



RECURRENT PREGNANCY LOSS

WHAT IS RECURRENT PREGNANCY LOSS?

Also called repeated miscarriage, habitual abortion, or recurrent fetal loss. Recurrent pregnancy loss is the inability to carry a pregnancy to term.

WHAT ARE THE SYMPTOMS?

Symptoms are repeated loss of pregnancy, usually in the first trimester. Conception is not a problem.

WHAT CAUSES RECURRENT PREGNANCY LOSS?

Causes include untreated bacterial infections, exposure to certain toxins (lead, mercury, anesthetic gases), chromosomal abnormalities, structural problems with the uterus or cervix, luteal phase defects (progesterone deficiency), as well as immunological factors where the mother's body rejects the father's cells and creates antibodies that deprive the fetus of nutrients and cause death.

HOW IS RECURRENT PREGNANCY LOSS TREATED?

Treatment depends on the cause of the recurrent pregnancy loss. In many cases, no cause can be identified. However, after a complete work-up, if a potential cause is identified, treatment should be instituted. Treatment includes regular Pap smears to diagnose and treat bacterial infections. Avoiding exposure to lead, mercury, and knowing your pregnancy status before undergoing anesthesia. Increasing the levels of natural progesterone to address luteal phase defects. Also, solving immunological problems by injecting the mother with white blood cells from the father before conception, so her body will recognize the embryo as friendly. Uterine structural problems such as incompetent cervix can be corrected by cerclage ? addition of a stitch to close the cervix and prevent premature delivery.

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