Recurrent Miscarriage

Recurrent miscarriage means that a woman has lost two or more pregnancies in a row. The loss happens before 20 weeks of pregnancy. *Primary recurrent miscarriage* is with a woman that has never been able to give birth to a child. *Secondary recurrent miscarriage* is a woman who had a child and then had two or more miscarriages in a row.

CAUSES

- Your parents passed it to you (*genetic*).
- Chromosomal defects.
- Endocrine disorders. A person's endocrine system include glands that make hormones.
  - Having a lack of progesterone hormone in early pregnancy.
  - Thyroid problems.
  - Insulin resistance seen in diabetic women and women with Polycystic Ovary Syndrome that is hard to control.
- Abnormalities of the uterus.
- Certain viral and germ (*bacterial*) infections.
- Autoimmune disorders. This is when the immune system attacks or destroys healthy body tissue.
- Smoking, drinking or taking drugs or medicines.
- Being exposed to certain chemicals or toxins at home or work.

HOME CARE INSTRUCTIONS:

- See your caregiver if you have two or more miscarriages.
- Follow the advice for testing and treatment that your caregiver recommends.
- Discuss any concerns or questions with your caregiver.
- **Do not** smoke or drink alcohol when pregnant.
- Recurrent miscarriages can have a severe emotional and psychological effect on a couple wanting to have children. They may have feelings of anger, blame, guilt and become depressed after losing a pregnancy many times. Join a support group or see a grief counselor if you have emotional problems because of pregnancy loss.

SEEK MEDICAL CARE IF:

- You are or think you are pregnant and have any kind of vaginal spotting or bleeding.
- You develop low abdominal cramps.
- You develop a fever of 100º F (37.8º C) or higher.
- You develop abnormal vaginal discharge.
- You have been or think you have been exposed to a spreadable (*contagious*) illness, toxins or chemicals that make you sick to your stomach (*nauseated*) or throw up (*vomit*).
- You think you have been exposed to a sexually transmitted disease.

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