

## Successful Pregnancies Following Radiotherapy

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### Introduction

Most of the time we encounter infertility or recurrent abortions following malignancy and radiotherapy. Here we are reporting a diabetic patient having two successful pregnancies following carcinoma of the breast treated with surgery and radiotherapy.

### Case Report

A 37 year old woman, P1+1 had a history of invasive ductal carcinoma of the left breast ( $T_3N_0M_0$ ) in July 1995 for which she had undergone simple mastectomy followed by external radiotherapy with Telecobalt in March and April 1996.

She had an episode of spontaneous abortion in February 1996 when she was diagnosed as suffering from diabetes mellitus and was started on glypizide 5 mg twice a day.

She came for regular follow-up every six months and underwent extensive screening for metastases. She had no evidence of recurrence or metastasis. She also had regular menstrual cycles.

She conceived spontaneously and delivered by cesarean section a 5 kg healthy male baby, in 1998.

She discontinued her antidiabetic medications and

failed to attend diabetic clinic since then.

She came to the OPD in March 2001 with amenorrhea since 8<sup>th</sup> January, 2001. Her fasting blood sugar was 243mg%. She was started on soluble insulin in a dosage of 11U, 15U and 7U following breakfast, lunch and dinner, respectively. The doses were titrated to 10U, 19U and 10U respectively.

An anomaly scan revealed no major abnormality. Her antenatal period was uneventful. A female baby weighing 4.7 kg was delivered by cesarean section at 37 completed weeks of gestation on 28<sup>th</sup> September, 2001. Concurrently, sterilization operation was performed.

Her post operative period was uneventful and she was able to nurse her baby normally.

### Discussion

Two successful pregnancies in this diabetic patient following radiotherapy to the breast prove that the effective dose to the gonads in breast radiotherapy is not detrimental to a woman's reproductive performance. Velentgas et al<sup>1</sup> have studied outcomes in pregnancies after cancer of the breast.

### Reference

1. Velentgas P, Daling JR, Malone KE et al. Pregnancy after breast carcinoma: outcomes and influence on mortality. *Cancer* 1999; 85: 2424-32.

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