

## 9<sup>th</sup> Yazd International Congress and Student Award on Reproductive Medicine with 4<sup>th</sup> Congress of Reproductive Genetics

### Poster Presentations

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#### **The effect of progesterone treatment in women with recurrent pregnancy loss**

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**Background:** Despite advances in research and technology, recurrent abortion remains a clinical and emotional problem for patients and physicians. Recurrent pregnancy loss (RPL), which affects about one percent of fertile couples, is defined by the American Reproductive Medicine Association as two or more failed pregnancies that have been confirmed by ultrasound or histopathology. The three main causes of widespread abortion that are widely accepted include parental chromosomal abnormalities, antiphospholipid antibody syndrome, and structural disorders of the uterus.

**Objective:** The aim of this study was to evaluate the effect of progesterone treatment in women with recurrent miscarriage.

**Materials and Methods:** We searched SID, Google Scholar, PubMed, and UpToDate database covering the period of 2000-2021. The search terms habitual abortion, pregnancy loss, treatment, progesterone and recurrent miscarriage were used.

**Results:** In the reviews, 36 articles were found, and finally 12 articles were selected for review. All studies have examined the effect of progesterone therapy in women with RPL. Some studies do not suggest supplemental progesterone therapy once a pregnancy has been established because treatment does not appear to increase the live birth rate. However, some studies have shown a notable improvement in pregnancy outcome after progesterone supplementation in women suffering from RPL. High-quality data on management of RPL are limited; accordingly, therapist suggestions are largely based on clinical experience and data from observational studies.

**Conclusion:** Since most studies on this topic are statistically insufficient, more research is required on the effectiveness of progesterone therapy in affected women.

**Key words:** Pregnancy loss, Treatment, Progesterone, Recurrent miscarriage.