A case of caudal regression syndrome
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Objective
To present a case report of caudal regression syndrome. It occurs in 1 to 2.5 per 100,000 newborns and it is commonly found in infants born by diabetic mothers (1 in 350). It is associated with impaired development of the lower (caudal) half of the body including the lower back, limbs, gastrointestinal and genitourinary tract.

Methods
This is a case report.

Results
A G4P3 woman was referred from a private clinic at 37+4 days due to suspicion of bilateral talipes. All previous children were born vaginally and were healthy. She was diabetic for the last 17 years and she was taking Insulin and Metformin, but, the glucose levels were not well controlled. She also had hypothyroidism and she was taking Levothyroxin 75mcg. The scan in FMU confirmed bilateral talipes with rocker bottom feet and without knee movements. The femur length was on 3rd centile. The views were limited due to increased BMI and to advanced GA, but, it was most likely an isolated finding. The spine could not be examined. She delivered vaginally a 2.8kg baby and both legs were severely deformed with severe bilateral talipes. The MRI result confirmed that it was caudal regression syndrome type 1 with sacral agenesis, bilateral dislocation of the knees, high riding bilateral dislocation of the hips and bilateral clubfoot deformity. There was severe truncation of the sacrum and abnormal high termination of the spinal cord at the L1 vertebral body level with a typical blunted wedge-shaped conus medullaris. The iliac wings were hypoplastic and closely approximated in the midline secondary to complete absence of a normal sacrum at this level. Family was counselled about the therapeutic options and the baby required regression cast therapy and surgical repairs. Now it is 9 months old.

Conclusion
Caudal regression syndrome is a rare sporadic complex condition, however, multiple genetic and environmental factors likely play a part in determining the risk for developing it. In diabetes, it is thought that the increased blood sugar levels and some other metabolic problems may have a harmful effect on the fetus. The risks are further increased if the diabetes is poorly controlled.