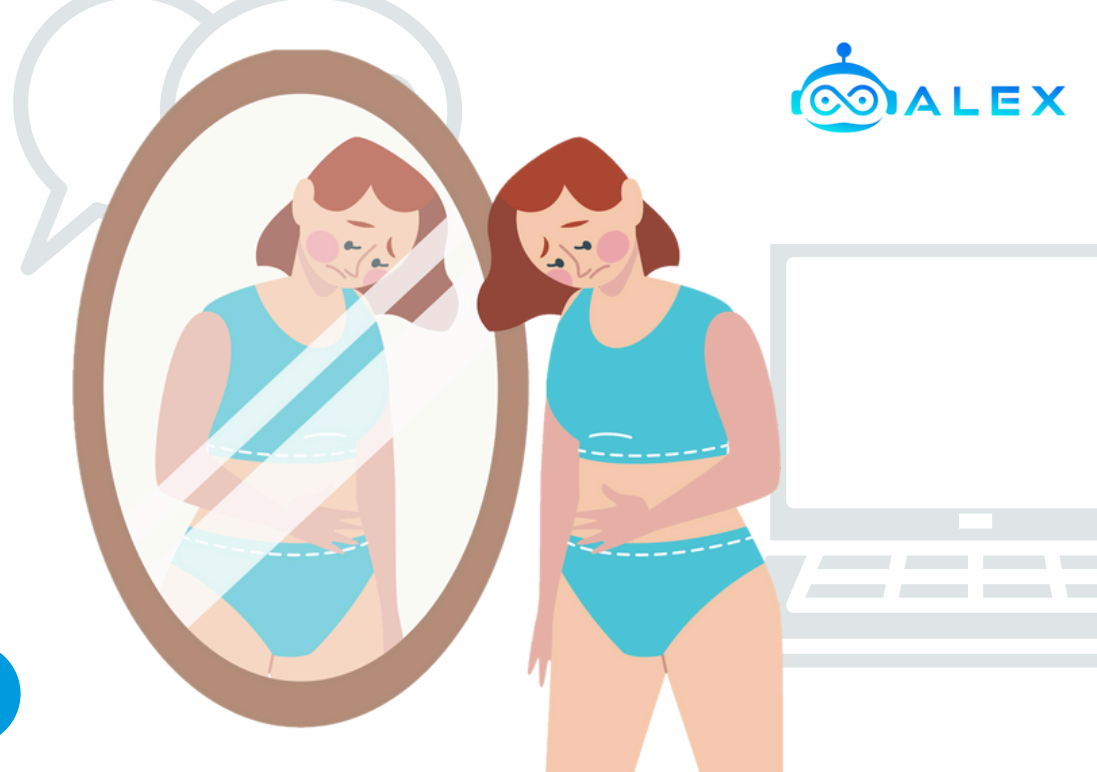


CONTRACEPTION AND PREGNANCY

What is a miscarriage?

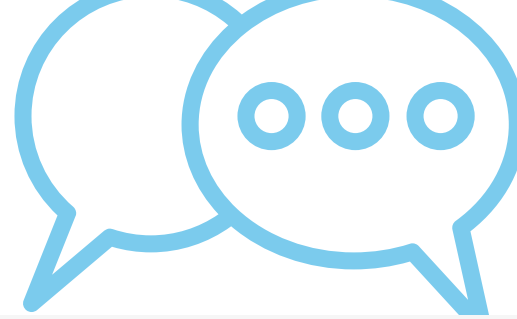
KEY WORDS

miscarriage | pregnancy | health | emotions



Experiencing a miscarriage, which is **when a pregnancy ends naturally before the 20th week**, can be really tough. Society usually doesn't speak openly about miscarriages, which is why finding out how common it can be is surprising. About 10% to 20% of pregnancies end in miscarriage, but experts predict **the number is higher** and that many people miscarry before they realise they're pregnant.

The causes of a miscarriage can be linked to **health problems with the baby or the mother**. Most miscarriages happen because the unborn baby doesn't develop properly, which usually means it has extra or missing chromosomes. Health issues or the mom's lifestyle choices may also lead to miscarriage, such as having diabetes, thyroid or hormone issues, infections, uterus/cervix problems, as well as smoking, drinking or being too overweight.



Here are some **miscarriage symptoms** you can observe:

- Painful cramps
- Back pain, especially in the lower back
- Bleeding from the vagina, including light bleeding and passing tissue that look like blood clots
- Fever and weakness, accompanying the symptoms above

To lower the risk of miscarriage, **taking care of yourself is key**—like eating well, managing any health issues, and getting prenatal care early. But remember, sometimes miscarriages happen for reasons beyond our control.

After a miscarriage, getting checked out by a doctor is usually recommended to understand what happened and plan for the future. Sometimes, **medical help** might be needed to deal with any complications.



Just because it's a somewhat common experience that's difficult to control doesn't make a miscarriage any easier to experience. **Feeling sad, guilty, or even alone is totally normal.** You might blame yourself, but a miscarriage doesn't just occur because you may have exercised too hard one day, or tripped, or argued with someone.

Dealing with the feelings after a miscarriage might mean talking to friends, family, or a therapist. You're not alone, and it's okay to ask for help.



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