

# Case report on myotonic dystrophy type 1 (DM1) complicating pregnancy in a rural Malaysia setting: Complex challengers and neuromuscular insights

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## ABSTRACT

**Introduction:** This abstract detail the intricate case of Myotonic Dystrophy Type 1 (DM1) diagnosed during her first pregnancy, illustrating the critical need for awareness and early diagnosis of neuromuscular disorders in maternal healthcare. Given the rarity of DM1, particularly in Malaysia, this case underscores the challenges and implications of managing such genetic conditions. **Case Description:** A 34-year-old Malay woman, gravida 1 para 0, was admitted to a district hospital at 32 weeks of gestation with symptoms indicative of pneumonia, with background history of bronchial asthma, polyhydramnios, and elevated creatinine kinase and LDH levels. Notably, she exhibited symptoms such as bilateral ptosis and muscle weakness, with a family history suggestive of a neuromuscular disorder. Electromyography (EMG) revealed motor and sensory axonal neuropathy with dive bomber myotonic discharges, leading to a DM1 diagnosis confirmed by genetic testing with TP-PCR. The pregnancy was complicated by fetal distress, necessitating emergency caesarean delivery. **Discussion:** The underdiagnosis in Malaysia should prompt a discussion on the necessity of improved screening and diagnostic capabilities, especially in rural areas. This case emphasizes the importance of early diagnosis and the application of consensus-based care recommendations for managing DM1 during pregnancy, addressing potential complications, and ensuring comprehensive postnatal care.