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Approval of Preimplantation Genetic Testing for Monogenic Disorders (PGT-M) for a Male Patient with DM1

Background: In January 2022, the Japan Society of Obstetrics and Gynecology (JSOG) revised its guidelines on PGT-M. According to the PGT-M approval results published by JSOG in March 2025, six new cases of DM1 were approved. One case, submitted by our institution, involved a male patient with DM1.

Case Report: Several years after marriage, the couple considered to have children. Around that time, the husband was diagnosed with DM1. Knowing about the risk of DM1 of offspring, they received genetic counseling regarding prenatal testing. However, they were informed that male DM1 patients were not eligible, leading them to temporarily give up on having children. In 2023, they knew the revision of PGT-M guidelines and visited our clinic considering PGT-M. It took four months from their initial visit to submit the application, and one year to receive approval. As part of the submission, the husband's physician was asked for an opinion. The physician stated that although the risk of congenital DM1 from a male patient cannot be ruled out, managing the patient's own health should be the first priority. Until approval, the couple maintained the husband's health care. Following approval, one transferable embryo was obtained through IVF, and embryo transfer is planned.

Conclusion: This case demonstrates that male DM1 patients, previously considered ineligible, can now be applicant for PGT-M. This may broaden reproductive options for men with DM1, contributing to reproductive autonomy and equity.