

# Understanding Recurrent Miscarriages and How to Prevent Them

Everyone agrees a **miscarriage** is devastating. It is truly a heartbreaking experience, and it just gets worse when it happens more than once. You feel incredibly isolated and confused, wondering why this is happening to you.

When you've had two or more miscarriages, doctors call it recurrent **pregnancy** loss. Unfortunately, it is more common than many realise—affecting about 1 in 100 couples. However, what is important to keep in mind is that it doesn't mean the **dream of having a baby** will stay a dream.

So, let's first understand what causes recurrent miscarriages? Reasons can vary like anything and is very individualistic. Sometimes it's related to genetics—chromosomal abnormalities in the embryo being the most common cause. At other times, underlying health conditions like **thyroid disorders**, **uncontrolled diabetes** or **autoimmune** diseases such as lupus can be the causal factor. What makes it even more difficult to pinpoint is that even lifestyle factors like smoking, being significantly under or overweight or being subjected to **high stress levels** can impact pregnancy.

But no need to despair. There's hope. Many causes of recurrent miscarriage can be **treated** or managed. Read on to know how.

To start off you need to get a thorough **medical evaluation**. This often includes blood tests, imaging of the uterus (like an **ultrasound** or **hysteroscopy**) and sometimes genetic testing for both partners. These tests help doctors identify any issues that could be interfering with a healthy pregnancy.



If a **hormonal imbalance** or thyroid problem is found, medication is the way forward. However, if there's a structural issue with the uterus, like fibroids or a septum, minor surgery might be required. On the other hand, if a woman is diagnosed with **clotting disorders**, **blood-thinning** medications during pregnancy can make a significant difference.

Now let's talk about **lifestyle**. Changes in your lifestyle can make a very positive difference. **Quitting smoking**, **limiting caffeine** and **alcohol**, eating a balanced diet and maintaining a **healthy weight** drastically improve your chances of a successful pregnancy. Reducing stress is no less important and you must keep in mind that self-care and emotional support go a long way.

Now here's a reason to rejoice. It is a fact that even after several losses, the majority of women with recurrent miscarriage go on to have a healthy baby, especially with the right care and support. So, you need not lose hope. Just work closely with a fertility specialist or a maternal-foetal medicine doctor. Always keep hope because with patience, care and the right guidance, a successful pregnancy is possible.