

PREVALENCE OF COMORBIDITIES IN PATIENTS WITH RECURRENT PREGNANCY LOSS

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Background: Recurrent pregnancy loss (RPL) is a diagnosis that affects approximately 5% of patients attempting pregnancy [1]. Counseling and evaluating these patients can be challenging as a cause is only found in 50% of patients [1]. Furthermore, it is unclear if some medical comorbidities contribute to the etiology of RPL. There is currently limited data to describe the prevalence of medical comorbidities in patients with a diagnosis of RPL.

Objective: The purpose of this study was to describe the incidence of comorbidities in patients with a diagnosis of RPL.

Materials and Methods: This retrospective cohort study was conducted using the TriNetX research network involving a diverse group of national healthcare organizations. The database was queried from October 2015 to October 2024. Using the ICD-10 codes for RPL, 221,903 patients with an RPL diagnosis were identified. This subset of patients was then queried for tobacco use disorder, marijuana use, PCOS, diabetes, hypertension, thyroid disorders, and antiphospholipid syndrome using ICD-10 codes.

Results: Of the 221,903 patients with an RPL diagnosis, 27743 had nicotine dependence (12.5%) and 13,464 (6%) were marijuana users. 15,069 (6.79%) of patients had concomitant PCOS. 10,012 (4.5%) of the cohort had Type 1 Diabetes while 22,850 (10%) had Type 2 Diabetes. The total number of diabetic patients was 32,862 (14.8%). 51,106 (23%) patients had a diagnosis of hypertension. 24,903 (11.2%) had hypothyroidism and 5690 (2.56%) had hyperthyroidism. 11,534 (5.2%) of the cohort had antiphospholipid syndrome.

Conclusion(s): RPL is a difficult diagnosis for many patients and there is little data available as to the prevalence of various medical comorbidities. To our knowledge, this is the largest study to date describing the prevalence of medical comorbidities in the RPL population. Of the various comorbidities included in this study, it seems that hypertension is the most prominent, present in almost 1/4 of patients with an RPL diagnosis in this cohort. For comparison, the baseline prevalence of hypertension in reproductive aged women (20-44) in the United States (US) is 9.3% [2]. The percentage of diabetic patients in this cohort (14.8%) was also higher than the prevalence in reproductive aged women in the US (4.5%) [2]. Interestingly, antiphospholipid syndrome was present in only 5.2% of patients in this study which is slightly less than reported in the literature. More studies need to be done to determine a link, if any, between these comorbidities and the diagnosis of RPL.

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