

10 Facts about Pregnancy After Loss

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Fact 1: In the U.S. 1 in 4 pregnancies ends in miscarriage, and 1 in 160 pregnancies end in stillbirth. These numbers do not include infant death from preterm labor, diagnosis of life-limiting conditions, or SIDS.

Fact 2: Studies show that fathers are also affected by the emotional stress of a subsequent pregnancy.

Fact 3: 50-80% of women who experience perinatal loss become pregnant again within 12 - 18 months after their loss.

Fact 4: Women who are pregnant again after a loss are at an increased risk for postpartum anxiety and depression, even after having a subsequent successful pregnancy and birth.

Fact 5: After a pregnancy loss or infant death, many women will experience grief, confusion, anxiety, guilt and fear of loss in a subsequent pregnancy.

Fact 6: Psychological distress during a subsequent pregnancy increases the risk of preterm labor and low birth weight, as well as having a difficult time bonding with the baby born after loss.

Fact 7: A pregnancy after a loss can activate a new layer of grief.

Fact 8: Education through awareness can promote health during subsequent pregnancies and help ensure safe and healthy deliveries.

Fact 9: Women who are pregnant again after a loss report having higher symptoms of anxiety during their subsequent pregnancies compared to those who have not experienced loss.

Fact 10: Knowledge that there are resources available and others to turn to for compassion and guidance is an important aspect in the journey of healing during a subsequent pregnancy.

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