. Special emphasis was placed on identifying patterns in disease progression and evaluating the efficacy of treatment protocols.

CONCLUSION

Acute Fatty Liver of Pregnancy is a critical condition that demands heightened clinical vigilance, especially in the third trimester. Early recognition based on clinical suspicion and confirmatory diagnostics is vital to initiating life-saving interventions, including immediate delivery. This review underscores the necessity for continued education and awareness among healthcare providers to reduce maternal-fetal morbidity and mortality associated with AFLP. Future research should focus on refining diagnostic tools, identifying high-risk populations, and optimizing treatment protocols to improve outcomes further



OBJECTIVE

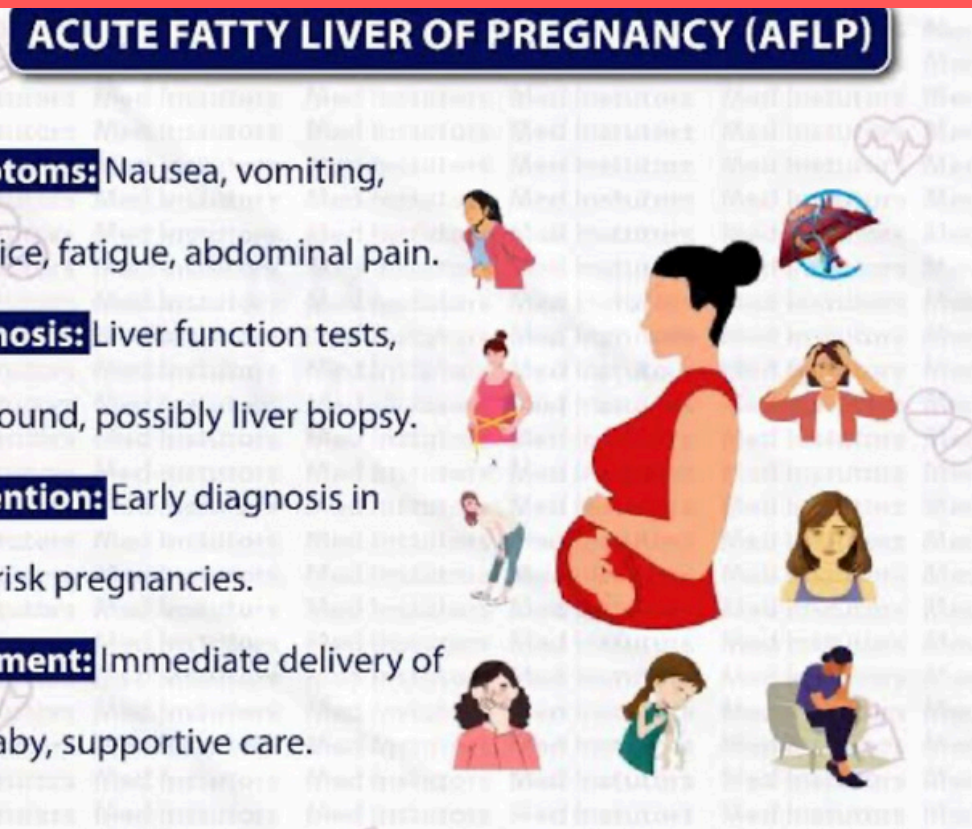
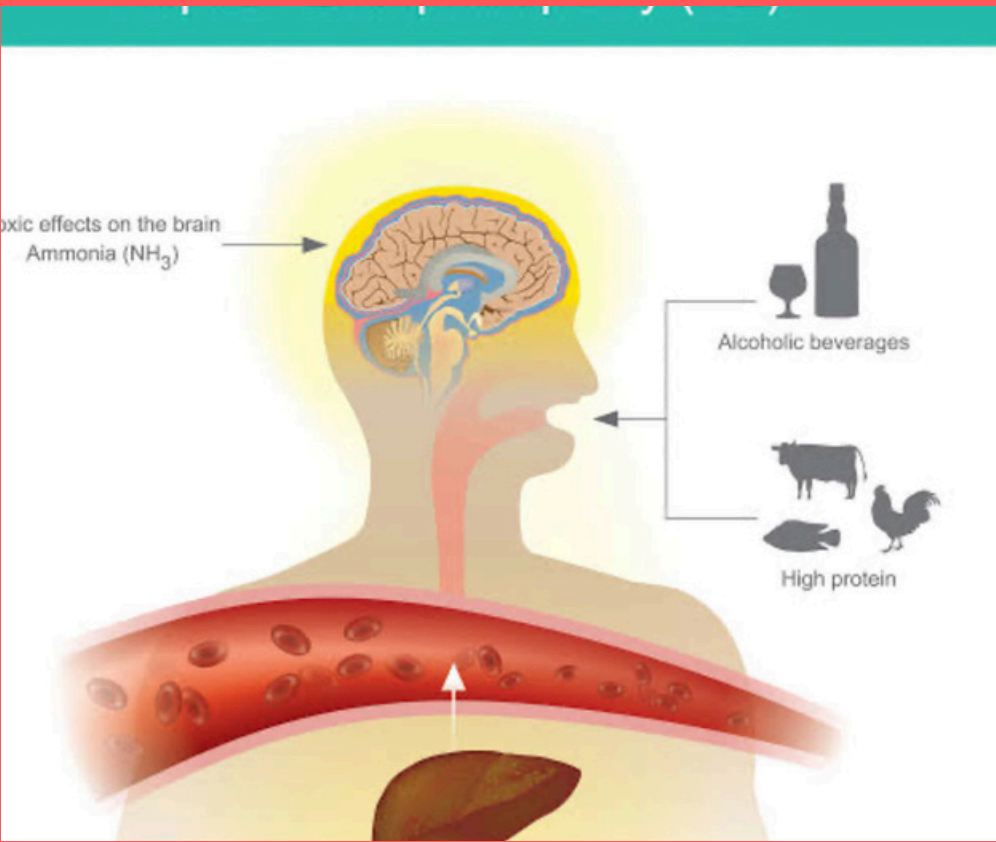
This comprehensive review aims to provide an in-depth analysis of Acute Fatty Liver of Pregnancy by exploring its clinical presentation, diagnostic criteria, and therapeutic interventions. Through the evaluation of three illustrative cases, this study emphasizes the importance of early diagnosis, multidisciplinary management, and timely delivery in improving outcomes for both mother and fetus.

RESULTS/FINDINGS

The findings from this case series highlight the critical impact of early detection and intervention in AFLP management:

- Case 1 demonstrated severe hepatic dysfunction with multi-organ involvement due to delayed recognition, ultimately resulting in fatal hepatic failure.
- Case 2 involved a patient with atypical symptoms but timely diagnosis and prompt delivery, leading to complete recovery for both mother and fetus.
- Case 3 presented with classic clinical and biochemical features of AFLP. Rapid implementation of supportive care and expedited delivery were instrumental in achieving favorable maternal and neonatal outcomes.

Across all cases, laboratory markers such as elevated liver enzymes, hypoglycemia, and coagulopathy, alongside imaging findings, proved pivotal in diagnosis. The Swansea criteria were instrumental in guiding clinical decision-making.



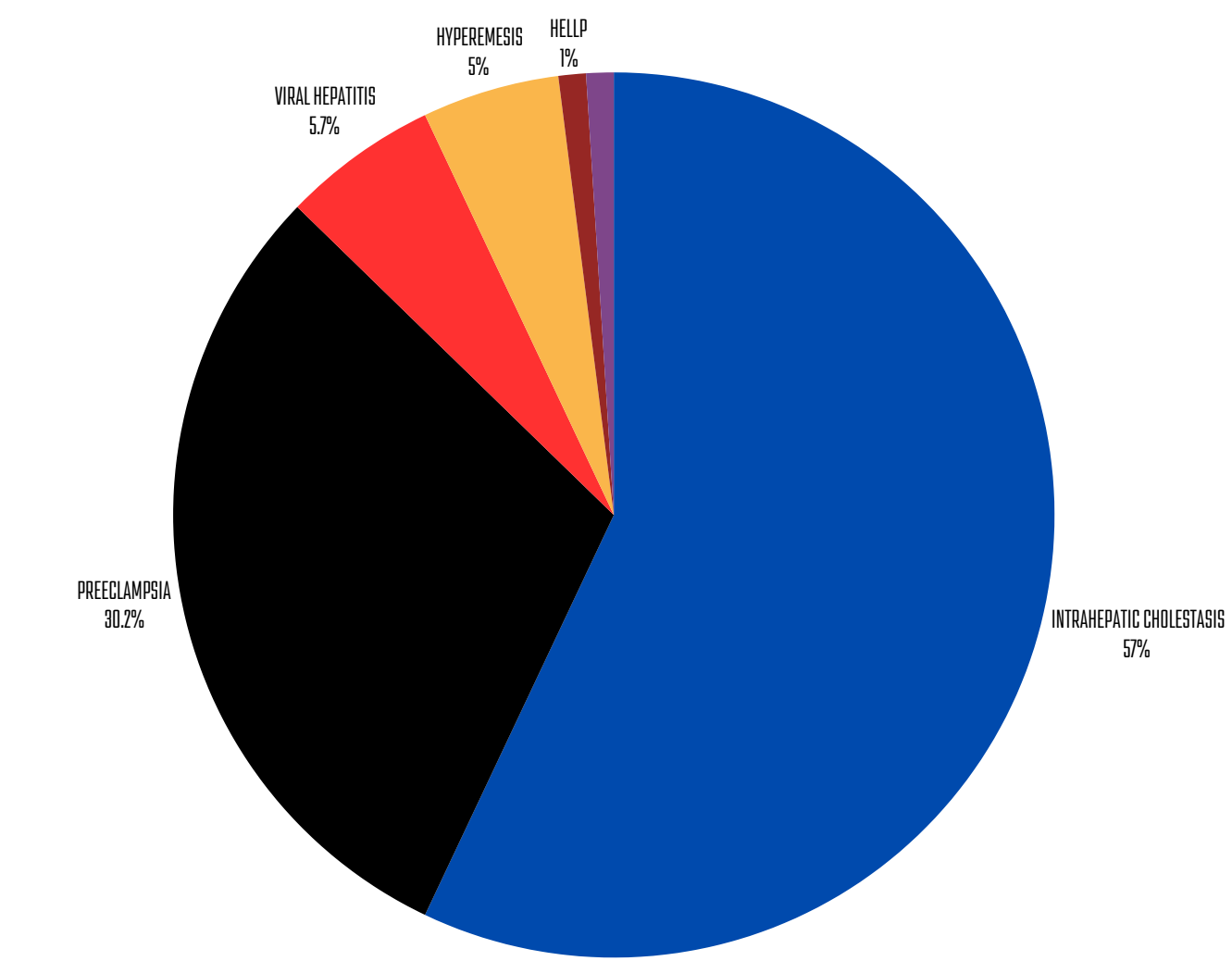
ANALYSIS

Local Disease Burden and Clinical Patterns

Over the past year, our facility recorded **298 cases** of liver disorders related to pregnancy:

- **Intrahepatic Cholestasis:** 170 cases
- **Preeclampsia:** 90 cases
- **Viral Hepatitis:** 17 cases
- **Hyperemesis:** 15 cases
- **HELLP Syndrome:** 3 cases
- **AFLP:** 3 cases

While AFLP may be rare, it is extremely lethal and requires **vigilance** well beyond its numbers



GRAPHIC PRESENTATION OF AFLP CASES IN KARACHI CMH IN ONE YEAR

RELATED LITERATURE

- White, Alekha, et al. "Acute Fatty Liver of Pregnancy." *MDPI Maternal Health*, 2024, <https://www.mdpi.com/2673-3897/5/4/25>.
- Sinha, Shivangini, et al. "A Case Report on Acute Fatty Liver of Pregnancy: A Difficult Differential Diagnosis of Liver Disorder." *Cureus*, vol. 15, no. 8, 2023, <https://doi.org/10.7755/cureus.1504623204>.
- "Acute Fatty Liver in Pregnancy Presenting in the Second Trimester." *BMC Pregnancy and Childbirth*, vol. 25, no. 1, 2025, Article 46, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC12091954/>.
- "Acute Fatty Liver of Pregnancy Complicated by Coagulopathy: A Case Report." *Clinical Case Reports*, vol. 11, no. 3, 2023, e1285, <https://onlinelibrary.wiley.com/doi/abs/10.1002/ccr3.2283>.
- "Safety and Efficacy of Plasmapheresis in Treatment of Acute Fatty Liver of Pregnancy." *Frontiers in Medicine*, vol. 11, 2024, 1433324, <https://www.frontiersin.org/articles/10.3389/fmed.2024.1433324/full>.

