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# PREGNANCY LOSS IN ANAMNESIS: SHORT AND LONG TERM CONSEQUENCES FOR WOMEN'S HEALTH

**Resume.** The article presents an analysis of modern research on the relationship between pregnancy loss (natural or induced) and short-/long-term consequences for a woman's health. The presence of a case of pregnancy loss in the anamnesis negatively affects the reproductive function of a woman in the future, affects the course and outcome of the next pregnancy. However, reproductive risk factors are not limited to the obstetric period. The association between spontaneous abortion and cardiovascular disease may reflect shared mechanisms and is considered an early marker of future risk to women's health, including premature death. Therefore, future efforts should focus on increasing follow-up of mothers after delivery, increasing awareness of risk factors, and evidence-based prevention strategies for this cohort of women.

Miscarriage is usually defined as pregnancy loss (PL) before viability and is the most common complication of pregnancy. The population prevalence of women who had one miscarriage is 10.8% (10.3-11.4%), two miscarriages – 1.9% (1.8-2.1%), three or more miscarriages - 0.7% (0.5-0.8%). The overall risk of miscarriage is 15.3% (95% CI 12.5-18.7%) of all recognized pregnancies [1, 2]. PL is usually associated with physical effects, such as bleeding in early pregnancy, which varies in severity from spotting to bleeding. However, it can also be associated with profound psychological distress that both partners may experience and may include feelings of denial, shock, anxiety, depression, PTSD, and suicidality [1, 3]. PL, whether natural or induced, is associated with higher rates of mental health problems. It is an independent risk factor for postpartum mental illness [4]. Miscarriage in all its forms is one of the most common adverse outcomes of pregnancy, but the psychological impact of such loss is often underestimated. The individual response to this may vary between women, but most experience anxiety, stress and symptoms of depression [5].

The presence in a woman's anamnesis of even one case of pregnancy loss negatively affects her reproductive function in the future, affects the course and outcome of the next pregnancy. Reproductive losses in the anamnesis increase the risk of recurrence of the complication in subsequent pregnancies up to 10 times [5, 6, 7, 8, 9, 10]. The number, duration of pregnancy and the time of its loss are associated with adverse consequences in subsequent pregnancies [11]. Yes, miscarriage, and especially recurrent miscarriage, is also a marker of risk for obstetric complications, including preterm birth, fetal growth retardation, placental abruption, and stillbirth in future pregnancies, as well as a predictor of long-term health problems such as cardiovascular disease and vein diseases [1].

Studies have found that previous miscarriage in nulliparous women was associated with a higher frequency of labor induction, cesarean delivery, and placental abruption [12]. However, multivariable logistic regression analysis (adjusted) showed that women with a history of spontaneous abortion had a lower risk of preeclampsia than women without a history of spontaneous abortion [13]. Corresponding results are confirmed by other authors [14]. However, women with a history of preeclampsia had a higher risk of its recurrence [13].

Reproductive risk factors are not limited to the obstetric period. The association between PL and chronic disease suggests that PL may have long-term consequences for the mother's overall health. History of coronary artery disease is an independent risk factor for cardiovascular diseases [15, 16, 17, 18, 19]. Studies show that such risks increase by more than 20%, regardless of the further development of metabolic disorders [20, 21]. Pathophysiological mechanisms of increased risk of cardiovascular and metabolic diseases may be associated with oxidative stress and inflammation [28]. The association between spontaneous abortion and cardiovascular disease may reflect shared mechanisms that contribute to spontaneous abortion and the development of cardiovascular disease and ultimately premature death. Miscarriage can be an early marker of future health risk for women, including premature death. These findings underscore a growing body of literature showing that certain reproductive events and chronic disease risk are associated throughout a woman's life [22]. The relevance of these studies is due to the fact that cardiovascular diseases remain the main cause of death worldwide, they account for 35% of deaths among women [23]. Therefore, the American Heart Association and the American College of Obstetricians and Gynecologists recommend that cardiovascular disease screening begin in the first 3 months postpartum for women with an adverse pregnancy outcome, including any history of miscarriage or stillbirth. One of the proposed strategies is the inclusion of the concept of the fourth trimester in clinical recommendations and health care policy [24, 25]. Future efforts should focus on strategies to increase postpartum maternal follow-up, increase awareness of sex-specific cardiovascular risk factors, and identify evidence-based strategies for precision prevention [26]. A history of spontaneous abortion is also associated with an increased risk of gestational diabetes. Identification of pregnant women at high risk for gestational diabetes is crucial for the implementation of early prevention and appropriate intervention [27, 28].

Today, there is growing recognition of the connection between various complications of pregnancy and the development of chronic diseases later in life. Pregnancy began to be considered as a physiological stress test, since the load it creates for the female body can reveal an underlying predisposition to diseases that would otherwise remain hidden for many years [29]. Abnormal cardiometabolic and vascular responses to the physiological stress of pregnancy can lead to adverse pregnancy outcomes, including hypertensive disorders of pregnancy, preterm birth, gestational diabetes, low-term birth, placental abruption, and pregnancy loss [30, 31, 32]. That is why the awareness that pregnancy is a «stress test» for future health can be extremely important for a woman in her reproductive age [33].

Thus, certain reproductive events and the risk of chronic diseases are linked throughout a woman's life. Having a history of pregnancy loss negatively affects her reproductive function in the future, thereby increasing the risk of complications in the next pregnancy, and what is important, is not limited to the obstetric period. The presence of a relationship between pregnancy loss and chronic disease suggests possible long-term consequences for the mother's overall health. Given that a history of pregnancy loss is an independent risk factor for cardiovascular disease and

metabolic disorders, the focus should be on increasing maternal follow-up after delivery, increasing awareness of risk factors, and evidence-based prevention strategies.

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