



# CARE

your healthcare bulletin



## Missed Abortion or Miscarriage - Dr. Delphine Victoria

Issue 43

16th January, 2013



An angel in the book of life wrote down my baby's birth. Then whispered as she closed the book "too beautiful for earth".  
"If tears could build a stairway, and memories a lane, I'd walk right up to heaven and bring you home again."  
Sometimes love is for a moment.  
Sometimes love is for a lifetime.  
Sometimes a moment is a lifetime.

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**M**issed Abortion or Miscarriage is a form of miscarriage that can also be a devastating loss for pregnant women. However, because signs of a missed miscarriage can be ambiguous, many women are unaware of the fact that their pregnancy has been terminated; and what's worse is that many mistake the symptoms of a missed miscarriage for pregnancy symptoms. That is why it is important for all pregnant women to be aware of what exactly a missed miscarriage is, and how can having one affect their future pregnancies.

### WHAT IS A MISSED MISCARRIAGE?

A missed miscarriage is a miscarriage in which the body does not expel the various elements of a terminated pregnancy, such as the fetus and placenta, for a period of many weeks – despite the fact that the fetus has died. Because of this, women will often not be aware that a miscarriage has occurred.

This type of miscarriage is also referred to as a missed abortion or a silent pregnancy.

Four-fifths of miscarriages occur during the first twelve weeks (first trimester) of pregnancy, although they can occur beyond this date – this is called a late missed miscarriage.

### WHAT CAUSES A MISSED MISCARRIAGE?

The exact cause of a missed miscarriage is unknown. However, about half of all early miscarriages occur due to a genetic problem with either the egg or sperm.

In addition, other factors such as immune system problems and seri-

ous infections can increase the risk of miscarriage. The chance of having a miscarriage also increases with age, because of the natural deterioration of egg quality.

About one percent of all pregnancies end in a missed miscarriage.

### SIGNS OF A MISSED MISCARRIAGE

Some symptoms of this type of miscarriage include:

- a reduction or loss of pregnancy symptoms, such as fatigue, nausea and breast tenderness.
- absence of foetal heart tones on ultrasound.
- vaginal discharge that is first brown in colour and then becomes bright red blood.

However, symptoms of a missed miscarriage can be confusing. Sometimes, a woman experiencing a missed miscarriage will continue to experience pregnancy symptoms, such as fatigue and nausea. This is due to the fact that placental tissue continues to release pregnancy hormones, even after a miscarriage has occurred. This can also result in a positive pregnancy test.

Also, discharge does not always occur immediately, making it difficult to discern whether the pregnancy has terminated.

### DIAGNOSIS

- An ultrasound diagnosis can determine whether a miscarriage has taken place.

- If no heartbeat is detected, it is often the case that the pregnancy has terminated.

### TREATMENT

It's often very difficult to make a decision.

After it has been determined that a miscarriage has taken place, a doctor will usually recommend Dilatation and Curettage to be performed in order to remove any remnants of the pregnancy. This is usually done within few hours to few days of the diagnosis in order to prevent infection. Undergoing a D&C right away after learning that the pregnancy is no longer viable means that the patient is on the right track. Though a sad situation arises, the physical suffering gets over. This procedure may also be less painful than waiting to have a miscarriage naturally.

### THE EFFECTS OF A MISSED MISCARRIAGE ON FUTURE PREGNANCIES

Experiencing a missed miscarriage does not significantly reduce a woman's future chances of getting pregnant.

For example, if a woman had one miscarriage, she will have a one percent lower chance (about 80%) of having a successful pregnancy in the future than a woman who has not had a previous miscarriage.

However, if a woman has had two miscarriages, her chance of having a subsequent successful pregnancy is reduced to 72%.

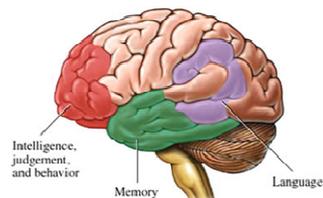


## ALZHEIMER'S DISEASE



*You're young forever when you write. Alfred Hitchcock directed until the day he died. As long as you don't have any dementia or Alzheimer's, if you have your All-Bran every day and clear yourself out, I think your brains are gonna be all right.*  
- Mel Brooks

*What cannot be cured must be endured.*  
- Charlton Heston



Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. A related problem, mild cognitive impairment (MCI), causes more memory problems than normal for people of the same age.

### CAUSES OR RISK FACTORS

You are more likely to get Alzheimer's disease (AD) if you:

- Are older. However, developing AD is not a part of normal aging.
- Have a close blood relative, such as a brother, sister, or parent with AD.
- Have certain genes linked to AD, such as APOE epsilon4 allele.

The following may also increase your risk, although this is not well proven:

- Being female.
- Having high blood pressure for a long time.
- History of head trauma.

### SYMPTOMS

Dementia symptoms include difficulty with many areas of mental function, including:

- Emotional behavior or personality
- Language
- Memory
- Perception
- Thinking and judgment (cognitive skills)

Dementia usually first appears as forgetfulness. Mild cognitive impairment (MCI) is the stage between normal forgetfulness due to aging, and the development of AD. Not everyone with MCI develops AD.

As the AD becomes worse, symptoms are more obvious and interfere with your ability to take care of yourself. Symptoms can include:

- Change in sleep patterns, often waking up at night.
- Delusions, depression, agitation.
- Difficulty doing basic tasks, such as preparing meals, choosing proper clothing, and driving.
- Difficulty reading or writing.
- Forgetting details about current events.
- Forgetting events in your own life history, losing awareness of who you are.
- Hallucinations, arguments, striking out, and violent behavior.
- Poor judgment and loss of ability to recognize danger.
- Using the wrong word, mispronouncing words, speaking in confusing sentences.
- Withdrawing from social contact.

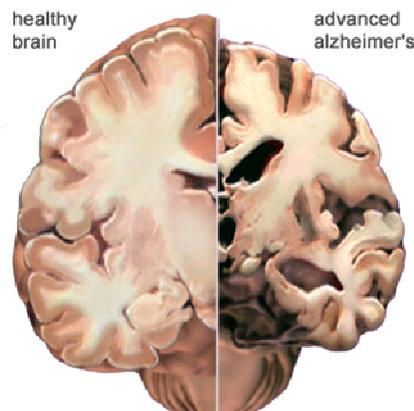
### DIAGNOSIS

Diagnosis can only be made after a comprehensive check-up by skilled health provider. Advanced tests like CT or MRI can be proven useful in diagnosis of this disease.

### TREATMENT

There is no cure for AD. The goals of treatment are:

- Slow the progression of the disease (although this is difficult to do).
- Manage symptoms, such as behavior problems, confusion, and sleep problems.
- Change your home environment so you can better perform daily activities.
- Support family members and other caregivers.



## OUR SERVICES

### SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion&the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

### ELECTIVE SURGICAL PROCEDURES

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### WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive & thorough medical check up for assessing your health status. The 360 degree screening investigates your health & renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future & recommends remedial action for the same. There will be consultations after the tests with renowned consultants & guidance for future course of action if any required.

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The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

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2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed & satisfactorily returns to the country of origin.

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