Valproic acid is commonly prescribed in patients with epilepsy because of its broad spectrum of antiepileptic efficacy. Its anticonvulsant effects are believed to be related to blockade of voltage-gated sodium channels and elevated brain concentrations of gamma-aminobutyric acid. In view of its ability to cross the blood–placental barrier, VPA use during pregnancy may cause fetal valproate syndrome (FVS), which is characterized by distinct dysmorphic features and congenital malformations. Despite an abundance of reports and registries about this syndrome, there is lack of information from Russia, in particular, the Republic of Crimea. We herein describe two cases of FVS from our registry.

Case History

Case 1
The first case was a 10-day-old female neonate born to non-consanguineous parents. Her mother had been taking VPA for epilepsy for almost 11 years and was on a daily dose of 1,200 mg throughout her pregnancy. She took folate at 400 mg concurrently. The infant was born at full term. She had dysmorphic facial features with a high and broad forehead; epicanthic folds; thin, arched, and wide-spaced eyebrows; a small, upturned nose with a wide nasal bridge; a long, shallow philtrum; a thick lower lip, low-set ears, small mouth, and eyebrow hair loss; and hemangiomas on the upper lip and right superior eyelid (Fig. 1). She had broad hands and feet; bilateral camptodactyly and clubbed feet (Fig. 2). On examination, her chest was barrel-shaped with a short neck. Mild systolic cardiac murmurs were auscultated. Her brain magnetic resonance imaging (MRI) revealed multilobar hypoplasia, porencephalic cysts, and corpus callosum agenesis. Echocardiogram (ECHO) detected a ventricular septal defect. Abdominal ultrasound was normal. Electroencephalogram revealed epileptic discharges from the right occipital region.

Case 2
A 3-month-old female infant was brought to the tertiary hospital with myotonia, psychomotor delay, and malnutrition. She was born to nonconsanguineous parents. Her mother had been taking VPA for the past 15 years and was on a daily
dose of 800 mg throughout her pregnancy. She was compli-
-ant with folate at 800 mg daily. Polyhydramnios was detected
at 31 weeks of gestation. The infant was born at full term.

On examination, her weight and length were 5.1 kg and
53 cm, respectively (below the fifth centile for age and sex)
in keeping with failure to thrive. She had a high and broad
forehead; epicanthic folds; thin, arched, and wide-spaced
eyebrows; a small and upturned nose; a long and shallow
philtrum; and a thick lower lip, low-set ears, and small mouth

(►Fig. 3). Bilateral fifth toe hypoplasia, toe angulation defor-
mities, broad hands and feet, bilateral clubbed fingers, and
loose skin were seen. She had pectus excavatum. Cardiovas-
cular examination revealed loud systolic cardiac murmurs.

MRI of the brain and spinal cord was grossly normal. ECHO
showed a persistent left superior vena cava (PLSVC) draining
into the coronary sinus with mild pulmonary hypertension.

In both cases, the screening for toxoplasmosis, rubella,
cytomegalovirus, herpes simplex virus, human immuno-
deficiency virus, syphilis, and hepatitis B and C infections were
negative. Work-up for inherited metabolic and mitochondrial
diseases was negative.

Discussion

One of the most common anomalies attributed to VPA expo-
sure is neural tube defects (NTDs), which were reported up
to 5%. However, none of our case series had spine defects.
These findings were in agreement with a previous study with
no NTDs in their cases. Cardiac malformations are com-
monly reported in FVS, which were also observed in both
our cases. Interestingly, one of our infants had PLSVC, whose
association with FVS was not described in any literature.
Musculoskeletal abnormalities have recently been highlight-
ed in relation to VPA exposure. From our case series, one had
camptodactyly and clubbed feet, and another one had toe
angulation deformities and clubbed fingers.

A recent report demonstrated that the risks of major
birth anomalies are not only influenced by a certain type of
antiepileptic drug but also by its dose. Higher malformation
rates were seen in those mothers taking 1,500 mg or more

Fig. 1 Dysmorphic features of the first case.

Fig. 2 Short neck and barrel-shaped chest wall in the first case.

Fig. 3 Dysmorphic features of the second case.
A daily dose of less than 700 mg seemed to be of a similar risk compared with other antiepileptic drugs; however, the authors could not draw a conclusion that this could be a safer dose. Cutoff values to determine higher risks were reported in several studies ranging from 600 to 1,500 mg daily. Our last case showed that FVS could occur even at a relatively lower dose (800 mg per day). Mutlu-Albayrak et al reported FVS cases at as low as 500 mg a day. Genetic susceptibility to VPA exposure is linked to FVS, which could explain why only certain groups of children are affected. This may include the underlying genetic polymorphism influencing the drug metabolism in both the mother and fetus. This hereditary susceptibility theory is strengthened by a report of FVS in three sets of siblings. VPA, as a direct inhibitor of histone deacetylase, was found to induce epigenetic modifications. Long-term use of VPA, in addition to genetic fetal susceptibility may help propagate the cascade of VPA teratogenicity. This phenomenon was observed in all mothers taking VPA more than 10 years. Our first case took VPA for 11 years, and the second one took it for nearly 15 years.

The role of folate supplementation in preventing FVS remains debatable. In both our cases, FVS occurred despite compliance with folate. The UK registry showed that the rates of major congenital defects in mothers taking antiepileptics on folate were as high as in those on antiepileptic drugs without folate. However, these findings did not oppose to the common recommendation of folate use in the pregnant women.

In conclusion, FVS can occur at different doses of VPA. We found PLSVC in one of our cases, which has not been described previously in association with FVS. Meticulous ultrasound examination is crucial during antenatal follow-up for screening of congenital anomalies in pregnant mothers on antiepileptic drugs.

Key Messages: Fetal valproate syndrome can occur at any dose of valproate exposure during pregnancy. Meticulous ultrasound examination is crucial during the antenatal follow-up for screening of congenital anomalies in those mothers taking valproate.

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Conflict of Interest
None declared.

References