Adenomyosis is significantly associated with recurrent miscarriage

To assess ultrasonographic presence of adenomyosis as a possible etiologic factor in women with recurrent miscarriage (RM) in comparison to a healthy population.

Methods
A total of 132 women were assessed between March 2018 and December 2018. The study group consisted of women with recurrent miscarriage. The control group consisted of age and parity-matched healthy women. The ultrasonographic adenomyosis rates, using strict diagnostic criteria, were compared between the groups and the etiologic factors for recurrent miscarriage are elaborated in the study group.

Results
The ultrasonographic diagnosis of adenomyosis using at least two criteria was significantly higher in the study group when compared to the control group (19.7% vs. 6.1%, respectively; \( P=0.035 \)). The most common ultrasonographic finding was heterogenous myometrium. Among women with RM, we could diagnose at least one possible risk factor in 42 women (63.6%) including the diagnosis of adenomyosis. We detected adenomyosis in nine women who would formerly be designated as unexplained (13.6%), and 24 of the RM cases remained unexplained (36.4%).

Conclusion
Adenomyosis is significantly associated with recurrent miscarriage. Together with anatomic defects, adenomyosis seems to be one of the two most common etiologic factors associated with recurrent miscarriage.