

# Book Review

The fascinating field of recurrent pregnancy loss is evolving rapidly. The discovery of new approaches and the emergence of new information have made the third edition of this book a welcome addition for physicians treating patients with recurrent pregnancy loss (RPL). The book successfully summarizes the diagnosis and management. It particularly deals with ongoing debates in PGT, the use of progestogens and immunotherapy. The debates are written by leading authorities who have published their opposing views widely. It is fascinating that the editor, reclassifies RPL according to poor, medium and poor prognosis, rather than treating RPL as one homogeneous condition. Hence, there is a chapter on the investigation protocol which summarises which patients have different prognoses for a subsequent live birth so that good prognosis patients are not "over-treated" and poor prognosis patients "undertreated". In Chapter 3, the editor points out the pitfalls of treating patients with RPL as a homogeneous group, rather than restricting trials to an accurately diagnosed population. As shown in oncology, and other subjects in clinical medicine, molecular and genomic diagnoses are making diagnoses specific, and allowing targeted forms of therapy. Molecular genetic techniques for assessing the abortus are now making diagnosis possible, and leading to modified treatment regimens.

The guidelines of the Royal college of Obstetricians and Gynaecologists, American Society of Reproductive medicine and the European Society of Human Reproduction and Embryology are compared side by side, and the discrepancies contrasted. The editor then adds his own views based on over 30 years of experience with RPL. The book is divided into five sections:- basic principles, etiology, the ongoing pregnancy, management and the continuing debate as to the role of immunotherapy. Leading authors have contributed the chapters on etiology and management. They are scientifically sound, comprehensive and thoroughly up to date.

In the chapters on antiphospholipid syndrome (APS), new concepts of the etiology are discussed including the concept of an autoimmune reaction to an infective agent, known as molecular mimicry. Treatment has been classically by the use of an anticoagulant and aspirin. However, the problem to-day is the resistant patient who loses pregnancies despite the anticoagulant / aspirin regimen. Other treatment regimens and their results are discussed and provide insights for clinical management.

The chapters on the ongoing pregnancy provides rare insights into the special needs of this high risk group of women. The roles of Ultrasound follow, bleeding in pregnancy after RPL, Cerclage, genetic screening for anomalies, and obstetric outcomes are all described in a most interesting and artful way.

However, the main strength of the book is that the editor Howard Carp has put together a leading team who successfully reviews the controversies surrounding each topic. There is also a concrete and up-to-date algorithm for the approach to RPL which integrates both old and new information. This book is intended for general gynecologists and specialists. It should be essential reading for any physician counseling or treating women with recurrent pregnancy loss.

## **Recurrent Pregnancy Loss: Causes, Controversies and Treatment**

Editor: **Howard Carp**

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