



Understanding Recurrent Pregnancy Failure :

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Recurrent pregnancy failure, also known as Recurrent Pregnancy Loss (RPL), refers to the experience of two or more consecutive miscarriages before 20 weeks of gestation. While this can be emotionally challenging, it is important to know that many affected individuals go on to have successful pregnancies, especially with proper evaluation and care.

Causes of Recurrent Pregnancy Failure

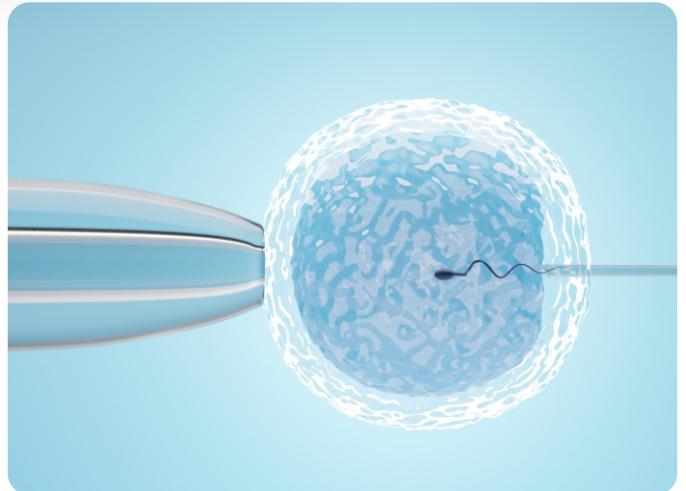
The causes of RPL are diverse and not always easy to identify. They generally fall into several main categories:

- **Genetic Factors:** Chromosomal abnormalities in either parent or the embryo are among the most common causes. These abnormalities can prevent the embryo from developing normally.
- **Uterine and Cervical Abnormalities:** Structural issues such as a uterine septum, fibroids, or cervical insufficiency can increase the risk of miscarriage.
- **Hormonal and Metabolic Disorders:** Conditions like thyroid disease, diabetes, or hormonal imbalances can interfere with pregnancy support.
- **Autoimmune and Blood Clotting Disorders:** Disorders such as antiphospholipid syndrome can cause blood clots that affect placental development.
- **Lifestyle Factors:** Smoking, excessive alcohol consumption, obesity, and exposure to toxins may also play a role.
- **Infections:** Certain infections can contribute, though this is less common.

Evaluation and Diagnosis

The causes of RPL are diverse and not always easy to identify. They generally fall into several main categories:

- **Genetic Testing:** For both partners and sometimes for tissue from previous losses.
- **Imaging:** Ultrasound or hysteroscopy to assess the uterus.
- **Blood Tests:** To check for hormonal, autoimmune or clotting disorders.



Treatment Options

Treatment depends on the underlying cause :

- **Surgery:** Corrects structural issues in the uterus, such as removing fibroids or repairing a septum.
- **Medications:** Blood-thinning drugs for clotting disorders or hormone therapy for hormonal imbalances.
- **Lifestyle Modifications:** Quitting smoking, reducing alcohol and maintaining a healthy weight can improve outcomes.
- **Assisted Reproductive Technologies:** In some cases, In Vitro Fertilisation (IVF) with genetic testing of embryos may be recommended.

Emotional Support

Recurrent pregnancy failure can be deeply distressing. Counselling and support groups can provide comfort and help individuals cope with grief and anxiety.

Hope for the Future

Even after multiple losses, the chances of a successful pregnancy remain good for most people. At Genome The Fertility Centre, our team is committed to supporting you through every step of your journey, offering advanced diagnostics and compassionate care tailored to your needs.