

Elisabetta Canalis Reveals She Suffered a Miscarriage



By [Courtney Omernick](#)

According to [UsMagazine.com](#), Elisabetta Canalis revealed via WhoSay on June 13 that she recently suffered a miscarriage. The actress spoke about her miscarriage to followers by composing an extensive message regarding the incident. The 35-year-old wrote, "Unfortunately, life gives you...a reality that you do not expect." A miscarriage is something a woman should never have to suffer through.

How do you support your partner during pregnancy issues?

Cupid's Advice

When a couple is expecting a child, it can be one of the happiest times in their lives. Unfortunately, as Elisabetta Canalis stated, life can give you a reality that you don't expect (such as a miscarriage), and there can be issues with the pregnancy. This can be a very trying time in a couple's relationship, so, Cupid has come up with a few suggestions on how to support your partner during pregnancy issues:

1. Get informed: If your partner is having complications, it's extremely important that you learn as much as you possibly can about the issues, symptoms, etc. This means, Google will become your best friend. Watch informational Youtube videos, listen to audiobooks, join chat groups and ask questions, but most importantly, do what you need in order to fully understand the situation.

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2. Be by their side: Be sure to go with your partner to prenatal visits, ultrasounds, and other doctor's appointments. This goes along with being informed. You'll be able to sympathize better because you know exactly what's going on and you can ask the medical staff questions if you don't.

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3. Help your partner stay healthy: This goes both ways: physically and emotionally. When complications arise and we're stressed, we can tend to revert back to old tendencies or pick up unhealthy habits. Make sure that you monitor your partner's stress levels, and how they're fueling their body. You can make it easier for them by joining their journey and participating in healthy eating and safe exercise habits.

**How have you supported your partner during pregnancy issues?
Comment below!**