

OVERCOMING MISCARRIAGE & INFANT LOSS

America Loses More Babies Annually than 28 Other Nations

1 in 4 Mothers Unexpectedly Lose Their Child and 50% of the Time There is No Known Cause

Infant loss is an unfortunate reality and it is important that those affected by this loss know they are not alone. Being educated in the possibilities, risk factors, and causes can potentially limit the occurrences of infant loss. Research and new technologies are being developed to prevent more of these terrible tragedies.

Please use this guide as a resource for knowledge and understanding of miscarriage, stillbirth, SIDS, and support options.

01 | Miscarriage

A miscarriage is defined as loss of a baby before the 20th week of pregnancy. Miscarriage is the most common type of pregnancy loss and occurs because the fetus does not develop properly. As a woman ages her chances of having a miscarriage greatly increase and many other factors can contribute to a miscarriage. A high percent of miscarriages also occur from pregnancies that occurred from medical intervention; such as IVF or artificial insemination.

There are 8 different types of miscarriages and it is important to be aware of warning signs of a possible miscarriage:

- Mild to Severe Back Pain
- Weight Loss
- True Contractions
- Bleeding and Abnormal Discharge
- Sudden Decrease in Typical Signs of Fetal Movement and Pregnancy

02 | Stillbirth

Stillborn births are defined as a loss of a baby after the 20th week of pregnancy. Diagnosis can be made via ultrasound or after giving birth and cause is fully determined with an autopsy. Signs of a possible stillborn baby are lack of fetal movement and sudden illness. While stillbirths can occur for no known reason there are some risk factors like drug and alcohol abuse that can be causes. There are 5 common causes of stillbirths:

- Placental Problems
- Birth Defects
- Growth Restriction
- Infections
- Umbilical Cord Accidents or Trauma

03 | SIDS

Sudden Infant Death Syndrome (SIDS) is defined as the unexplained death of a seemingly healthy baby. These incidents typically occur while a child is sleeping. Babies are at higher risk of SIDS until one year of age. Some physical and environmental factors can contribute to the cause of SIDS. Some ways to prevent SIDS are:

- Placing a child to sleep on their back
- Keep the crib bare and free of crib bumpers, pillows etc.
- Keeping your baby cool

04 | Support

Those who have suffered a tragic loss of an infant should seek the support they need to cope. There are many organizations and groups that offer assistance to families. It is important that all avenues of health are assessed after such an impactful life event. Those individuals affected should seek mental and physical evaluations to ensure they receive the proper care.

For more information on infant loss, please visit:
<http://www.americanpregnancy.org/>

Did You Know?

Each year about 24,000 babies are stillborn in the United States

References

<https://www.cdc.gov/features/pregnancy-infant-loss-day/index.html>

<https://www.mayoclinic.org/diseases-conditions/sudden-infant-death-syndrome/symptoms-causes/syc-20352800>