

# Defying odds and delivering dreams

**A mother's journey to delivering twin miracles with exceptional medical care**

In an awe-inspiring tale of courage and unwavering determination, a 30-year-old lady, Shivali (name changed), who was pregnant with DCDA (dichorionic diamniotic) twins, embarked on a journey that not only showcased her strength but also highlighted the exceptional skills of the medical team. Her story is one of bravery and unshaken perseverance.

At 20 weeks into her pregnancy, complications arose as she had uterine contractions, which led to the opening of the cervix and bulging membranes through the external OS that put her pregnancy at a critical juncture. She was immediately hospitalized at Zydus Hospitals, Ahmedabad under the care of Dr. Namita Shah, a veteran in the field of gynecology with 30+ years of experience. She was kept in a steep head-low position and was given the necessary medications and injectables to stop uterine contractions. She had to undergo a cervical cerclage, a treatment that involves temporarily sewing the cervix closed with stitches. This helps to hold the pregnancy. It was particularly challenging as the cervix had shortened, thinned out, and opened up. With meticulous precision, Dr. Namita skillfully performed the Encirclage procedure. Initially, four anchor sutures were taken to avoid puncturing the membranes. Then two purse string sutures (a type of stitch that is tied in a circular way so that it closes like a purse) were also placed on the cervix. This was particularly challenging as the membranes were

bulging and had to be pushed in.

Post-surgery, she was on complete bedrest and was kept in a steep head-low position along with injectable antibiotics & uterine relaxants. Undoubtedly, her resolve and the medical team's dedication and commitment played a crucial role in ensuring the procedure's success.

However, the road ahead wasn't without additional challenges. Shivali developed gestational diabetes and abnormal liver function that required the expertise of our endocrinologist, Dr. Om Lakhani, and another gastro physician. Such complicated pregnancies can take a significant toll, potentially leading to hospital psychosis and depression. The steadfast support from her family and constant support and counseling by Dr. Namita throughout her tumultuous pregnancy journey gave her strength, and she clung to hope and maintained a positive outlook until the end of her multiple-month stay at Zydus.

With repeated sonographies, blood investigations, medical treatment, and a combination of medical interventions, Dr. Namita's expertise guided Shivali through an impressive 33 weeks of gestation. She was also given DVT (deep vein thrombosis) prophylaxis to avoid blood clots in the vein.

When premature labor pains again set in at almost 34 weeks, Dr. Namita decided to perform a Lower Segment Cesarean Section (LSCS) as the fetuses were in the breech and transverse lie position,



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This indeed was a rare and challenging case. I deeply appreciate Shivali and her family's 'never give up' attitude and the trust they placed in me. Her strength and faith gave me a significant boost and inspiration.

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—Dr. Namita Shah,  
Sr. Gynaecologist & Obstetrician,  
Zydus hospitals, Ahmedabad,

respectively. This demonstrated her exceptional judgment. The procedure was successful and led to the birth of two precious male babies, each weighing 1.985 kg and 1.920 kg, and they required initial care at the NICU (neonatal intensive care unit). This successful delivery was a true testament to the mother's endurance and Dr. Namita's excellent clinical acumen.

The twins emerged healthy after completing their short stay at the NICU. In the heartwarming culmination of two months of Shivali's tough journey, she was overwhelmed as she held the healthy babies in her arms. The mother's tenacity, coupled with the dedication of the medical team led by Dr. Namita, ensured that the twins made it through. At its core, this journey celebrates the transformative impact of medical excellence combined with perseverance and compassion. It will always serve as a reminder that even in the face of seemingly insurmountable odds, love and resilience always triumph.

