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Risk factors in miscarriage and way forward**Santosh Kumar Mishra**

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Risk factors in miscarriage (loss of a pregnancy before 20 week) include maternal age, and chronic medical conditions (like diabetes). Some miscarriages are beyond control of women. They occur because the foetus stops growing. This work is aimed at presenting scientific discussion on risk factors in miscarriage. Also, it briefly outlines treatment options in miscarriage situations. Secondary data ('qualitative' in nature) have been used. Data were collected from journal articles, books, book chapters, etc. Method of data analysis is 'descriptive'. Analysis of data in this work indicates that between 10% and 20% of known pregnancies end in miscarriage. Notably, most miscarriages (80%) happen within the first three months (13 weeks) of pregnancy. Presented below is description on risk factors in miscarriage:

a) Age: Women who are aged 35 years and over, have higher risk of miscarriage than their younger counterparts.

b) Past miscarriages: Those women who had one or more prior miscarriages before, are at increased risk of pregnancy loss.

c) Long-term health conditions: If women have ongoing long-term health conditions (e. g., uncontrolled diabetes), they have higher risk of miscarriage.

d) Uterine or cervical problems: Certain uterine conditions or weak cervical tissues raise the chances of a miscarriage.

e) Smoking and alcohol: Women who smoke and consume alcohol are more likely to be confronted with miscarriage.

f) Weight: Overweight women are at higher risk of miscarriage.

In terms of way forward, the author argues that losing pregnancy devastating, resulting in range of emotions and lots of questions. It is important to note that healing emotionally from miscarriage is harder and longer than the physical healing. Women need time to grieve loss. This abstract briefly concludes that a miscarriage, resulting from multiple factors, is very emotional moment for expectant mothers. Timely intervention by health care providers is of utmost importance.

Biography

Santosh Kumar Mishra is a Researcher (Scholar) and retired professional from the Population Education Resource Centre, Department of Lifelong Learning & Extension, S.N.D.T. Women's University, Mumbai, India. Trained in demography under a Government of India Fellowship (1986–1987), he earned his Ph.D. from the University of Patna in 1999. He also holds a Post-Master's Diploma in Adult & Continuing Education, a Certificate in Hospital and Health Care Management, and a Diploma in Human Resource Development. His research interests span demography, sustainable development, health, and related fields. Dr. Mishra has an impressive academic record, having authored or co-authored 6 booklets, 4 books, 32 book chapters, 111 journal articles, 2 monographs, 7 research studies, and 126 conference papers (some with bursary support). He has received multiple recognitions, including the Certificate of Excellence in Reviewing (2017, 2018, 2021, 2022) and the Excellence of Research Award in 2021 for outstanding contribution to agriculture. He has served as Judge for 2025 and 2026 Edison Awards, and Global Undergraduate Awards 2025 Programme.