

# Dysmorphic Uterus

*Patient Information Series – What you should know, what you should ask.*

## **What is a Dysmorphic Uterus?**

A dysmorphic uterus is a uterus with a normal outline but with an abnormal uterine cavity shape. It includes the T-shaped uterus, uterus infantilis and others with minor deformations of the uterine cavity.

## **How can I differentiate a T-shaped uterus from an Infantile uterus?**

A T-shaped uterus has a narrow uterine cavity with thickened lateral walls. Two-thirds of the uterus comprises the uterine corpus and 1/3 the cervix. While an infantile uterus also has a narrow uterine cavity without the lateral wall thickening seen in T-shaped uterus. One-third of the uterus comprises the uterine corpus and 2/3 the cervix.

## **How does a Dysmorphic Uterus develop?**

A dysmorphic uterus can be acquired or congenitally present. Acquired forms have been linked to adenomyosis, advanced maternal age, and the existence of intrauterine adhesions. Congenital forms are due to a lack of later uterine development and failure of the sinovaginal bulb to develop during the embryonic stage.

## **What is the prevalence of Dysmorphic Uterus?**

The prevalence of this disorder in the general population has not been identified since women with dysmorphic uterus are typically asymptomatic and is usually detected in women who seek treatment for infertility.

## **What diagnostic tests can be done?**

A 2D ultrasound can suggest a dysmorphic uterus. Three-dimensional (3D) ultrasound and MRI can help visualize the external uterine fundal contour and the internal indentation of the endometrial cavity.

## **If I have this malformation, could I have other malformations?**

Dysmorphic uterus may be associated with Mayer Rokitansky Kuster-Hauser syndrome (vaginal agenesis with partial or complete absence of the uterus). It may also be associated with Turner's Syndrome and absent vagina with a small rudimentary uterus.

What are the implications of having a dysmorphic uterus?

Women with these types of structural differences in the uterine cavity and architecture of the uterus may have reproductive challenges with infertility, pregnancy loss or preterm delivery.

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## **Can Dysmorphic Uterus be treated?**

A surgical procedure called hysteroscopic metroplasty may be done to restore the normal anatomy of the uterine cavity to improve reproductive outcomes.