

# The long-term outcome after increased fetal nuchal translucency

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## Conclusions

- For euploid fetuses with increased nuchal translucency and normal findings in second trimester ultrasound scan the long-term outcome is favorable in 95%.

## Background

- The long-term (6.5 years) neurodevelopmental outcome of euploid children born after increased fetal nuchal translucency outcome is favourable in 95.3%.
- The object of this study was to assess minor (correction of inguinal or umbilical hernia, dilation of lacrimal stenosis) and major (open heart surgery, thoracotomy, laparotomy, not fully correctable) structural defects of children after increased fetal nuchal translucency.

## Method

- All singleton pregnancies with increased nuchal translucency ( $\geq 3$ mm until March 1, 2004 and  $\geq 95^{\text{th}}$  percentile thereafter) referred to Helsinki University Hospital from 2002 to 2007 with normal second trimester ultrasound scan.
- The long-term outcome (structural defects or neurodevelopmental impairment) were recorded from hospital databases and national registers.

## Results

Minor structural defects: 30, major structural defects: 5.

The long-term outcomes n (%) of 768 euploid fetuses with increased fetal nuchal translucency (NT) and normal second trimester ultrasound scan.

NT	n (%)	Adverse outcome (%)	Favourable outcome (%)	Major health problem (structural or neurodevelopmental) (%)
95 <sup>th</sup> percentile – 2.9 mm	295 (38)	27 (9)	268 (91)	8 (3)
3.0 – 3.9 mm	384 (50)	53 (14)	331 (86)	22 (6)
4.0 – 4.9 mm	63 (8)	6 (10)	57 (90)	4 (6)
5.0 – 5.9 mm	18 (2)	3 (17)	15 (83)	1 (6)
$\geq 6.0$ mm	8 (1)	5 (62)	3 (38)	3 (38)
<b><math>\geq 4.0</math> mm</b>	<b>89 (11)</b>	<b>14 (16)</b>	<b>75 (84)</b>	<b>8 (9%)</b>
Total	768	94 (12)	673 (88)	38 (5)