

Effectiveness of cryotherapy for histologically confirmed cervical intraepithelial neoplasia Grade 1 (CIN I) in a centre, North Malaysia

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ABSTRACT

Introduction: To describe the outcome and effectiveness of cryotherapy for the treatment of women with cervical intraepithelial neoplasia (CIN) Grade I in Hospital Sultanah Bahiyah, Alor Setar, Kedah. **Methods:** Retrospective data collection was performed from the medical record for women who underwent colposcopy for abnormal smear and had histopathological confirmation of CIN I from a cervical biopsy. The data included was from 2018-2022. Women with CIN I were treated with cryotherapy by the doctors in outpatient settings and followed up for cure, adverse events, and complications. Repeat colposcopy and Pap smear performed at least 3 months post cryotherapy to determine cure of disease. A cure is defined by normal colposcopy and Pap smear during the follow-up visit. **Results:** 27 women were identified and diagnosed with CIN I from colposcopic examination and histologically proven from their pre-treatment biopsy. All the women underwent cryotherapy treatment with no immediate or delayed complications reported. Among the women, 25 (92.5%) attended follow-up with repeat colposcopy examination and Pap smear. The cure rate was 91.7% for CIN I. **Conclusions:** The study has shown that cryotherapy is an effective treatment for CIN I with minimal complications and is suitable for outpatient settings.

Folic acid levels among healthy pregnant women and their new-born in Sultan Ahmad Shah Medical Centre at International Islamic University Malaysia, Pahang, Malaysia (IIUM)

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ABSTRACT

Introduction: Folic acid, often known as folate, is a crucial vitamin that functions as a co-enzyme in methylation cycles to preserve the vitality of DNA and neurotransmitters as well as provide protection against neural tube defects. According to Malaysia's 2017 Recommended Nutrition Intake (RNI), pregnant and lactating women should consume 400-600 µg/ of Folic Acid a day, however, our women were prescribed with 5000 µg. Excess of folic acid led to high unmetabolized folic acid, added with flour fortification in Malaysia introduced in 2017. The objective of this research was to identify the prevalence of excess folic acid levels among pregnant women at birth and in their new-born. **Methods:** We conducted a cross-sectional study on 115 pairs of healthy pregnant women – newborns who delivered at Sultan Ahmad Shah Medical Centre @IIUM. Maternal serum was collected 24 hours before delivery, and cord blood was collected at birth. **Results:** Forty-five percent (45.5%) of mothers had excess folic acid levels with mean folic acid level of 44.5±22.9 nmol/L (normal range 4.5-45.3 nmol/L). While among the new-born, 95.7% had normal levels of folic acid, and 4.3% had folic acid deficiency (normal range 31.7-115.5 nmol/L). Data also showed there was a significant positive relationship between maternal and cord blood levels of folate [$r(94) = .711, p < .001$]. **Discussion:** The result of this study concludes that the prevalence of excess folic acid among pregnant women was high and unrecognised. With the implementation of food fortification, action must be taken by having precaution in prescribing folic acid, as for now, we keep overprescribing it.