



MTHFR
Fertility

FERTILITY CASE STUDY

**LATE
PREGNANCY
LOSS
(STILLBIRTH)**



Hello and welcome!

I'm Carolyn Ledowsky, founder of **MTHFR Fertility** and **MTHFR Support Australia**.

As an MTHFR researcher, trainer and presenter, I am committed to teaching everyone I can about how and why the MTHFR genetic polymorphisms may affect your ability to fall and stay pregnant. I find it so sad that women are needlessly having multiple miscarriages and suffer the heartache that goes along with that, yet if they had known they had the MTHFR gene mutation before they started out they would have done things differently.

In honour of **National Infertility Awareness Week**, my team and I have compiled some amazing case studies and resources to share with you.

Our goal is to **support, inspire and empower** everyone going through this sometimes heartbreaking journey, to find the answers (and hope!) they need to turn things around.

Enjoy!

Carolyn Ledowsky



Case Study:

Late Pregnancy Loss (Stillbirth)

The following is a real-life case study of a couple who had been trying to conceive for 3 years. They had tried 5 rounds of IVF and experienced mixed results.

Ages

- Female 33
- Male 35

Presenting signs and symptoms (female)

- 1 still birth at 30 weeks

Medical Diagnosis + Advice

- blood clots in placenta
- Advice: try again with anti-clotting medication



Further Testing Revealed...

- Irregular cycle >35 days
- Bad PMS
- Histamine Intolerance
- Poor Digestion
- Mild Endometriosis and cysts



What can affect Late Pregnancy Loss?



Considerations for late losses

A late loss is a heartbreaking experience for everyone involved (including the medical team).

When late losses occur, it is important to look at the immune system and blood clotting susceptibility.

MTHFR can indirectly increase the risk of blood clots due to an increased homocysteine level. However, it is the biggest risk when it is combined with other factors such as Factor V Leiden, Protein-S deficiency, anti-cardiolipin antibodies etc. Each of these must be assessed and treated accordingly.

If there is a risk of blood clotting, medical treatments such as aspirin, heparin, clexane, and Lovenox can be invaluable.

Natural treatments that also help to strengthen capillary walls in the placenta, improve blood flow, keep blood pressure regulated and reduce homocysteine are also important.

When there is a history of late losses, it is important to prepare the body as much as possible BEFORE conceiving and provide regular, close monitoring throughout the pregnancy.

It is also important that couples receive regular emotional and mental support to deal with the grief of what has happened, and the stress of being pregnant again.

Case study Genetics Discussion...

MTHFR + Homocysteine- C677T ++ (female), C677T +- (male)

Homocysteine was high indicating the current 400mg of methylfolate and 200mcg B12 was inadequate.

The male partner was not taking any folate.

MTRR ++ was also found, which can impact the uptake of folate into the methylation cycle and contribute to high homocysteine. Choline (PEMT ++) was not being supplemented.

No genetics for blood clotting were discovered. However,, aspirin and Lovenox were still recommended.

No signs of autoimmune disease.

The genetics that can impact hormonal metabolism were found. COMT ++, CYP1B1 ++





Treatment Overview



Before conception

Step 1: Support Methylation + Hormones

- Switch to MTHFR prenatal (no folic acid)
- Add additional high-dose methyl folate and folinic- totalling up to 3600mcg
- Methyl B12 supplements
- Phosphatidylcholine
- SAMe
- Inositol
- Calcium-D- glucarate
- DIM

Step 2: Reduce Histamine + Oxidative Stress

- Histamine X
- N-acetyl-cysteine
- Glutathione
- Antioxidants
- Low histamine and no folic acid diet

During Pregnancy

- Maintain folate and methylation support
- Stop hormonal support (calcium-d-glucarate, DIM)
- pregnancy safe blood pressure support
- calcium + magnesium (blood pressure)
- DHA
- Vitamin E
- Iron
- Pregnancy safe antioxidant berry extracts

RESULT

Healthy Baby boy born at full term.



Tell Us Your Story.

Have you or anyone you have known experienced a late pregnancy loss?

Tell us about your story in our private Facebook group or our Instagram page and use the hashtag #thisismystory