

# Vanishing Twin Syndrome

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## ABSTRACT

*Vanishing twin syndrome happens when a pair of fetus evidently dissolves from womb through pregnancy, commonly resulting in a normal single pregnancy. This incidence is seen in those women who are through aged 30 year and multiple pregnancies. The cause of vanishing twin syndrome is still unknown and this problem will commonly starts early in first trimester. Sometimes the twin pregnancies were made obvious quick on by means ultrasound. Rather than being fu reabsorbed, the dead fetus will be condensed by its developing twin to a make flat, parchment-like situation known as fetus papyraceus. There is no particular treatment. If the additional twin continue to mature and grow towards maturity, in that is no handling treatment for the twin which has died. If it beseem confirm that twins are no more viable and no heartbeat can be observe, then a dilatation and treatment of your uterus may become essential.*

**Keywords-** vanishing twin syndrome, pregnancy, fetal, papyraceus.

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## INTRODUCTION:-

Vanishing twin syndrome or disappearing twin syndrome is a term given to describe the involuntary loss, or miscarriage, of one developing baby in very primitive stage of gestation in a multiple pregnancy.

Vanishing twin syndrome was first reputed in 1945.<sup>1</sup>

This occurs when a twin or multiple liquefy in the uterus throughout pregnancy as a result of a miscarriage of one twin or multiple.<sup>2</sup> A twin is absorbed the other fetal tissue of another twin, multiple, placenta or the mother. This gives the aspect of a “**Vanishing twin.**”

So vanishing twin syndrome is the word to use for describe as spontaneous loss of baby or miscarriage in early stage of first trimester in multiple pregnancy. In the early ultrasound, we detect two babies in gestational sac but yet later one fetal is absorbed by second fetal in early first trimester. So one fetal heartbeat is heard but the second one is disappeared. One normally develops in the present as well as a blotched womb.<sup>3</sup>

## DEFINITION:-

Vanishing Twin Syndrome is a type of miscarriage. In this, one developing fetus tissue absorbed by another fetus or mother before and after the pregnancy and one fetus remains alive. This gives the presence of a “**vanishing twin**”.<sup>3</sup>

## PREVALENCE

The vanishing twin occurrences seem to be common. All Figures Suggest that vanishing twin syndrome appears before the 12th week of pregnancy in:

- Approx 36 percent of pregnancies with two gestations.<sup>4</sup>
- Percentage of pregnancies with three or more gestations is greater than 50.

In many pregnancies that have endure over 20 weeks, researchers assumed that about 2.6 percent of twin gestations and 4.3 percent of triplet gestation will be affected by fetal death albeit these are commonly not measured as vanishing twin pregnancies.

## CAUSES

The causative agent of vanishing twin syndrome is still unknown in most of cases. Lifestyle choices are not a cause of vanished twin syndrome in person who's pregnant. Most early miscarriage is a reason for vanished twin syndrome. Sometime it called as Chromosomal abnormality. Inappropriate cord conception may also be a cause.

## PATHOPHYSIOLOGY

Once an embryo in uterus and starts to develop, the developing baby's cells make countless copies of its DNA in every single second. Amid this process chromosomes shift or remain out of cells fully. While this occurs then a miscarriage happens. When a women pregnant with a twins or multiples series of DNA progress freely of each other. That means that one fetus can continue developing after its twin ends developing.<sup>6</sup>

## SYMPTOMS

Generally there are no symptoms at all. Yet, some mothers feel experience some symptoms like to similar to miscarriage, including:

- Mild cramping
- Vaginal bleeding
- Pelvic pain
- Decreasing hormone levels (hCG)

When symptoms may mark that one fetus has been miscarried, No sign is shows to any miscarriage. If you noticed any of these symptoms or are worried you might be noticing vanishing twin syndrome, call your doctor without any hesitation.<sup>6</sup>

## DIAGNOSTIC EVALUATION

In vanished twin syndrome is the only one diagnosis we can do for detecting the vanished twin syndrome is ULTRASOUND which can used to diagnose the vanished twin syndrome. Ultrasound shows the existence of embryonic sac with unfinished development of fetal parts, by the lack of cardiac motion in one or two fetal masses and it is called vanished twin syndrome diagnostic evaluation.<sup>5</sup>

## RISK FACTORS

Risks include:

- Premature Labor
- Obstruction of Labor
- Infection
- Hemorrhaging
- Death of the growing fetus as a result of placental abruption or chorioamnionitis

## MANAGEMENT

- There is no any special medical care for treating uncomplicated vanished twin syndrome. If a fetus papyraceus remains, the pregnancy should be kept closely with periodical ultrasonography assessment of the live fetus.<sup>9</sup>
- Neither the surviving twin nor the mother would need medical treatment. The pregnancy may be treated as high-risk, if fetal death is in the second or third trimester.
- Pregnant women should follow medical care if they are feeling bleeding, cramping and pelvic pain.
- Ultrasound should be used to no changeable fetus remains before choosing if a D&C might be advisable. The women can decide to wait for a natural miscarriage in many cases.<sup>10</sup>

## COPING WITH VANISHING TWIN SYNDROME

Vanishing twin syndrome may be emotional regardless how early pregnancy occur. There is some opinion for coping with vanishing twin syndrome. That is as follows:

- Try to join with that groups to talk about the grief which are you feel. Join some online social media group which is helping you for coping with vanishing twin syndrome.
- Talk with some people those who feel same feeling that same like you.<sup>11</sup>
- Give extra effort for caring self because you still have a growing baby inside your womb.<sup>7</sup>
- Form a list of stuff that make you feel comfort, safe and which is provide a peace and save time for things for some days or next weeks.<sup>8</sup>

## COMPLICATIONS

Complications may include:

- Gestational diabetes
- A major risk of congenital defects, like as cerebral palsy
- Intrauterine growth restriction (IUGR)
- Very low birth weight
- Low Apgar scores
- Perinatal mortality (infant death)

## CONCLUSION

Vanishing twin syndrome or disappearing twin syndrome is a term given to describe the involuntary loss, or miscarriage, of one developing baby in very primitive stage of gestation in a multiple pregnancy. Vanishing twin syndrome was first reputed in 1945. This occurs when a twin or multiple liquefy in the absorbed the other fetal tissue of another twin, multiple, placenta or the mother. This gives the aspect of a “Vanishing twin.” The causative agent of vanishing twin syndrome is still unknown in most of cases. Lifestyle choices are not a cause of vanished twin syndrome in person who's pregnant. Generally there are no symptoms at all but some symptoms women can experience like- Mild cramping, vaginal bleeding, Pelvic pain, decreasing hormone levels (hCG). ULTRASOUND which can used to diagnose the vanished twin syndrome. Sometimes we can see some risks include- Premature Labor, obstruction of Labor, Infection, hemorrhaging, death of the growing fetus as a result of placental abruption or chorioamnionitis. There is no any special medical care for treating uncomplicated vanished twin syndrome.

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