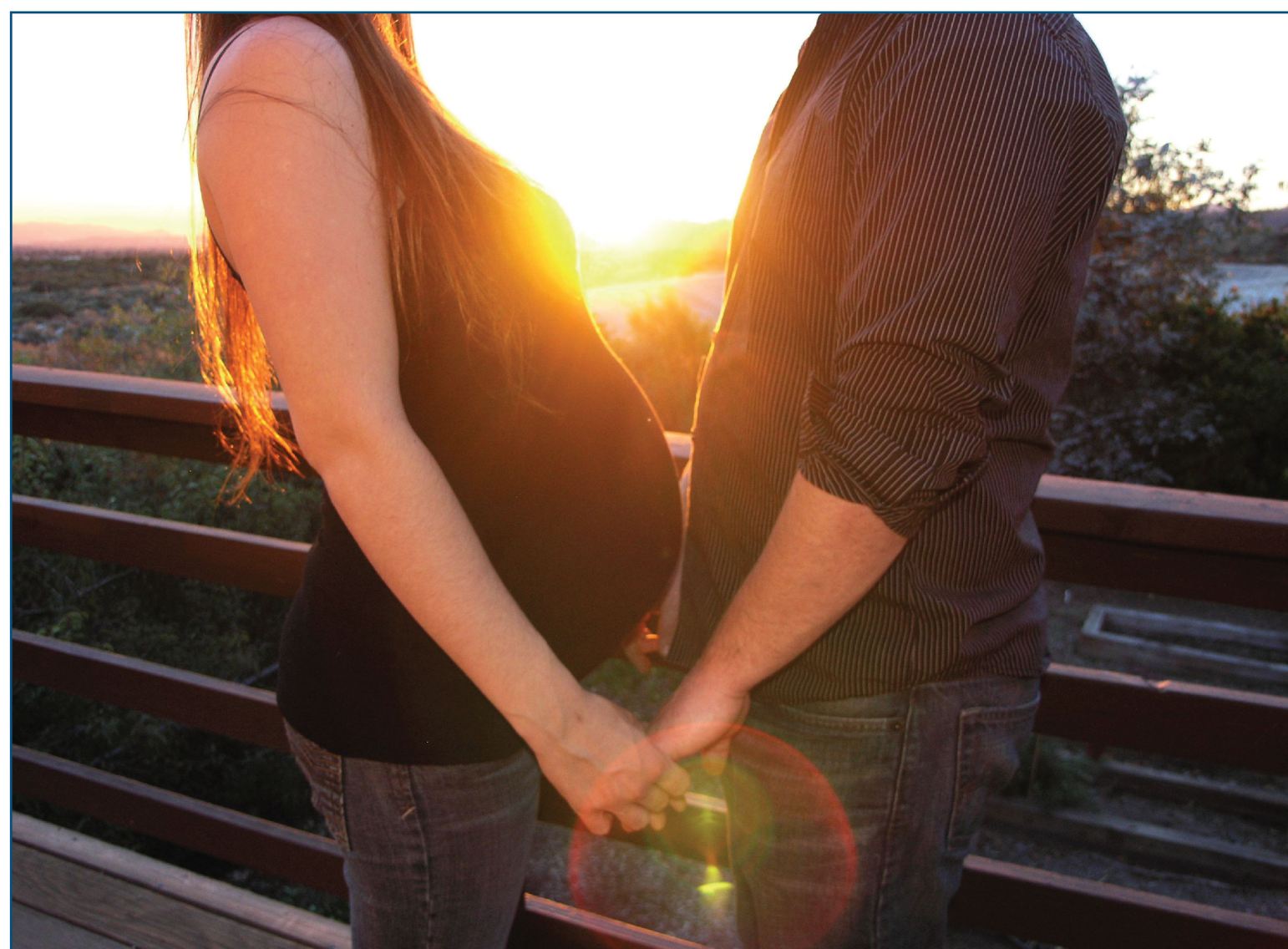


## Chiari & Pregnancy

*Since the average age of adult symptom onset for Chiari is around 30, and it disproportionately affects women, some of the most common concerns for new patients in this group surround pregnancy issues.*



## What the Research Says

### Pregnancy Concerns

**Labor:** whether the strain of pushing during labor will aggravate symptoms.

**Anesthesia-** The effects and risks of the various types of anesthesia commonly used.

**Effect of Pregnancy-** What the effects of the pregnancy itself might be on the Chiari condition.

### A 2020 review of 35 births in the medical literature found that:

- 66% of mothers were diagnosed before becoming pregnant; 20% during pregnancy; 14% after pregnancy
- 2 women underwent surgery shortly after delivery; one woman had surgery during the pregnancy
- The cases involved a variety of anesthesia and delivery methods
- Many had planned Cesarean deliveries to avoid the strain of active labor
- 80% of the women experienced symptoms, but only 4 reported worsening of symptoms
- In 2 cases, the tonsils actually went up on MRI and Syrinxes shrank during pregnancy

*Authors concluded that pregnancy is generally safe for women with Chiari, but it should be managed carefully by a multi-disciplinary team.*