

**1st Central and Eastern European Summit on
Preconception Health and Prevention of Birth Defects
Budapest, Hungary, August 27-30, 2008**

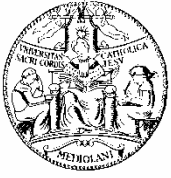
Preconceptional Care: Five Years Experience of a Teratology Information Service

Marco De Santis, Elena Cesari



*Telefono Rosso- TIS
Department of Obstetrics and Gynecology
Catholic University- Rome*





Teratology Information Services

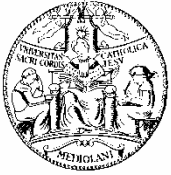


TISes focus on advising pregnant women, women planning pregnancy, breast feeding women and their families and health care providers on the reproductive safety or risk of prenatal exposure

TISes interpret information regarding known and potential reproductive risks into risk assessments that are communicated to individuals of reproductive age and health care providers

www.otispregnancy.org

Hancock RL 2007

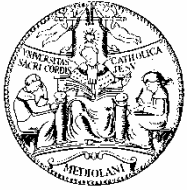


Telefono Rosso Teratology Information Service

Telefono Rosso is an ENTIS member



Telefono Rosso answers
8000 calls per year



Telefono Rosso Teratology Information Service

It was founded at the Catholic University in 1988.

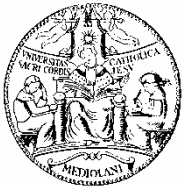
It was conceived in order to give a skilled, simple and quick counselling by phone about:

- Exposure to drugs , chemicals or infectious agents during pregnancy and breastfeeding
- Preconceptional care

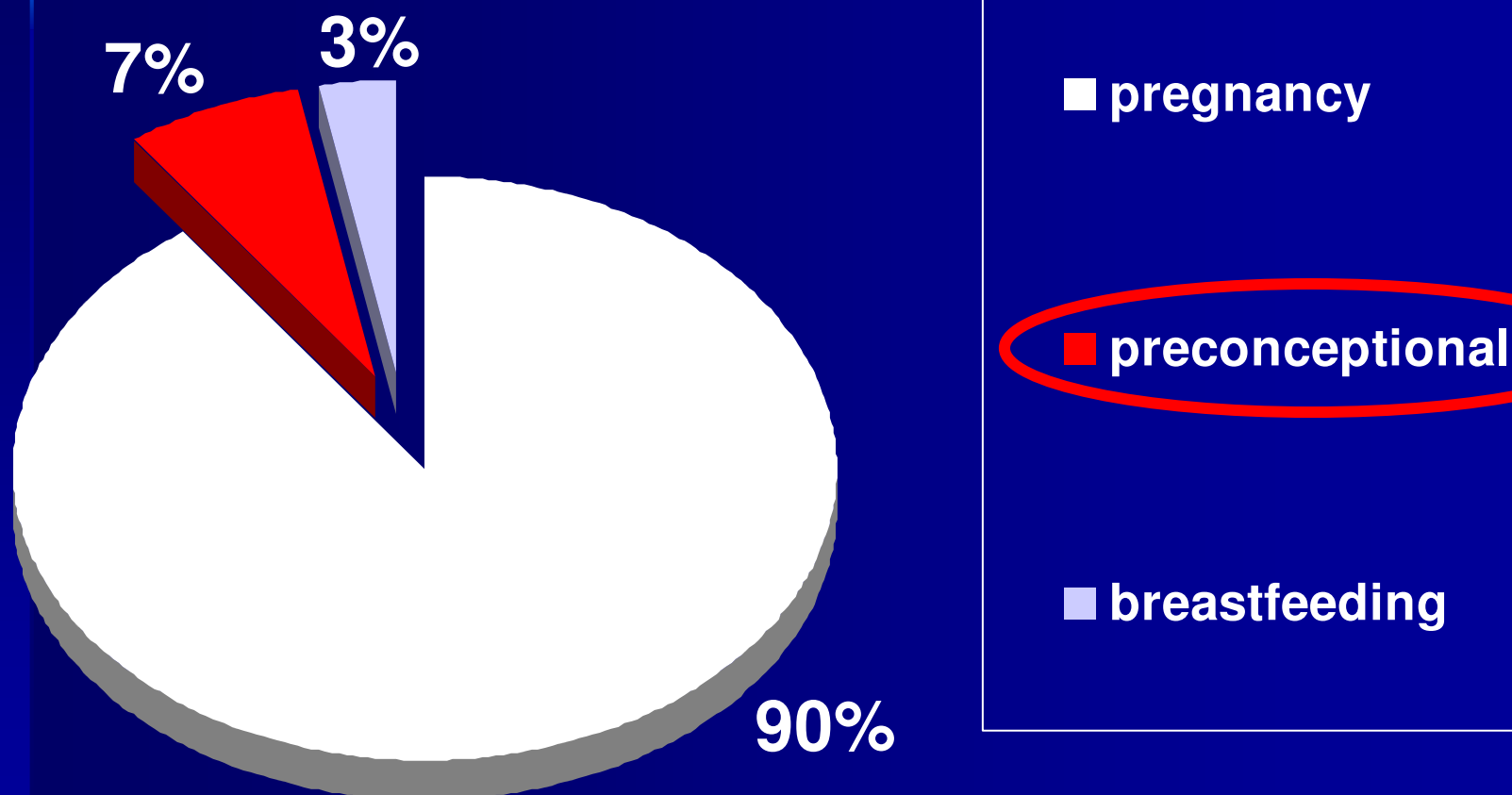


Telefono Rosso Teratology Information Service

- The information provided is based on current scientific data (TERIS, REPROTOX, TOXLINE, MEDLINE), which is collected and analyzed by TIS staff.
- All operators are gynecologists with expertise in teratology, prenatal diagnosis and fetal medicine
- It is open to health care providers and to general public
- It is free of charge and works from 9 a.m. to 1 p.m. for five days a week



Preconceptional counselling





*Preconceptional Care:
Five Years Experience of a Teratology Information Service*

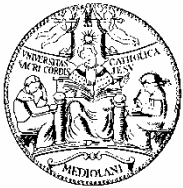
Study design

- *Objective*

To evaluate the main reasons of awareness in preconceptional period, the prevalence of chronic maternal diseases and the attitude to acid folic supplementation in a population calling to an Italian Teratology Information Service.

- *Method*

A descriptive study on 2405 callers asking for preconceptional care between 2002 and 2006.

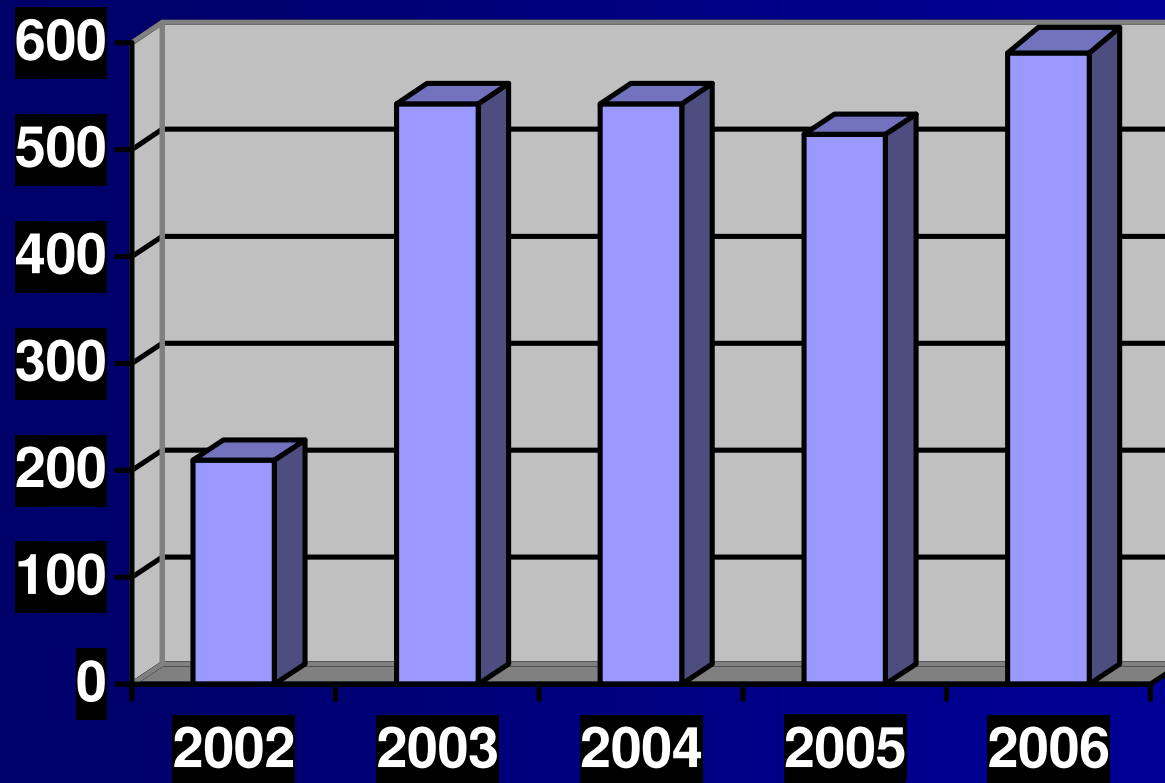


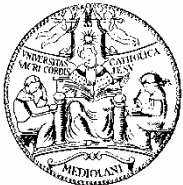
*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Preconceptional counselling

2405 calls from 2002 to 2006

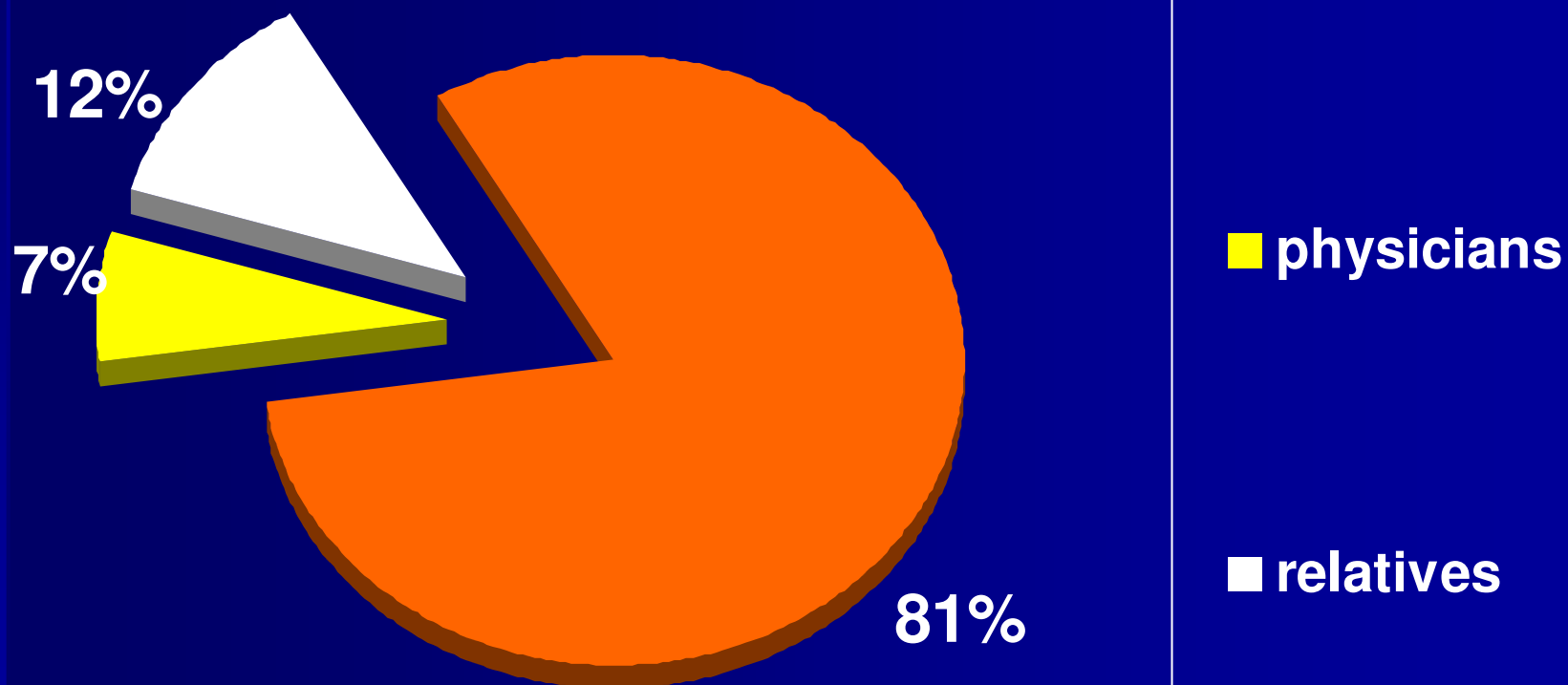




*Preconceptional Care:
Five Years Experience of a Teratology Information Service*
Results



Callers





*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

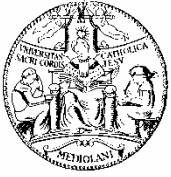
Study population

- mean age 33+/-6.7 years
- 76% nulliparae
- 24% multiparae:

58% just one pregnancy before

42% more than one



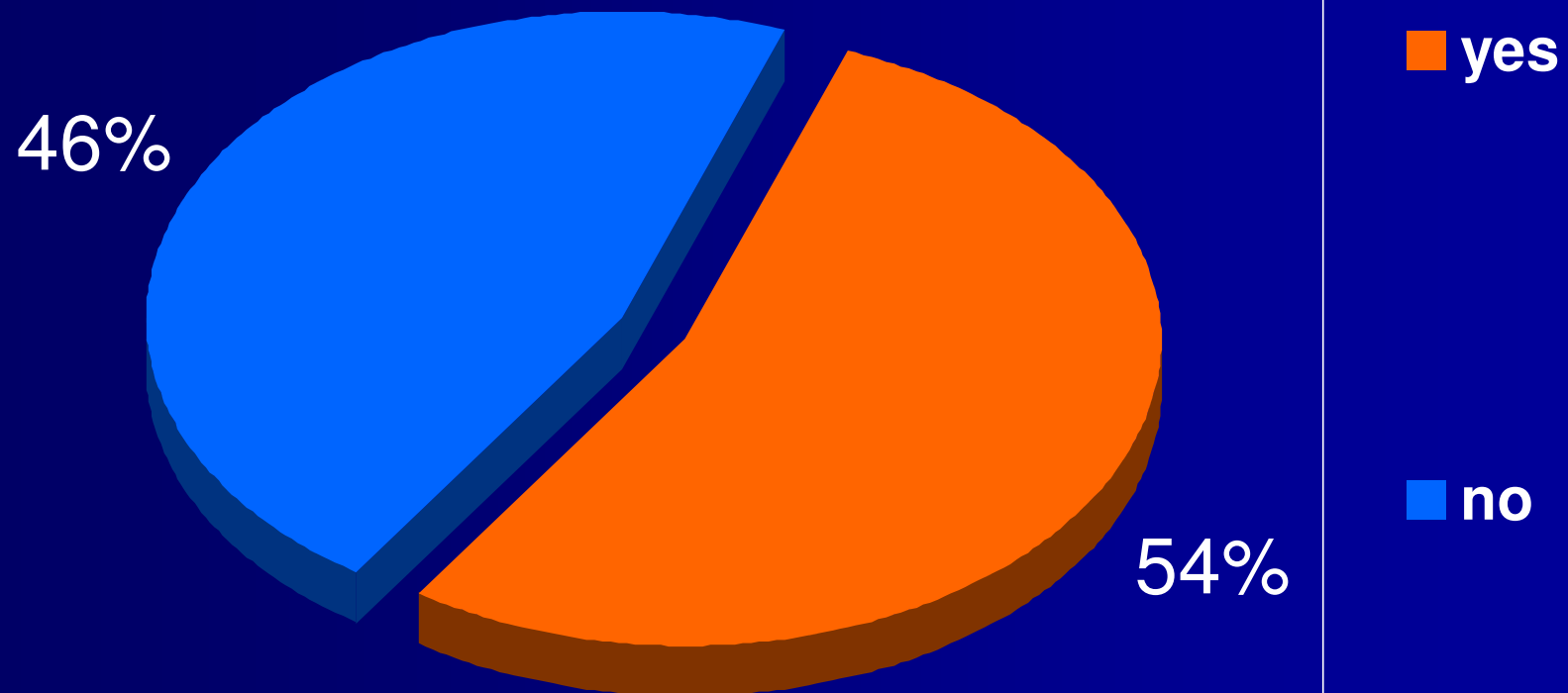


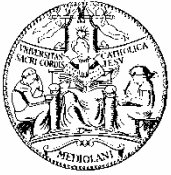
Chronic diseases



*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

Chronic disease referred at the moment of call

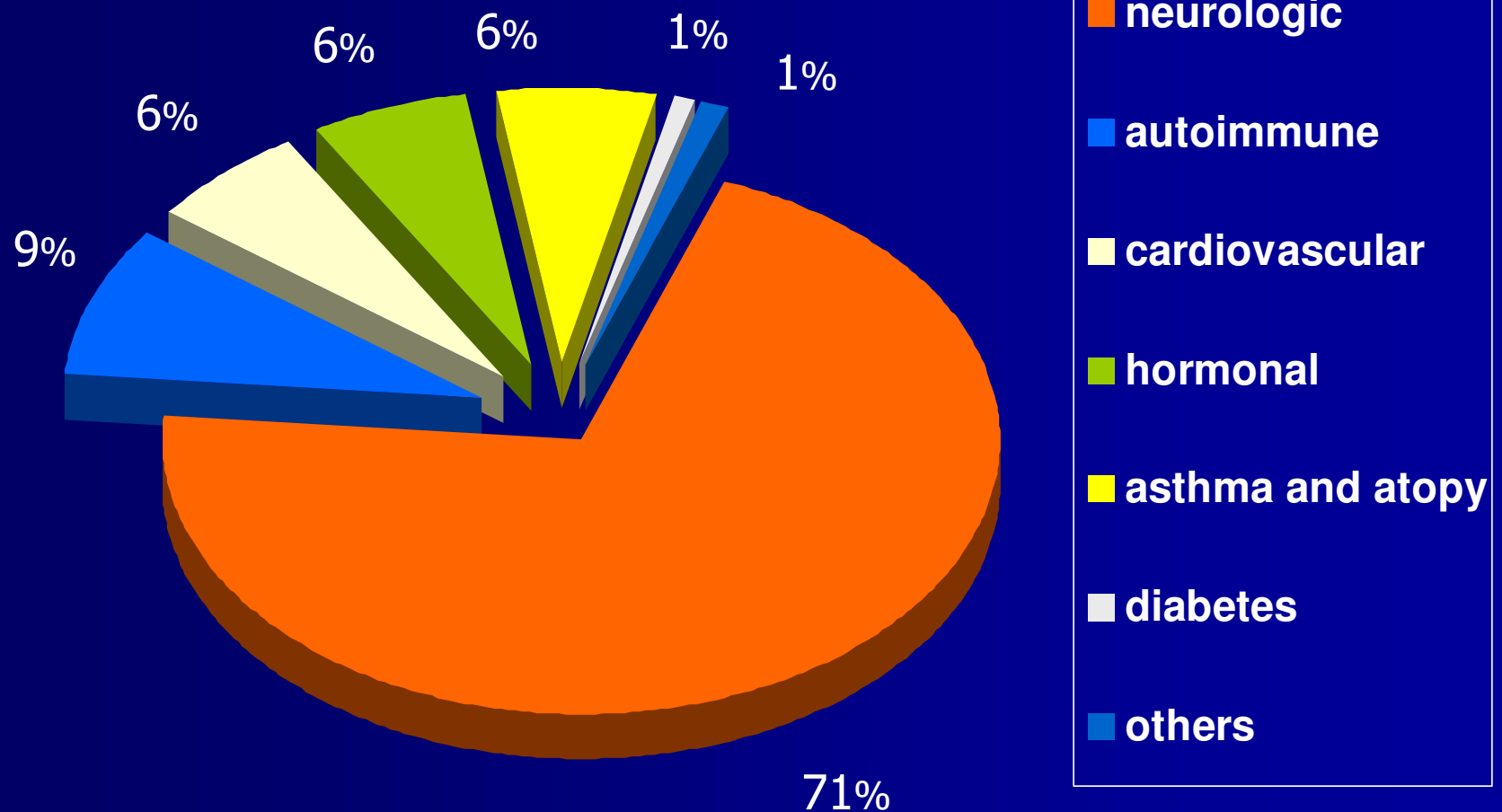


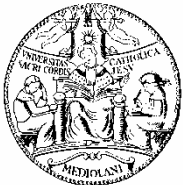


Chronic diseases



*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

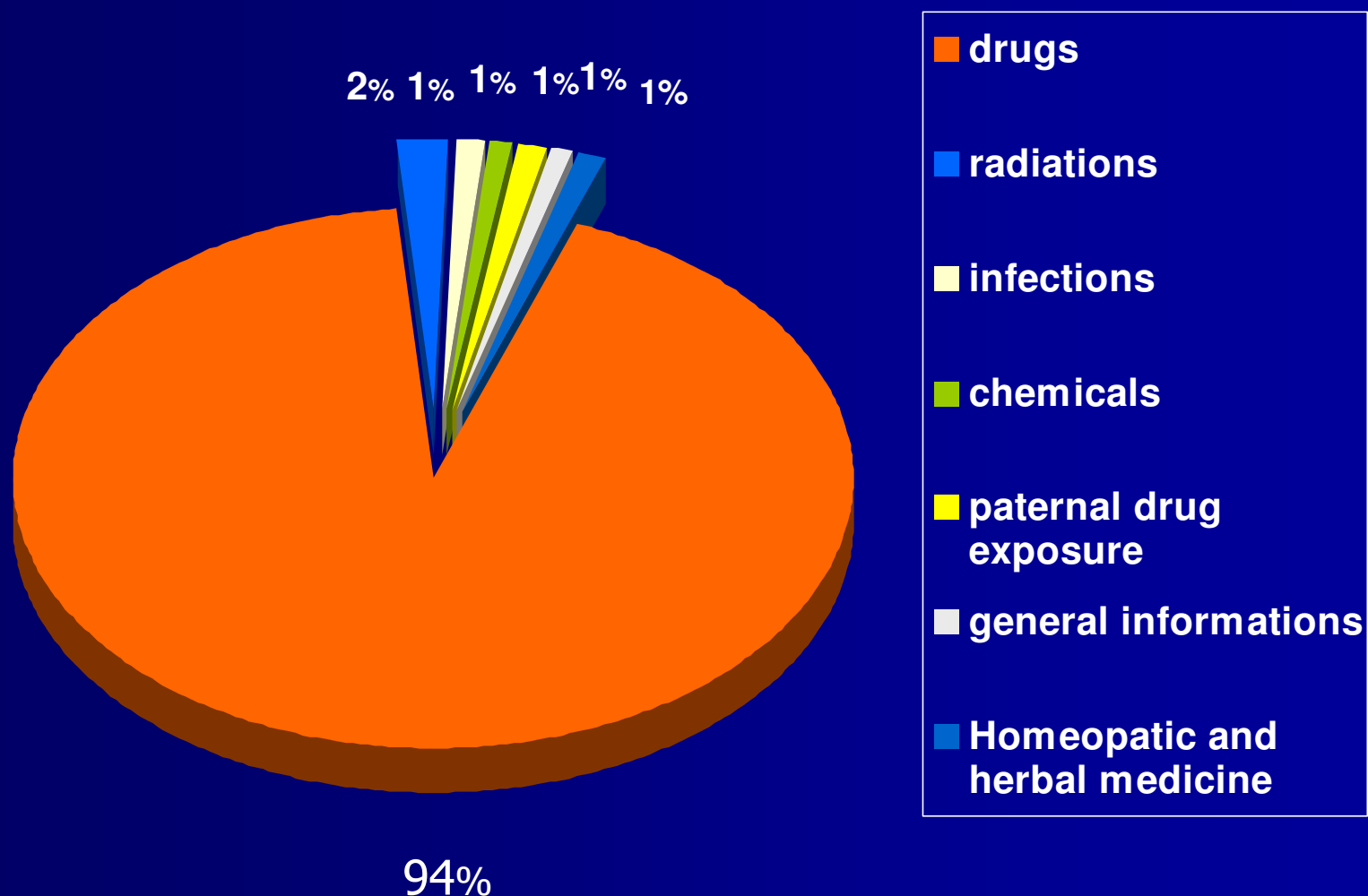




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Reason for calling

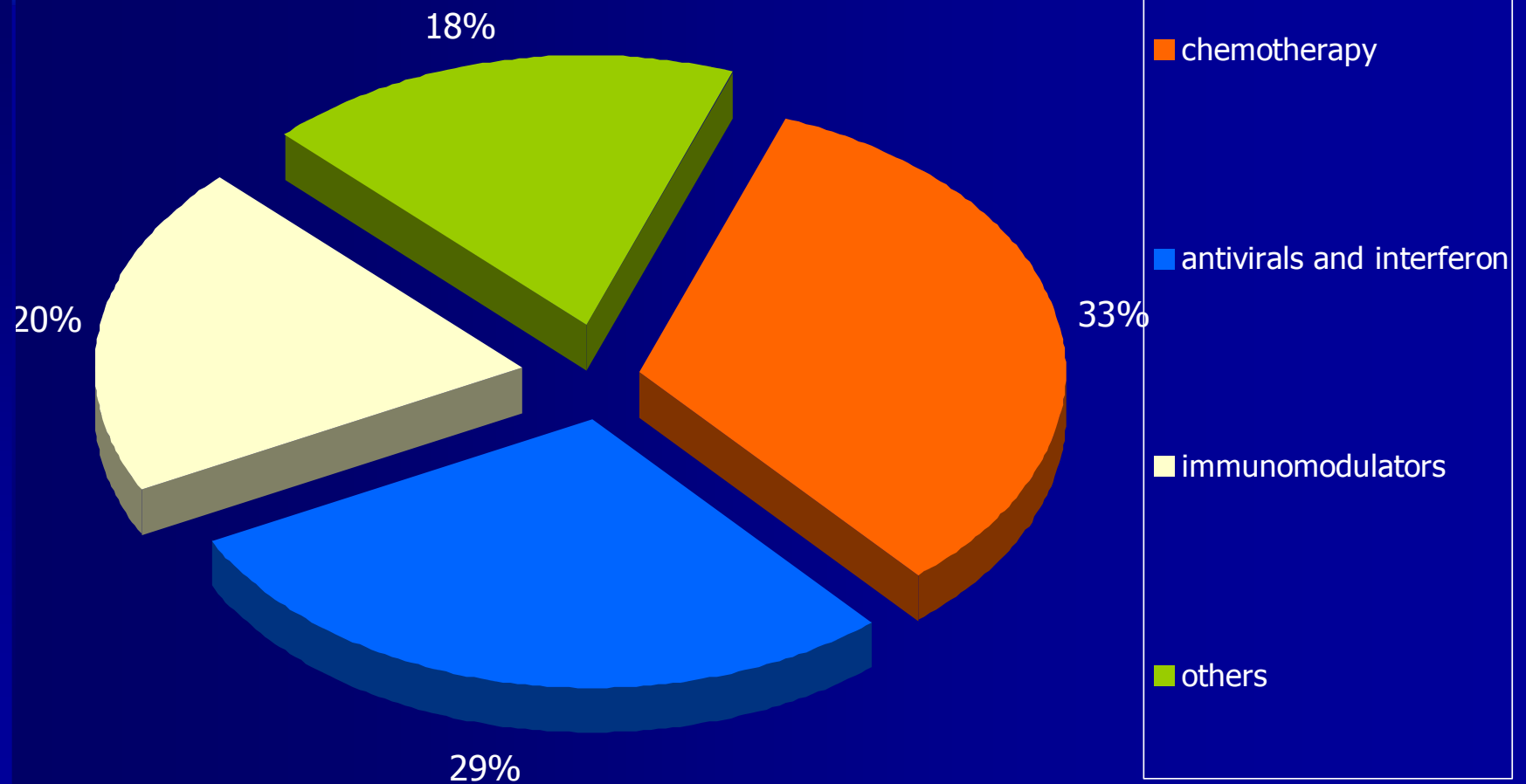




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Reason for calling: paternal drug exposure

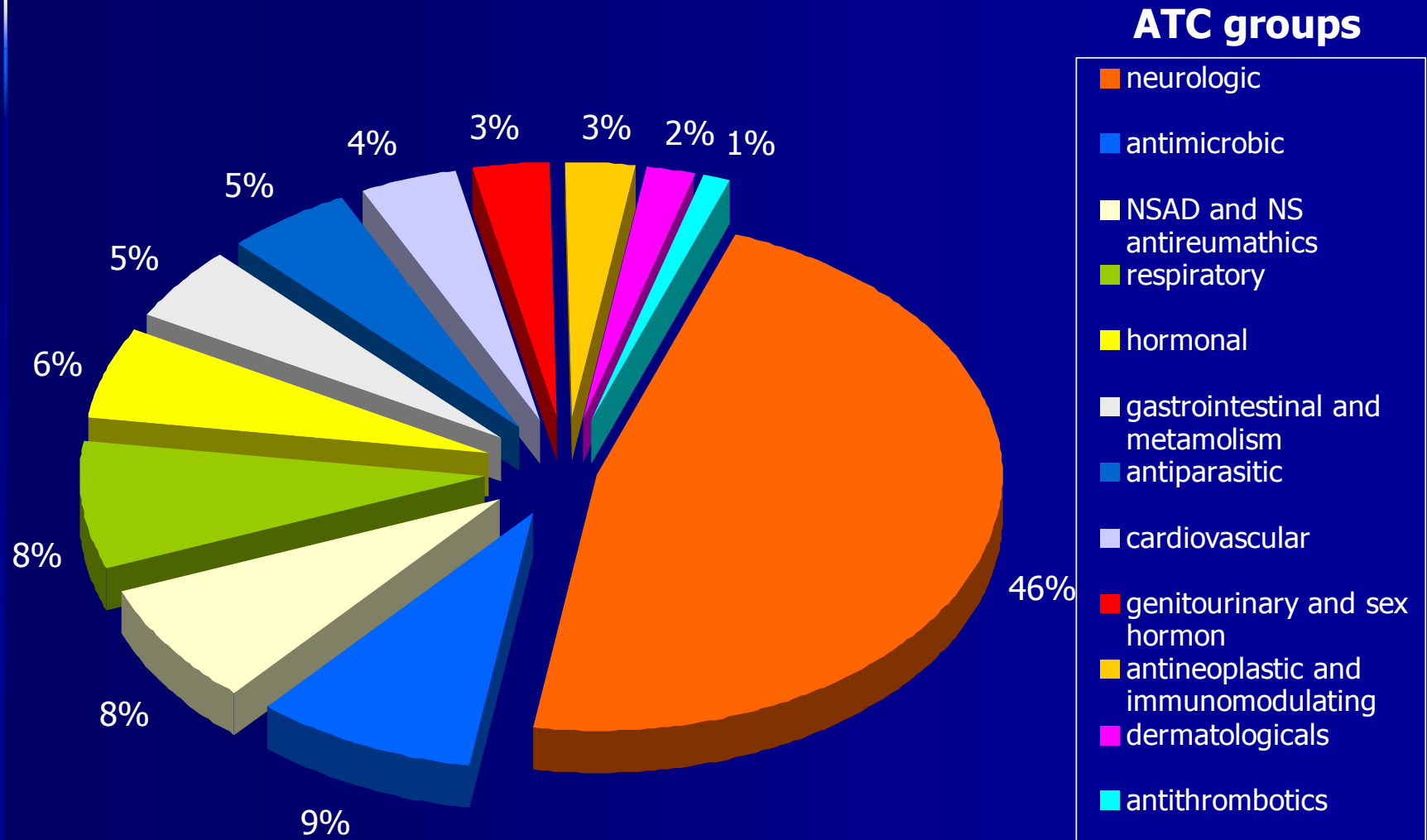




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Reason for calling: drugs

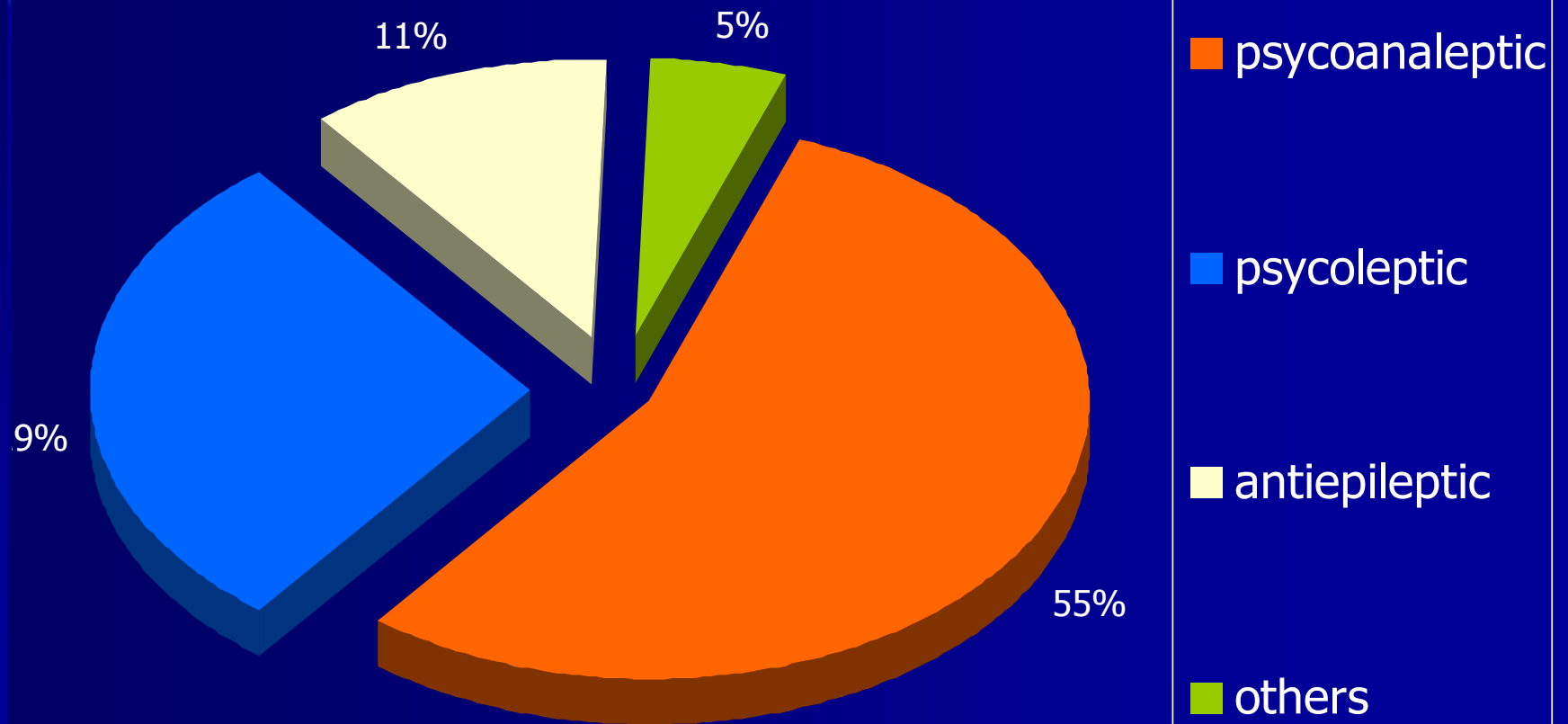




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Neurological drugs

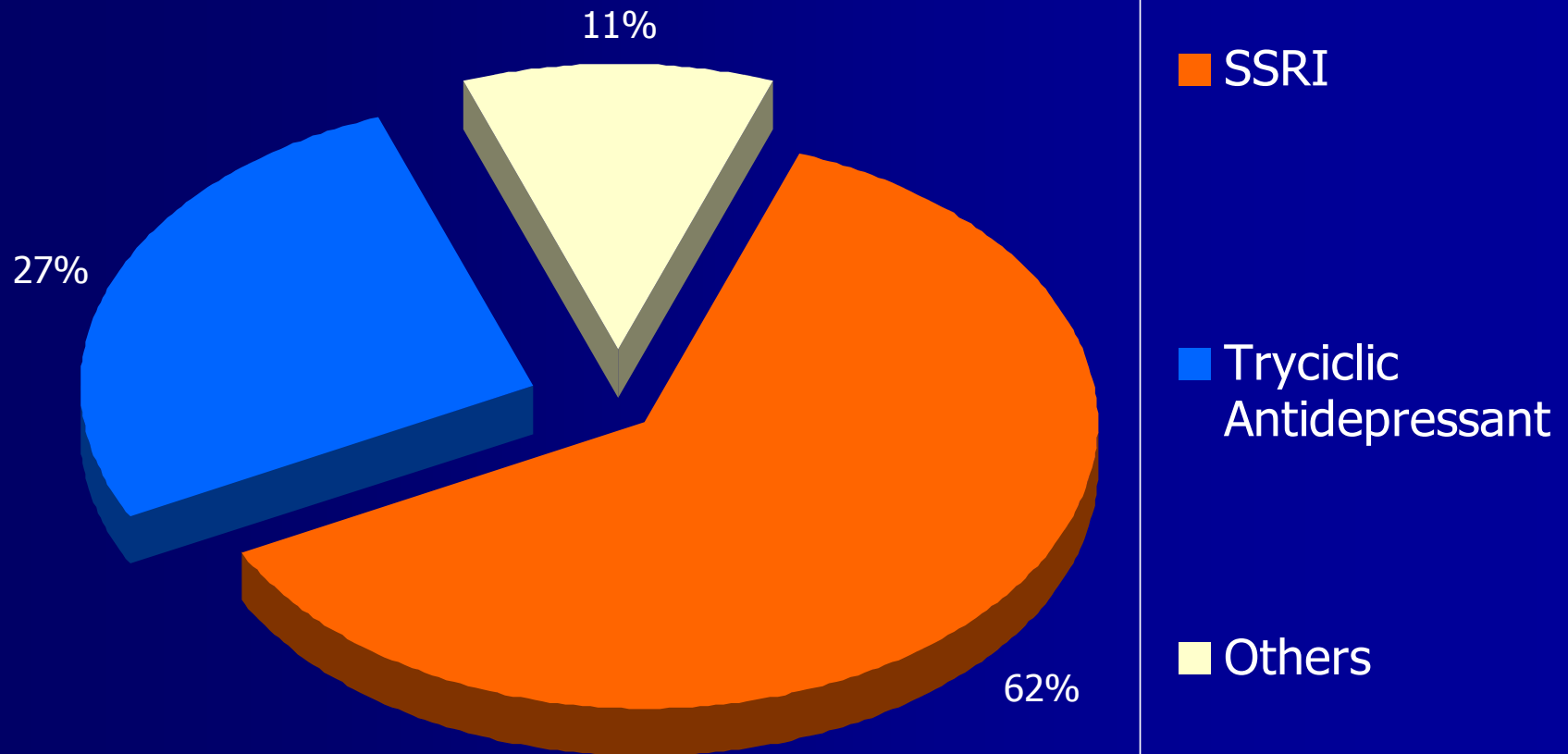




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Psycoanaleptic drugs

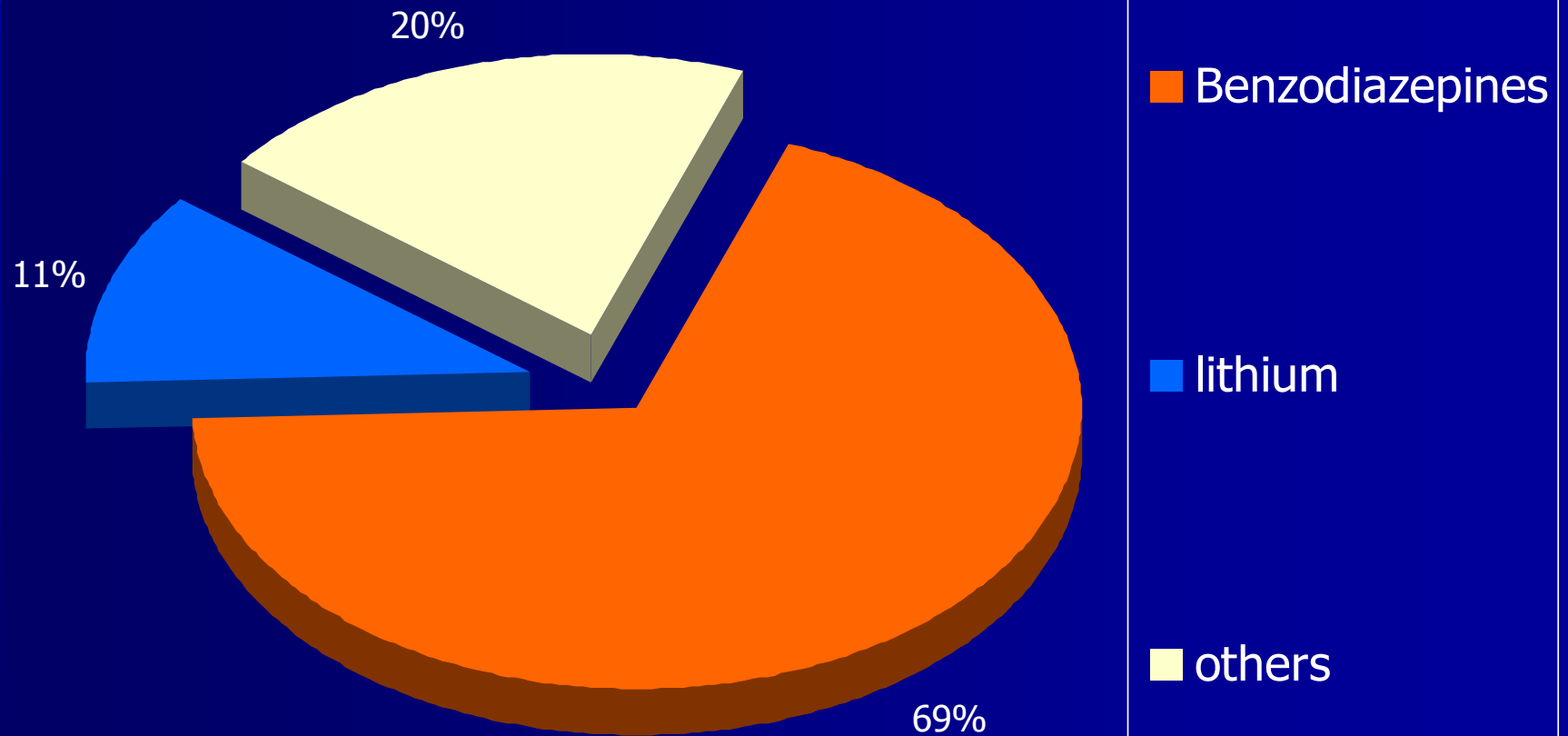




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Psycholeptic drugs

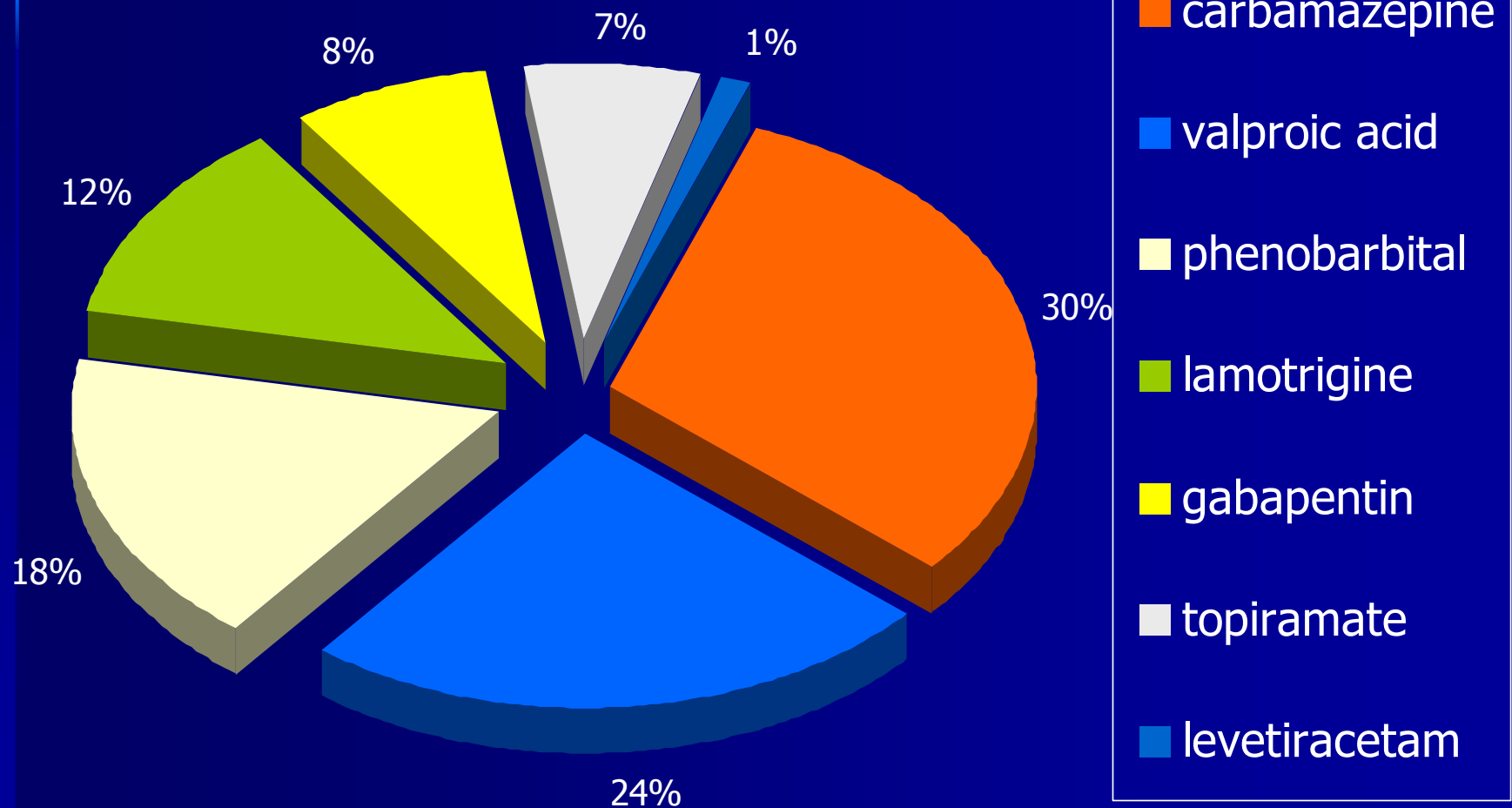


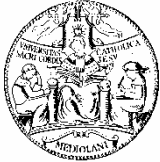


*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



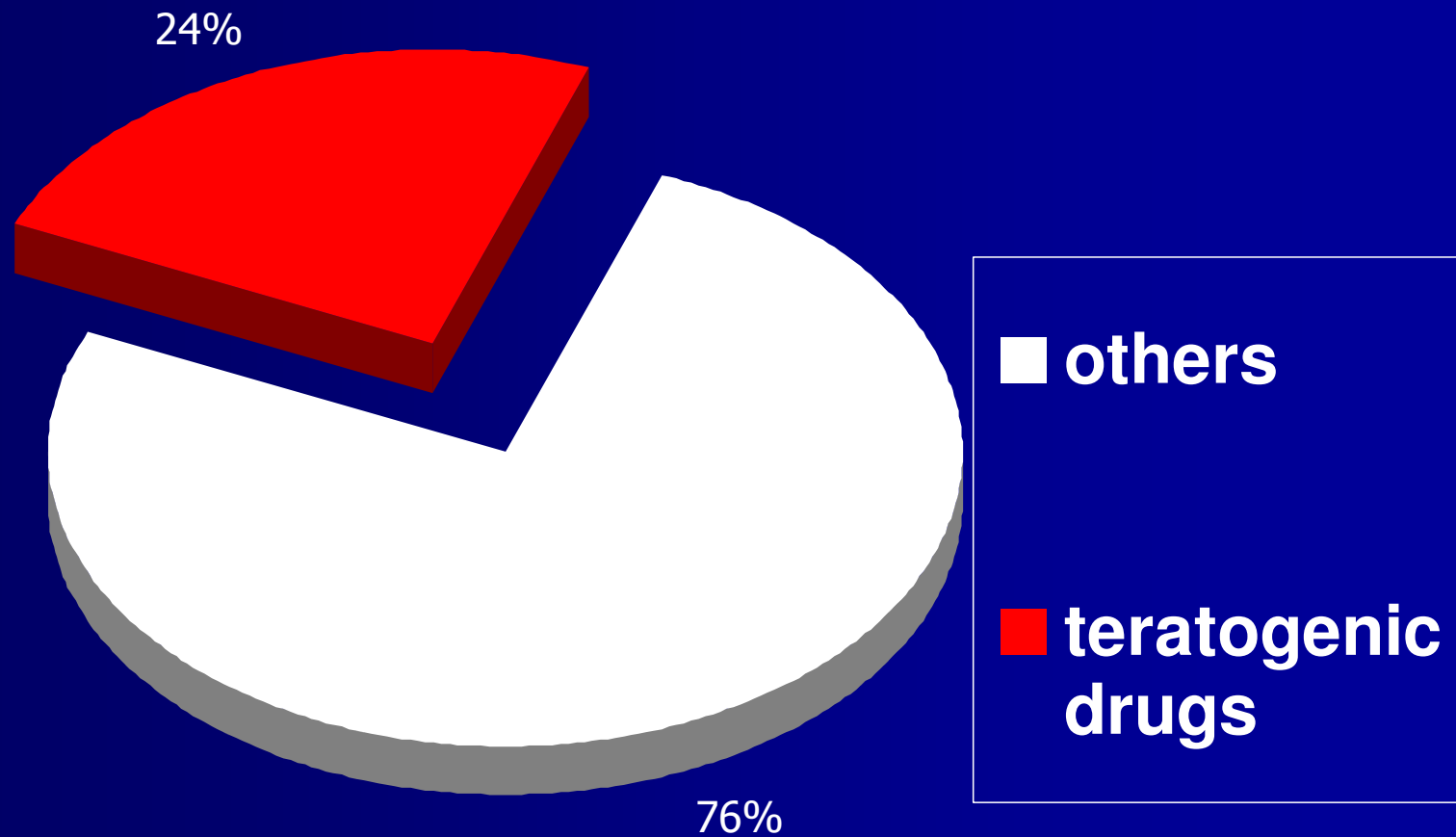
Antiepileptic drugs

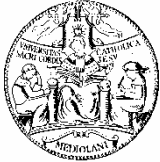




*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

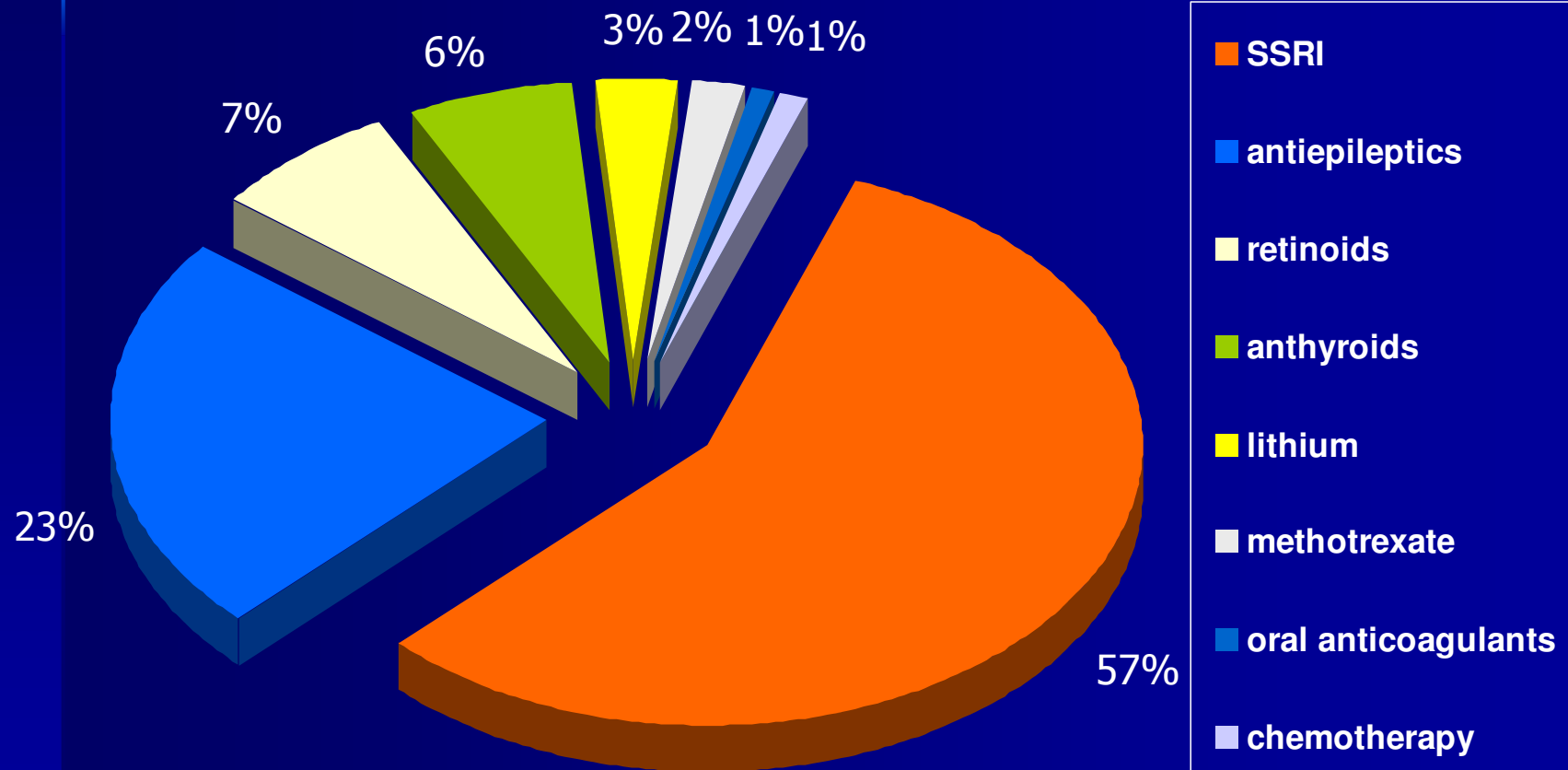
Teratogenic drugs





*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

Teratogenic drugs

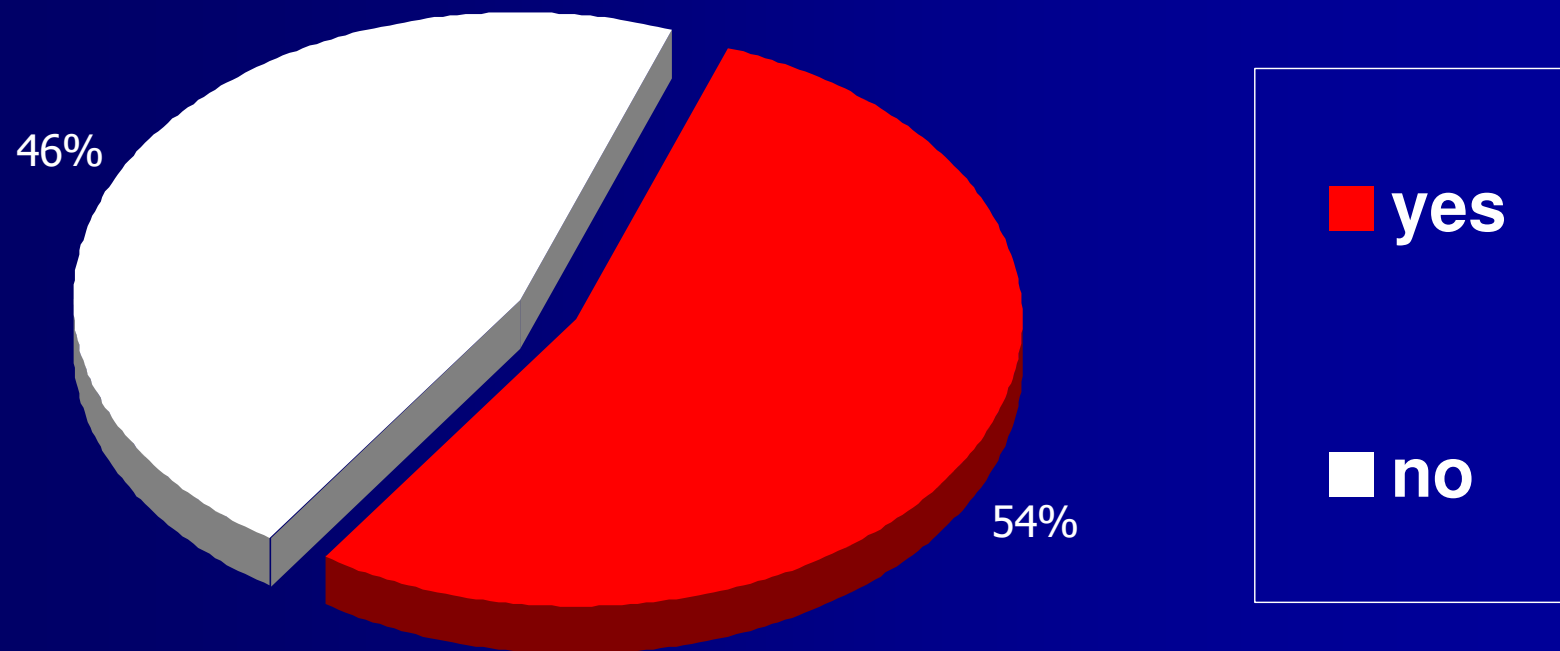


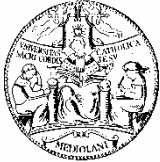


*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*

Folic acid supplementation

*Assumption of folic acid
at moment of call*



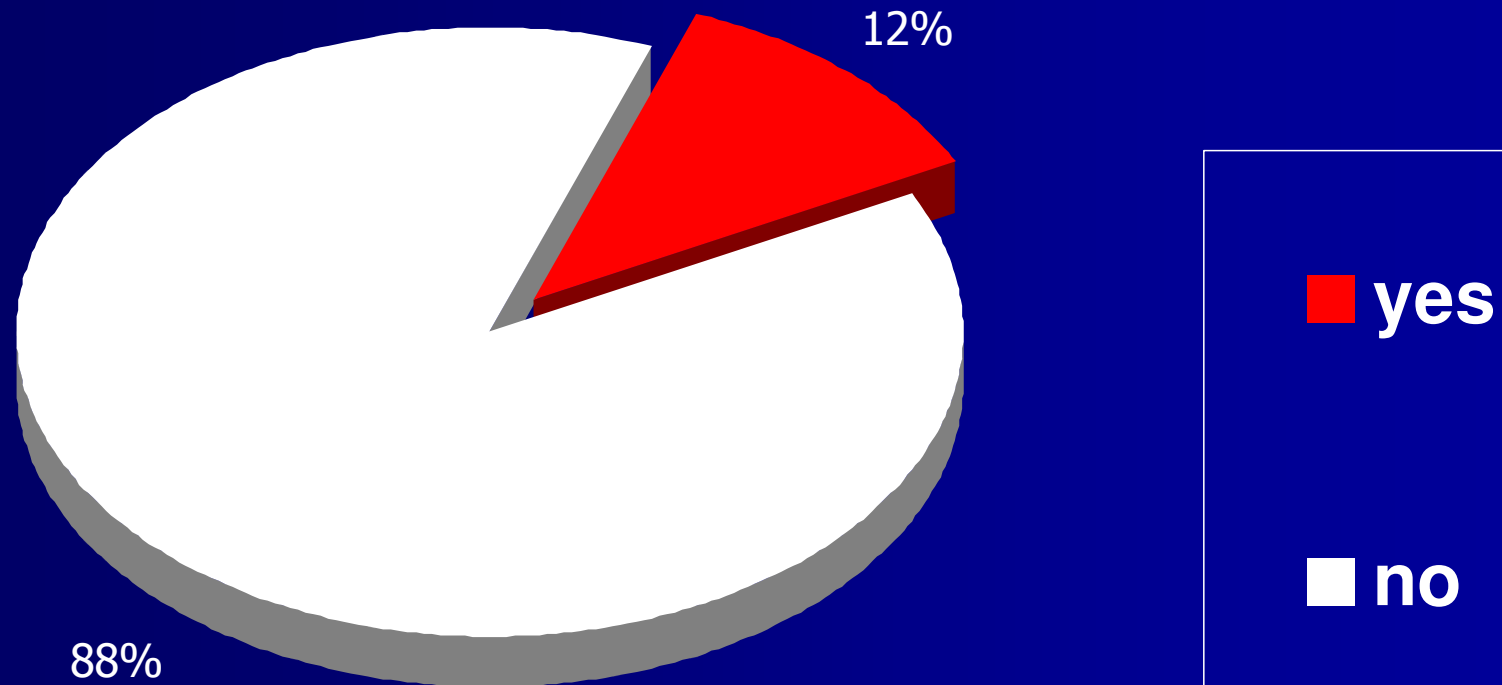


*Preconceptional Care:
Five Years Experience of a Teratology Information Service
Results*



Folic acid supplementation

*Assumption of folic acid at the
moment of call in epileptic women*





*Preconceptional Care:
Five Years Experience of a Teratology Information Service*

Conclusion

- Drug exposure is the main reason for calling
- Neurological compounds are the first drug group
- Twenty-four percent of drug are teratogenic
- Herbal and homeopathic products are under-represented, despite the lack of information on their effects on the pregnancy





*Preconceptional Care:
Five Years Experience of a Teratology Information Service*



Conclusion

- Prevalence of chronic pathologies and teratogenic exposure are high and could enhance the risk of adverse pregnancy outcome
- Prevalence of preconceptional folic acid supplementation is still low, especially in high risk population, such as epileptic women





*Preconceptional Care:
Five Years Experience of a Teratology Information Service*



Conclusion

Teratology Information Service supports preconceptional care



- Identifying teratogenicity of such exposure (i.e. lithium)
- Suggesting:
 - possible preconceptional shift of drug therapies (propylthiouracil instead of methimazole),
 - the waiting period before pregnancy (i.e. retinoids)
 - to discontinue the treatment (i.e. epileptic therapy in selected women seizures free) or to fraction and lower the dosage
- Emphasizing the main preconceptional risk factors (smoke, obesity, alcohol, etc)
- Promoting vaccinations (rubella, varicella and B hepatitis) and folic acid supplementation



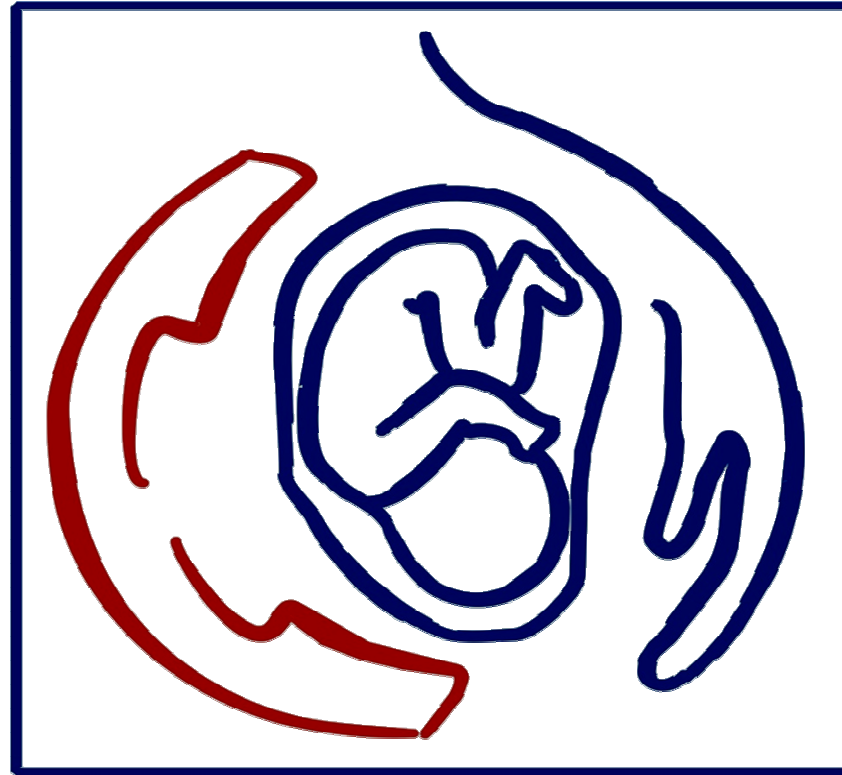
*Preconceptional Care:
Five Years Experience of a Teratology Information Service*



Conclusion



Teratology Information Service
preconceptionally counseled *an high
risk population*, thus it has the
potential *to prevent a great number
of birth defects or other adverse
pregnancy outcomes*



TELEFONO
ROSSO

TERATOLOGY INFORMATION SERVICE

www.policlinicogemelli.it/telefonorosso

+39(0)63050077