



Trial provides hope for women suffering from recurrent miscarriage

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30 April 2007, Women who have had two or more miscarriages may benefit from a new treatment on trial at The University of Auckland.

The Scottish Pregnancy Intervention Study (SPIN) is looking at the use of aspirin and heparin as treatment for women who have suffered from two or more consecutive pregnancy losses.

Some miscarriages could be brought about by small clots blocking blood flow to the placenta that provides nourishment to the developing foetus. Low doses of aspirin and heparin could stop the formation of any clots and allow the pregnancy to continue to term.

"Suffering a miscarriage is an immensely traumatic and painful experience for any woman," says Dr Claire McLintock of the Faculty of Medical and Health Sciences. "We are still unable to explain why the majority of miscarriages, especially recurrent losses, occur - there is little, if any, evidence from clinical trials on the best way to treat women who have had recurrent pregnancy loss.

"Low dose aspirin and heparin have been shown to improve pregnancy outcome in women with recurrent pregnancy losses due to specific blood clotting problems, raising the possibility that they may be of similar benefit in women who have suffered unexplained recurrent miscarriage. The SPIN study will compare whether women with pregnancy losses who take low dose aspirin and heparin are more likely to have a successful pregnancy outcome than women under intensive medical monitoring alone."

Women who have had two or more consecutive miscarriages and are currently less than 7 weeks pregnant can volunteer to join the trial. Women who consent to be in the SPIN study will be randomly assigned to low dose aspirin and heparin with intensive medical monitoring, or intensive monitoring alone. Women can remain under the care of the obstetrician or midwife of their choice and will see one of the SPIN study team in addition for regular assessment.

The trial is funded by the Chief Scientist's Office of the Scottish Executive and supported by the Nurture Foundation.

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