

## Echogenic Intracardiac Focus

You learned from your ultrasound that an **echogenic intracardiac focus** (EIF) was identified in your baby's heart. EIF is a common ultrasound finding and is **not** a heart defect. In most cases this is a normal finding, but it is occasionally associated with a specific chromosome condition. This fact sheet is designed to provide you with information about this ultrasound finding and answer commonly asked questions.



### What is an EIF?

An EIF is a small amount of calcium that is deposited in the small muscle of the heart. An EIF has no effect on cardiac function (how the heart works). It is most common on the left side but may appear on either side.

### What an Echogenic Intracardiac Focus is NOT:

An EIF is **not** a heart defect and does not cause the heart to be damaged or to malfunction in anyway.

### How common is an EIF?

Approximately 3-5% of fetuses have an EIF, but the frequency can be as high as 30% in some ethnic groups, such as those of Asian descent.

### If this is common, why do I need to know about it?

Although an EIF is common, this finding is occasionally associated with trisomy 21, also known as Down syndrome. When an EIF is an isolated finding, meaning there are no other concerns identified by ultrasound or chromosome screening, the chance of having a baby with Down syndrome is very low.

### What other testing could I consider?

If you have had first trimester screening for common chromosome conditions, and your blood testing result was negative (low risk), an EIF is considered a **normal variant** (not a concern). If you have not had blood screening, you may consider it now. No additional ultrasounds for this finding are recommended.

Please remember that an EIF is a common finding, and most often the fetus is not affected with Down Syndrome. If you would like to discuss this further, a counselor is available at 781-624-5041.

Thank you for choosing Maternal Fetal Medicine at South Shore Hospital.