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Kauvery Hospital Radial Road Helps Mother Deliver Healthy Baby After Two Pregnancy Losses Linked to Rare Autoimmune Antibodies

Chennai, 23 Oct 2026: A multidiscip linary team led by a rheumatologist and a maternal-fetal medi cine specialist at Kauvery Hospital Radial Road, success fully managed a high-risk pregnancy in a 29-year-old woman deliver a healthy baby boy after she lost her first two pregnancies due to complications linked to anti-SSA antibodies, affecting the developing babies' hearts.

The mother, who had no symptoms of an autoimmune disease, was found to have anti-SSA antibodies, which can cross the placenta and damage the fetal heart. With early preventive treatment and close monitoring by a multidisciplinary team, she delivered a healthy baby boy with normal heart function.

The woman's first pregnancy ended in fetal loss at 20 weeks, followed by a second mid - tri mester pregnancy loss. In both pregnancies, the babies developed a serious condition-hydrops fetalis, in which excessive fluid builds up in different parts of the baby's body. This can occur when the baby's heart is unable to function properly, among other causes, and can be life-threatening.

Following the second loss, the mother underwent a detailed evaluation by a clinical geneticist. When no genetic cause was identified, she was referred to a rheumato logist for further investigation. Testing revealed that she had anti-SSA antibodies, which were identified as the likely cause of the complications in her previous preg nancies.

Although the mother was otherwise healthy and had no symptoms, these antibodies had affected the developing babies' hearts, causing congen ital heart block - a condition in which the electrical signals that regulate the heartbeat are disrupted. This can cause the heart to beat too slowly and, in severe instances, lead to heart failure and fluid accumulation in the baby's body.

With a history of two such pregnancy losses, her next pregnancy required specialised care from the earliest stages. The medical team explained the risks and developed a preventive treatment plan to reduce the chances of the antibodies affecting the baby's heart.

Treatment with hydroxychloroquine, along with steroids, was initiated as part of the planned protocol. Intravenous immuno globulin (IVIG), a treatment that uses antibodies to help regulate immune acti vity, was administered from the 12th to the 2 7 t h w e e k o f pregnancy.

This period was particularly important because the mother's antibodies can begin crossing the placenta from around the 16th week. The baby's heart was closely monitored through out the pregnancy, allowing the team to assess the baby's condition during this critical period.