



Recurrent pregnancy loss(RPL), Unexplained RPL(URPL)

Dr Gopa Chowdhury

FICOG, India

Abstract

Recurrent Pregnancy Loss (RPL) is an important reproductive health issue affecting 1% of women of reproductive age and has a significant psychological effect on couples. RPL is defined as 3 or more consecutive pregnancy losses at or before 20 weeks of gestational age. (American Society of Reproductive Health defines as 2 or more losses). The established causes are uterine anomalies, antiphospholipid syndrome, hormonal and metabolic disorders, cytogenetic abnormalities. The proposed etiological factors are chronic endometritis and other infection, maternal ill health, environmental factors, unhealthy life style, inherited thrombophilias, Luteal phase defect, high spermDNA fragmentation level. Evidence based treatments such as correction of uterine anomalies, Heparin and Aspirin for Antiphospholipid syndrome, genetic counselling, karyotyping of POC and of parents have improved pregnancy outcomes. In some percentage of cases the cause remain unexplained (URPL) and are treated empirically with Progesterone supplementation, antibiotics, life style modification. For unbalanced chromosomal translocation or inversion; PGD is offered. IVF/PGD decreases the rate of miscarriage and shortens the time of first live birth. Varieties of immunomodulatory treatments such as Prednisolone, immunization using paternal leucocyte, 3rd party donor, products from early embryo, IVIG, TNFalpha antagonist, Intralipids, Granulocyte stimulating factor are being tried and are showing better result in URPL. PGS is proposed as an option for couples with URPL, PGS is improving IVF efficacy.

Biography

Dr Gopa Chowdhury, Rtd. Associate Prof, Obstetrics & Gynaecology, MD, FICOG; Author: Fundamentals of Risk Management in Obstetrics; has her expertise in different areas of Gynecology and Obstetrics and is passionate about spreading her knowledge through papers, articles, Knowledge sessions and her work with patients in the rural region of Jharkhand. She is an Executive member of ROGS and has held different positions as Speaker, Panelist, Chair-person in ROGS and National conferences. Dr Gopa was also the Vice President – FOGSI ROGS (Ranchi Obst. & Gynae Society); 2013-2015 and is an ongoing active member of the group. Besides her work as Associate Prof., she has published several papers in State, National, International Journals and has been an active participant in CMEs, Conferences (State, National, International): FIGO-SAFOG, RCOG, FIGO, ACOG, SICOG (research paper presentation), National-YUVA-FOGSI, AICOG as delegate and faculty. She has been honoured as Speaker in World and International Conference in Morocco, Zurich, Dubai, Tokyo. She has been the Organizing committee member, Panelist, Chairperson and Invited Guest Speaker in conferences held in Zurich, Spain, Japan, USA. She also contributes to the younger generation as a reviewer of National Obstetrics and Gynaecology Journal



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