

Miscarriages

[Family](#), [Abortion](#)



There are many unexplainable things that happen to many different people in this world and now they have explanations. Miscarriages are occurring more and more often these days. There are many logical reasons for the occurrences of miscarriages. There has been a great deal of research concerning miscarriages and now we can prevent these from happening. Doctors have discovered that caffeine plays a big part in miscarriages today. Smoking also is a leading cause of miscarriages in today's studies. Studies have revealed that chlorine is a possible cause for miscarriages; also known as "spontaneous abortions". Stress is a widely known cause for spontaneous abortions. Researchers found that women who drank three to four cups of caffeine a day in the month prior to conception had nearly twice as great a risk of losing their babies as to those who drank less than half a cup a day. During pregnancy, even as little as a cup and a half to two cups of coffee a day or five cups of tea or four cans of cola doubled the possibility of having a miscarriage. Three to four daily cups of coffee nearly tripled the risk. InfoTrac OneFile. Of caffeine and miscarriages. Wayne G. Basler Lib., Blountville, TN. 13 April 2004 Scientist speculates that the reason that caffeine contributes to miscarriage in the first place is because the caffeine can decrease blood flow through the placenta, which provides nourishment to the unborn child. This is a very dangerous circumstance because blood flow plays a very important role in the placenta. It is also said that caffeine causes high blood pressure and can cause miscarriages and birth defects. My friend Ashley had her baby three months early because of high blood pressure resulting from high intake of Mountain Dew. It is said that cigarette smoking doubles a woman's chance of miscarrying. Pregnant women who smoke ten or more

cigarettes a day risk as much as five times a greater risk than nonsmokers. Smoking can also cause bleeding and the fetus suffers more often from intrauterine growth retardation. (Kmietowicz). Figures show that women who smoke reduce their chances of conceiving by up to forty percent each month, and couples who smoke are less likely to respond to infertility treatment. In pregnancy, smoking can increase the risk of miscarriage, certain fetal malformations, such as cleft lip and palate, and stillbirth and death of the newborn. It can also triple the chances of having a low birth weight baby and reduce the quality of breast milk. Health and Wellness Resource Center. Gale Group Databases. Wayne G. Basler Lib., Blountville, TN. 13 April 2004 <http://www.infotrac.galegroup.com> Discoveries show that chlorine drinking water is a link to spontaneous abortion. Studies show that pregnant women who drink five or more glasses of cold tap water per day containing at least seventy-five micrograms per liter of trihalomethanes (THMs)-about two percent of the stud population-had an increased risk of miscarriage. (Schnell). " The use of chlorinated water in shower or how ever used, can boost the risk of miscarriages". (Elvin). Water chlorination [was first used in 1908] is one of the most efficient practices for preventing waterborne communicable diseases. A series of reports resulted in a possible cause for spontaneous abortion and birth defects. Most tap water is safe to drink, but it is advised not to drink tap water during pregnancy. Chlorinated water may increase a pregnant women's risk of miscarriages and having birth defects. It is said that about one hundred thirty-seven thousand women may be affected and could cause several different effects; such as bladder, colon, and kidney problems. Stress has long been suspected as a possible cause of

miscarriage, with several studies indicating an increased risk among women reporting high levels of emotional or physical turmoil in the first trimester in the pregnancy or just before conception. Kirchheimer, Sid " How stress causes miscarriage Hormonal effects on certain cells may trigger chain reaction to end pregnancy" <http://webmd.com/content/66/79698.htm>.

During the time of stress, the brain releases several hormones, including one called corticotrophin-releasing hormone (CRH). In past studies, show that low birth weight and premature birth babies had found high levels of CRH in their bloodstream, other studies show greater risk of miscarriages in women reporting stress. CRH is also found to be released in other parts of the body, where it specifically targets localized mast cells; those best for causing allergic reactions. Mast cells are abundant in the uterus. During stress, the local release of CRH causes these mast cells to secrete substances that can cause miscarriages. <http://webmd.com/content/66/79698.htm>. Just from previous experience, I can relate to the stress causing miscarriage. During the time that I had my miscarriage, I was extremely stressed out and I stayed upset. Miscarriages are very popular and happening every day. There are enough worries as it is to find out that you are pregnant, and even more trying to avoid all of the obstacles in the nine month period. It's hard to relinquish smoking, drinking caffeine, drinking chlorine/being in it, and trying not to be under any stress during the pregnancy.