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I am a mother of three children: set of twins and a younger sibling. I had a miscarriage between my successful pregnancies. My pregnancies were high risk and terrifying and my births were complicated and traumatic. Luckily, my kids are amazing.

While pregnant with twins I needed hospital care twice to deal with heavy bleeding and pain. Both times, nurses thought that I was having a miscarriage but ultrasounds proved them wrong. With my final pregnancy, I again had heavy bleeding and was diagnosed with a threatened miscarriage at the ER and had to go on bed rest for a period (while taking care of twin 2 years olds as well). At the time, I had zero fear of going to the hospital. My pregnancies were very wanted and I was so scared that I was losing them. I can not imagine the added stress and terror of being denied care because it could be construed as abortion care. We have many friends and family in Idaho where abortion is now illegal. OB/GYNs are leaving the state in droves. Women can not find support and care for their wanted pregnancies. Pregnant women are getting helicopter travel insurance in case they have trouble with their pregnancies and need to get to Washington or Oregon for care. We know of an Idaho resident who secretly got care in Seattle, Washington for her miscarriage because of her fear of being arrested for wanting to get a D&C. It was a horrible time for her and her husband, but she did not die of sepsis.

Outlawing abortion puts all women and girls at risk. Full stop. I do not know what would have happened to me and my pregnancies if abortion was illegal at the time I received emergency care for my threatened miscarriages. I believe that women should have a legal right to make their own medical decisions with their doctors. I believe abortion should be legal. I believe abortion care can not be separated from miscarriage care. I believe all pregnancies should be wanted. No one should be forced to carry a pregnancy to term. And as I woman who had pregnancy complications and a complicated emergency C-section that left me hospitalized for a full week, I know of what I speak. Pregnant women and doctors should be the only people making these kinds of choices, not politicians. And especially not politicians who have never experienced pregnancy and birth.