

# **Spontaneous Abortion**

## **Recurrent Pregnancy loss**

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# Five Key Points

1. Recurrent pregnancy loss occurs in 2% to 5% of all couples of reproductive health.
2. Increased maternal age is a significant risk factor.
3. Causes include *genetic, endocrinologic, anatomic, immunologic, infectious, psychological, lifestyle and environmental factors.*
4. When the physician decides that an evaluation is warranted, a complete diagnosis evaluation should be initiated.
5. Alcohol consumption (> 5 drinks per week) and tobacco use (>10 cigarettes per day) increase the occurrence of pregnancy loss 1.5 to 2 fold over the age-adjusted risk.

# Spontaneous Abortion

## Definition

- Non induced abortion of product of conception before 20<sup>th</sup> weeks of pregnancy.
- Natural termination of pregnancy before the fetus is capable of external life.

## Diagnosis of Abortion

DIAGNOSIS	BLEEDING	CERVIX	UTERINE SIZE	OTHER SIGNS
<b>Threatened Abortion</b>	Slight to moderate	Not dilated	Equal to dates	Positive pregnancy test  Cramping  Uterus soft
<b>Inevitable Abortion</b>	Moderate to heavy	Dilated	Less than or equal to dates	Cramping  Uterus tender/firm
<b>Incomplete Abortion</b>	Slight to heavy	Dilated	Less than or equal to dates	Partial expulsion of products of conception  Uterus tender/firm
<b>Complete Abortion</b>	Slight to moderate	Dilated or closed	Less than dates	Complete expulsion of products of conception
<b>Missed Abortion</b>	Little or none	Closed	Less than or equal to dates	Fetus dead with delayed expulsion  Decrease in pregnancy signs and symptoms

## Occurrence and Recurrence

- 10 to 15 % of recognized pregnancies.
- About 20 to 30% of women with confirmed pregnancies bleed during the 1st 20 wk of pregnancy; 1/2 of these women spontaneously abort.
- Clinical abortion in women aged over 40 is more than double the rate in women younger than 20.

<b>Maternal Age</b>	<b>Percent Abortion</b>	<b>Paternal Age</b>	<b>Percent Abortion</b>
<20	12.2	<20	12
20-24	14.3	20-24	11.8
25-29	13.7	25-29	15.7
30-34	15.5	30-34	13.1
35-39	18.7	35-39	15.8
40-44	33.8	40-44	19.5
>44	53.2	>44	na

<b>Prior outcome</b>	<b>Prior losses</b>	<b>Recurrence%</b>
<b>Liveborn</b>	0	12
	1	24
	2	26
	3	32
	4	26
<b>Miscarriage</b>	1	19
	2	35
	3	47
	4	54