

Main Line Fertility offers hope after recurring pregnancy loss

WRITTEN BY
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Pregnancy loss is a frustrating, emotionally charged experience.

“So many women end up thinking they did something wrong; that they caused it somehow,” says Dr. Ben Gocial, an infertility specialist at Main Line Fertility. “The truth of the matter is that miscarriage is usually a random event that has nothing to do with anything the patient did.”

While certain lifestyle habits, like heavy smoking, may elevate the overall risk, it’s highly unlikely that physical activity could contribute to a loss. In fact, there’s little to nothing a

woman can do that might inadvertently cause it.

Miscarriage occurs in 10 to 25 percent of all pregnancies, according to the American Pregnancy Association, and Dr. Gocial adds that experiencing two back to back isn’t that uncommon. Be that as it may, it doesn’t necessarily mean that something’s wrong.

“They’re typically two unrelated events,” says Dr. Gocial. “It’s not unlike throwing a single die and hoping that you don’t roll a six. How unusual would it be if you rolled two in a row? You wouldn’t automatically assume that the die was broken.”

Even after two miscarriages, for most women, the chances of the next pregnancy being

normal are relatively high. Recurring pregnancy loss is generally defined as three losses without having a successful pregnancy. But when a woman has already experienced two miscarriages, the last thing they want is to wait for a third.

“And I don’t blame them. I’d hate for someone to go through a third miscarriage if it might have been preventable,” Dr. Gocial adds. “This is why it’s helpful to talk to a doctor to see if there’s anything obvious going on that might be playing a role.”

One of the most common causes is having an abnormal uterus, which can usually be spotted with an exam and ultrasound. Similarly,

running blood work may reveal an autoimmune issue, for example, that’s making it difficult to achieve a successful pregnancy. The takeaway here is that a basic exam and a few in-office screening tests are usually all it takes to reassure the patient.

If the doctor does identify a cause for concern, that doesn’t necessarily mean that having a baby is out of the question. Main Line Fertility leverages today’s most cutting-edge fertility treatments to give each patient a customized experience. Every fertility journey is different and no two people are alike. With the right care, many go on to achieve healthy pregnancies.

Main Line Fertility prides itself on delivering warm,



compassionate care to each and every patient, which is why Dr. Gocial and his team lead with safety and empathy.

“If it’s warranted, we always order the appropriate diagnostic testing, but we’re certainly not going to overwhelm you with a boat load of unnecessary, and often expensive, tests,” he says. “We care more about offering the best possible

care so that you can welcome a baby into your life as easily as possible. The idea is to make it a cost-effective, stress-free experience.”

Main Line Fertility currently has active locations in Paoli, West Chester, Philadelphia, and Bryn Mawr. To learn more, visit www.mainlinefertility.com.