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Folic acid deficiency in Periconceptual period is still major cause of Meningomyelocele in rural areas of western UP

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Meningomyelocele is congenital defect and most common neural tube closure defect having high rate of morbidity and disability in children. Its global prevalence is 0.8–1 per 1,000 live births. 80% of Meningomyelocele children may have Hydrocephalus. This study aims to evaluate the clinical profile and use of folic acid in periconceptual period by mothers in rural areas of western U.P., and outcome of children with Meningomyelocele.

Methods and Materials: 226 patients with Meningomyelocele admitted in SVBP Hospital, Meerut and in private hospitals of nearby areas between August 2015 to December 2018, were analysed prospectively. The data regarding clinical profile with associated congenital anomalies and supplementation of folic acid by mother in periconceptual period and post-surgical disabilities were obtained by questionnaire-interview with the parents. Drug history pertaining to drugs causing folic acid deficiency was unavailable as most of the patients belonged to low socio-economic strata and were illiterate. MRI was the essential investigation in all patients.

Results: Mean age of presentation was 9.1 months. M:F ratio is 1.1:1. Lumbosacral region was involved in 73.5%. Hydrocephalus was in (63.71%, n=144) 92% had No folic acid supplementation & all belonged to socioeconomic status. Excision & repair of Meningomyelocele was performed (80% n=180), dural patch was used in 8.35%(n=15).and 20% unoperated. Out of 180 operated patients 80%(n=144)


improved & were discharged, and 6.6%(n=12) expired, 13.35%(n=24) left against medical advice (LAMA).

Conclusion: Low socioeconomic status & no maternal supplementation of folic acid in periconceptual period are the important risk factors for the development of Meningomyelocele. Timely intervention with excision and repair gives good result. Dural patch and modified z-plasty can be used to cover large defects.

Speaker Biography

Sanjay Sharma has done his graduation and masters in surgery from LLRM Medical College Meerut. Thereafter he did a senior residency in cardiology from GB Pant Hospital and senior residency in Neurosurgery from Safdarjung Hospital Delhi whence he decided to become a Neurosurgeon and cracked the entrance examination. He did M Ch in Neurosurgery from KGMC Lucknow. Currently he is working as an Assistant Professor in the Department of Neurosurgery of LLRM Medical College and running CNS Hospital, a hospital dedicated to Neuroscience. He has presented quite a few papers in National and International conferences. He is the founder member of Meerut Neuroclub. He has served the U.P. Neurocon Society as a secretary, vice president and have been the president for 2018-2019. He is a lifetime member of the Neurological Society of India i.e. NSI, a life member of the Spinal Society of India, a life member of Neuro Trauma Society of India, a life member of IMA, Vista member of Congress of Neurological Surgeons USA. He has been awarded the Meerut Ratan award, Bharat Jyoti award in 2008 and Health ICON award for consecutively two years i.e. in 2018 and 2019..

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