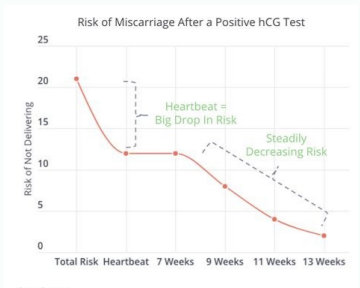


Risk of miscarriage after seeing heartbeat

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Risk of miscarriage after seeing heartbeat at 11 weeks. Risk of miscarriage after seeing heartbeat at 6 weeks. Can you have a miscarriage after seeing heartbeat. Risks of miscarriage after seeing heartbeat. Risk of miscarriage after seeing heartbeat at 7 weeks. Risk of miscarriage after seeing heartbeat at 9 weeks. Risk of miscarriage with twins after seeing heartbeat. How likely is a miscarriage after seeing heartbeat.

If you are pregnant, have no vaginal bleeding, and are without other risk factors (such as being older, smoking, drinking, or having an infection), research suggests that your odds of having a miscarriage are lower after a fetal heartbeat has been detected by ultrasound. Learn more about the common risk factors for first- and second-trimester miscarriage and how that risk decreases once the heartbeat is seen. Beyond the fetal heartbeat, we provide an overview of early developmental milestones you can expect during the first trimester of your pregnancy. Risk of miscarriage after seeing heartbeat: Overall risk: 4% After 8 weeks: 1.6% There are several different factors that may affect your risk of a miscarriage in the first or second trimester of your pregnancy. Seeing your baby's heartbeat on an ultrasound is usually a good sign and typically lowers your risk of having a miscarriage. Physicians generally agree that the risk of miscarriage decreases once the pregnancy reaches a point that an ultrasound can detect a heartbeat, which is about six weeks of gestation. The exact amount that it decreases, however, varies. The most common cause of pregnancy loss is chromosomal problems in the parent's sperm or egg which can be either hereditary or spontaneous. Around half of miscarriages are linked to chromosomal issues and most happen randomly and are not due to either parent's health. There are some factors that raise the risk of miscarriage after a heartbeat is detected. These include whether you are experiencing vaginal bleeding but have an otherwise low-risk pregnancy. RESOLVE: The National Infertility Association says there's an increased risk for women with a history of recurrent miscarriages. According to their estimates, 5% of women who get pregnant will experience at least 2 consecutive miscarriages. If you are 35 and older, you have a more significant miscarriage risk even though your risk does drop after detecting a heartbeat. Having an incompetent cervix is the most common cause of second trimester loss. Also called "cervical insufficiency," this is a condition in which the cervix weakens and dilates too early, leading to pregnancy loss or (depending on the length of gestation) pre-term delivery. If a pregnant woman has a history of incompetent cervix, seeing a heartbeat doesn't reduce the risk of this particular cause of miscarriage. For this, prenatal care early on is essential. This condition can be treated with cervical cerclage. Fetal heartbeat is an extremely important step in your baby's development. Here are some other notable things that happen during the first trimester of gestation. This week marks the beginning of the embryonic period. During the embryonic period, your baby's major systems and structures start to develop. Your baby's external features also begin to develop during week five. The fifth week is a period of rapid growth for your baby. During week five, your baby is most sensitive to teratogens (things that may cause birth defects) such as illicit drugs, certain medications, and infections. During weeks six and seven, your baby's heart begins to grow and beat at a regular rhythm. At this time, your baby's eyes, earbuds, and spine begin to form and the blood begins to circulate. During week eight, your baby's arms start to grow longer. The hands and feet look like paddles and the lungs start to form. By week nine of your pregnancy, all of your baby's organs have started to grow. Additionally, hair follicles begin to develop, as well as your baby's toes. At end of the tenth week of pregnancy, your baby is no longer an embryo and is instead called a fetus. In other words, your baby has exited the embryonic stage. During this week of pregnancy, your child's eyelids and outer ears begin to form and the intestines rotate. During weeks 11 through 14, the genitals begin to develop and the face is well-formed. Your baby's liver and pancreas form. At this stage the skin is transparent and the baby starts to make sucking motions. The reproductive organs are now fully formed. The fetus can start to suck their thumb, stretch, and yawn. The pregnant parent may begin to feel a gentle fluttering. That is their baby moving around. It's natural to feel anxious about the health of your developing baby. But if their heartbeat has been detected by ultrasound, that is a positive sign that things are progressing well. Research shows the risk of miscarriage is reduced once the baby's heartbeat is seen. But don't panic if you don't see the heartbeat right away. It doesn't necessarily mean there is a problem with the pregnancy. There are several non-emergency reasons why this happens. As always, if you have any questions, concerns, or signs of a problem, do not hesitate to contact your healthcare provider right away. Unfortunately, with a missed miscarriage, there may be no symptoms at all. For a normal miscarriage, you may feel abdominal cramping, back pain, nausea, vomiting, or see some vaginal bleeding. These miscarriages are "missed" because there are often no signs that would signify that something has gone wrong with the pregnancy. Since your body is producing a high level of hormones, you may still be feeling pregnancy symptoms. This can mask any other signs that a loss has occurred. While there are typically no signs of a missed miscarriage, some women say they feel the symptoms of pregnancy lessen or fade. What to ExpectOnce you've been diagnosed with a missed miscarriage, your doctor will offer you a few options. You can wait to let the tissue pass on its own, take medications to speed up the process, or undergo a procedure to have the pregnancy tissue removed. Your first option is to simply wait for your body to pass the tissue on its own. Some women simply want the process to be over and find it too painful to wait for the process to begin on its own. This is something you should discuss with your doctor, so you can choose the best option for your physical and emotional well-being.Your doctor may also offer the option of using a medication called misoprostol. This medication dilates the cervix and causes the uterus to contract and the lining to shed. This will feel like a heavy period. Another option is to perform a D&C. This procedure removes the tissue from inside your uterus and is performed while you are sedated or under anaesthesia. Your doctor will use small tools to open your cervix and gently remove any tissue with suction tubing.AfterwardsFor a naturally occurring miscarriage, you will experience heavy bleeding for one to two days. After that, you may see more bleeding for another one to two weeks. Whether you've had a procedure or if you've waited for the miscarriage to occur on its own, your doctor may have you wait a week or two before resuming normal activities like regular exercise or sex. One question many women who have experienced a miscarriage asks is, "How soon can I get pregnant again?" If your body has gone through a natural miscarriage or the process began with medication, you can try again with your next menstrual cycle. After a D&C, your doctor may want you to wait a little longer if there is any scar tissue in the uterus. Your cycle should return somewhere between 4 to 6 weeks after a miscarriage. Some studies show that getting pregnant again within six months of a loss improves your chances for a healthy, full-term pregnancy. The most important factor to consider when trying to get pregnant again is whether you are emotionally as well as physically ready. Give yourself time to heal and grieve. Also, discuss with your partner and your health care provider the best path forward. No doubt any pregnancy after a miscarriage will be filled with anxiety and stress. It is important to share feelings of joy, as well as fear, with your partner, friends, and loved ones. PreventionOften there is no clear explanation as to why a pregnancy has ended and there is no way to prevent a loss from happening. However, you can take some steps to have a healthy pregnancy.Studies show that taking 400 micrograms (mcg) of folic acid every day can help prevent certain abnormalities that can lead to miscarriage and birth defects. You can add more folic acid to your diet by eating fortified foods, like bread and cereals, or by taking a supplement. You should also live a healthy lifestyle while pregnant or trying to become pregnant. This means avoiding unhealthy practices such as smoking, drug use, and excessive alcohol consumption. You can also improve your overall health by getting regular exercise, adequate sleep, and eating a balanced diet. My entire life changed in 10 minutes.I was 13 weeks pregnant with my first child, excited to hear my baby's heartbeat for the third time. The ultrasound technician probed my stomach as I chatted with my husband and told me she'd be back with the doctor. I knew something was wrong when I saw the look on the obstetrician's face.There was no heartbeat. The baby had a devastating neural tube defect called an encephalocele, which means that the skull didn't form properly and was protruding. In the weeks to come, I'd learn a lot more information thanks to advanced testing. The baby was a boy. The defect was caused by trisomy 18, a rare chromosomal condition. There's nothing I could have done differently to save him.A million things raced through my mind as I listened to a genetic counselor gently explain our next steps, and one thought came to the forefront.I had gleefully shared a pregnancy announcement on social media after hearing the baby's heartbeat. The odds of miscarriage were less than 3 percent at that point. I assumed I was in the clear.What would I say now?•••My husband, Wagner, and I started talking about babies a few months after our wedding. We wanted to start a family, but we lived in a one-bedroom apartment and didn't have much. It made sense to wait.We shelved baby talk and checked items off our bucket list instead — buying a home, starting a business, vacationing in Europe. In early 2019, we decided to get serious about pregnancy. We were still young — I was only 25; my husband was 26 — but we knew what we wanted.When I first saw the positive pregnancy test, I felt afraid. It was welcome news, but I immediately worried we weren't ready. My fear faded and excitement took over once I showed the test to Wagner. We used a smartphone app to calculate my estimated due date: December 23, 2019. We were going to have a Christmas baby.A sonogram of Ayana and Wagner Lage's baby, taken June 13, 2019. [JOHN PENDYGRAFT | Times]Wagner wanted to tell everyone we knew right away, but I cautioned him to wait. Like most women, I knew those who lost their babies in the early weeks of pregnancy. I told people I wasn't feeling well and skipped specifics if I stayed home from events or missed a day of work. Conventional wisdom says to keep quiet about your pregnancy until the 12-week mark, when the risk of miscarriage drops.But if no one knows you're pregnant, who do you turn to when things go wrong?•••I left my doctor's office and began to prepare for surgery on the same day. I'd have a dilation and curettage procedure to remove the fetal tissue from my uterus and they'd send it to a laboratory for testing.Subscribe to our free DayStarter newsletterWe'll deliver the latest news and information you need to know every weekday morning.I woke up the day after that appointment hoping it had all been a dream, but my cramping and bleeding reminded me that it was real.I texted close friends and family members as I waited in pre-op, sending variations of the same message: "The baby died. Fatal birth defect. We are devastated but will eventually be okay."Then it was time to tell the world. I briefly considered providing a curt update and logging off the internet for a few weeks, but I realized that I wanted people to know the details.I'm a freelance social media manager and also have a blog with a decent-sized following, so social media plays an important role in my life. I share all aspects of my life online — it's not for everyone, but I enjoy being authentic with the people who follow me. And this time, I needed everyone to understand the gravity of my loss.The cover page of a scrapbook dedicated to Ayana and Wagner Lage's baby. [JOHN PENDYGRAFT | Times]I knew woefully little about miscarriage before it happened to me. The chances of trisomy 18 are low. Per the National Institutes of Health, the condition occurs in roughly one in 2,500 pregnancies. But pregnancy loss is startlingly common — according to the Mayo Clinic, 10 to 20 percent of pregnancies end in miscarriage.Chances are, you know someone who has experienced the agony of losing a pregnancy. And chances are also good that you know someone who has never talked about it.Despite those numbers, a 2013 study from the Albert Einstein College of Medicine and Montefiore Health System showed that a majority of survey respondents thought miscarriages were uncommon.Many of those surveyed also incorrectly thought that lifestyle choices, stress, lifting heavy objects, past use of birth control and other preventable things were the leading causes of miscarriage, when in fact genetic problems are.So it's probably no surprise that in the same survey, many of those who had experienced a miscarriage reported feeling guilt or shame.•••I first shared news of my miscarriage on Facebook and Instagram out of necessity — I needed an efficient way to let thousands of people know that I wasn't pregnant anymore — but I continued posting regular updates about grief because it was cathartic. View this post on Instagram "IT'S A BOY! ☺️" That's what I always pictured myself writing. I never imagined that I'd be sharing this news with sad tears in my eyes, but we now know that we have a son in heaven. Neither of us really cared about the sex, so we almost skipped prenatal testing — why would two healthy 20-somethings need their baby screened for disorders? It was partially covered by insurance, and it's a praise that we went for it. We now know that our babe had #trisomy18 which caused his fatal birth defect and several other problems — and we know that he was a boy. We've argued over baby names for years, but naming Jeddiah David was easy. We never knew him, but we know that he was loved so much. By us, by our families, by strangers. Jeddiah: "beloved of the Lord, friend of God" David: "dearly loved" I hate that I'll never hold him or put him in a onesie or argue with him once he's old enough to sass me, but I love him all the same. Your mama misses you, Jed. A post shared by ayana gabrielle | tampa (@ayanaagabriellelage) on Jul 1, 2019 at 5:21pm PDT Sorority sisters from college. Ex-colleagues. Friends from high school. Fellow congregants at my church. Complete strangers. My digital inbox quickly filled with messages from women in all walks of life sending condolences because they'd lost babies, too.I was full of questions. Is it normal to bleed for days after surgery? Did you feel like a bad mother after flushing blood clots, terrified that you were sending pieces of your baby down the toilet drain? Will I ever feel happy again? And how much was all of this going to cost?One by one, they comforted me and told me that I'd be okay even though it felt like my world had ended. A friend told me to send my husband out to buy pads. Another recommended grief counseling. Yet another sent flowers. They welcomed me into a sisterhood that no woman wants to join.There are downsides to sharing, of course. I received insensitive comments from well-meaning people who told me my miscarriage was part of God's plan. One friend was told she was seeking attention after she posted on Facebook that she had experienced recurrent miscarriages — and even if she was, what's wrong with seeking attention when you might really need it?! don't think that anyone should feel obligated to tell people their miscarriage story. It's a horrifying trauma and everyone processes things differently. But if someone does decide to share their experience, people should listen and respond with grace. It takes a lot of courage.It's been four months since I lost my son. We named him Jeddiah David, names that both mean "dearly loved." I've gone to therapy and talked to a psychiatrist about how I feel. I should be decorating a nursery and planning a baby shower, but instead I'm starting to think about trying for another baby.Miscarriage steals the joy from future pregnancies. When I get a positive pregnancy test, maybe someday soon, I'll know just how many things can go wrong. I'll be cautiously optimistic, but the naive happiness I felt for Jeddiah is gone.Even though life is back to normal, I feel like I've been punched in the gut whenever I meet someone who's expecting a healthy baby, and I sometimes avoid social media so that I don't see unexpected pregnancy announcements. When I see old friends or acquaintances, they sometimes admit that they aren't sure what to say to me.Still, sharing my miscarriage with the world is a choice I don't regret. After all, there's nothing to be ashamed of.WHAT TO DO IF SOMEONE YOU LOVE MISCARRIESDon't try to find a silver lining. "At least you can get pregnant again" and "Well, it happened early" aren't comforting statements — they're unintentionally cruel. Instead, just listen.Remind them that it's not their fault. The majority of miscarriages are caused by chromosomal abnormalities, but that won't stop a grieving parent from wondering what they did wrong.Ask them what they need. Your loved one may need a shoulder to cry on, or they may simply want to be distracted and not think about the loss. Talk to them to find the best way to help.Send food and gift cards. I didn't have to think about what I'd eat for lunch or dinner for weeks after my miscarriage — loved ones and strangers sent meals and food delivery gift cards after seeing my post on social media.Understand they might need more help. Heidi McBain, a therapist who specializes in maternal mental health, said women may feel lonely after dealing with miscarriage. "I see a lot of clients in my practice who have had a miscarriage in the first trimester, and because they choose not to tell anyone about their pregnancy, they don't then want to tell people about their pregnancy loss," she said. "It can be very hard and very isolating." McBain recommends that women who are struggling emotionally see a therapist, especially if they plan to try to conceive. "It's important to be in a healthy place emotionally before you start trying to get pregnant again."Pregnancy and Infant Loss Awareness MonthOctober is Pregnancy and Infant Loss Awareness Month, and Oct. 15 marks World Miscarriage & Remembrance Day. In 1988, President Ronald Reagan declared October as "a month to recognize the unique grief of bereaved parents in an effort to demonstrate support to the many families who have suffered such a tragic loss," according to the nonprofit Star Legacy Foundation.Ayana Lage is a social media consultant, blogger and writer in Tampa. Contact her at hello@ayanalage.com.

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