



REASONS FOR PREGNANCY LOSS

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

Here is an overview of various reasons people experience pregnancy loss. I truly know this can feel like a lot, so I'm happy to help you prioritize which one could be relevant for your specific case, and to go over testing and treatment options for each one. Remember, no matter what pregnancy loss is never your fault—these are simply the main reasons that people experience RPL. For many, when treated they can go on to have a successful pregnancy!

Potential Causes

- **Auto- and Alloimmune Factors:** ANA, NK cells, Cytokine Imbalance Th1/Th2, TNF-alpha, LADs, HLA-C Mismatch (KIR/HLA-C)
- **Blood Clotting & Vascular Health:** Thrombophilia: APS, Factor V Leiden, PAI-1, Prothrombin, Protein C/S, Antithrombin
- **Chromosomal Abnormalities:** Aneuploidy – more or fewer than 46 chromosomes, parental translocations
- **Egg & Sperm Quality:** Age, ovarian reserve, sperm parameters, DNA Fragmentation
- **Environmental & Lifestyle:** Toxins, smoking, alcohol, caffeine, endocrine disruptors
- **Hormonal & Endocrine Balance:** Thyroid, Progesterone, Prolactin, PCOS/Insulin Resistance
- **Idiopathic / Unexplained:** Over 50% of pregnancy losses are unexplained
- **Systemic & Metabolic Conditions:** Endometriosis, Adenomyosis, uncontrolled Diabetes, Lupus, IBS
- **Uterine Anatomy:** Congenital abnormalities, fibroids, polyps, septum, Asherman's syndrome, Hydrosalpinx, uterine lining, Cervical Insufficiency (2nd trimester losses)
- **Uterine & Placental Blood Flow:** Impaired circulation, poor vessel development, reduced oxygen to the uterus
- **Uterine & Vaginal Microbiome:** Including Endometritis (chronic), plus other infections (Bacterial Vaginosis, Chlamydia, viral infections etc)

Additional Considerations

It's important to note that these reasons for pregnancy loss are never a "one size fits all." The potential reasons for your pregnancy loss or losses depend on your unique medical history, lifestyle factors, and previous treatment outcomes.

My goal as a Fertility Coach and Educator is to help you learn about pregnancy loss and what treatment options are available which may improve your chances of a successful pregnancy. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps . Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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