



EEBR 2025

FOGSI EEBR 2.0

RECURRENT PREGNANCY LOSS

ETHICAL EVIDENCE-BASED RECOMMENDATIONS

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Foreword

As the President of FOGSI, I consider it both a privilege and a responsibility to give back to society by contributing meaningfully to the academic strength of our profession. In a world where medical knowledge shifts rapidly, staying updated is essential to ensuring that the care we offer is both compassionate and scientifically sound. Each initiative under the EEBR series is a small step towards equipping clinicians with clarity in an increasingly complex landscape.

Recurrent pregnancy loss (RPL) remains one of the most challenging and emotionally demanding situations encountered in our clinics. Despite decades of research and an expanding body of literature, it continues to be an area that presents more questions than answers. Couples navigating repeated losses face immense psychological distress, uncertainty, and fear-making our role as clinicians profoundly significant. Although substantial progress has been made in understanding genetic, anatomical, immunological, hormonal, and unexplained contributors, the pathway to a definitive diagnosis often remains unclear. This is precisely why a structured, evidence-based, and ethical approach becomes indispensable. This EEBR volume aims to distil global and national evidence into a simplified, practical framework to guide investigations, optimise management, and help us counsel couples with accuracy, empathy, and scientific confidence. RPL is one of the most common presentations in the OPD, and updating our understanding is vital to guide families correctly and responsibly.

This book represents months of dedicated work from a highly committed team of editors and authors, who have meticulously analysed evidence, debated nuances, and worked tirelessly to craft recommendations that are both ethical and clinically applicable. Their perseverance and academic rigour have transformed a challenging topic into a clear, usable resource for everyday practice. I offer my heartfelt appreciation for their remarkable contribution.

May this volume inspire thoughtful evaluation, balanced decision-making, and renewed hope for every couple seeking answers. Let us continue strengthening our science so we can walk alongside them with clarity, empathy, and purpose.

Warm regards,



Dr Sunita Tandulwadkar

President, FOGSI 2025

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