



Healthy
Pregnancy
SUMMIT



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Medical Risk Factors and Coping Strategies

What does she do?

- She is an OBI-GYN and an assistant clinical professor.
- She is the founder and director of the Perinatal Loss Clinic.

What is her background when it comes to stillbirth?

- It is connected to founding her clinic.
- She knew there had to be a better way to heal and deal with patients who had stillbirths.
- She wanted to give those patients the care they deserve.
- The fact that African American patients had more stillbirths also affected her.
- Patients that had stillbirths can come to her clinic for a consultation visit during which she talks with them about everything that is going on with their care.

How common is stillbirth? What are some of the possible causes of it?

- 1 in 160 births are going to end in stillbirth.
- When it comes to African Americans, 1 in 87 births are going to end in stillbirths.
- When it comes to Caucasians, 1 in 200 births are going to end in stillbirths.
- Anything that interrupts the pregnancy can be the cause of stillbirth, such as exposure to toxins, infections, chromosomal abnormalities, fetal growth restriction, placenta problems, and maternal medical conditions (high blood pressure, etc.).
- A lot of those conditions overlap and that is why it is difficult to pinpoint the exact reason that led to the stillbirth.

How can people reduce the risk of stillbirth?

- Women need to think about preconception care.



- Women need to exercise, eat healthy, decrease their exposure to toxins, and address any potential genetic disease.

What other support do such women need?

- Women need to learn with their lost child still in their hearts and memories.
- They need to acknowledge that that child is still the part of their story.
- The most successful people that have dealt with this have had external support and they centered themselves with their new reality.
- A great support system is crucial.

What are her closing comments?

- People need to understand that doctors often do not find the reason why stillbirth had happened.
- Parents need to understand that no matter what has happened, stillbirth was not their fault.

