

MS02 VT09 Miscarriage Facts

[Music]

So, a miscarriage can be a very, very traumatic event. And most women, until they experience that, don't realize just how common miscarriages are to women in the United States. About 15 percent of all pregnancies may be lost to miscarriage.

Miscarriage can happen at any point in the pregnancy, but it's most likely to occur early in the first trimester, usually between about five and eight weeks. If you've had a miscarriage before, it doesn't necessarily mean you're going to have a miscarriage again.

Most women who have had a miscarriage absolutely go on to carry a full term healthy baby.

It has nothing to do with the woman's activity, and on average those are minor genetic things in the development of that fetus that the body senses it's not going to be able to survive on the outside world.

There's not much you can do to prevent miscarriage. Mostly continuing with your healthy diet, exercise, getting some sleep.

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If you make it to 10 to 12 weeks of pregnancy and you still see a heart beat, your chance of miscarriage is less than three percent. Your risk is never zero, but you can feel comfortable sharing the news.

[End recording]