

PREECLAMPSIA AND PREGNANCY

Preeclampsia is a serious blood pressure disorder that can happen during pregnancy or soon after childbirth. Preeclampsia is a leading cause of death worldwide for women, fetuses and newborns. It can develop without you realizing it, so it's important to learn the symptoms.

WHAT ARE THE WARNING SIGNS?

When there are symptoms, they may include . . .

- A headache that will not go away
- Seeing spots, blurry vision or other changes in eyesight
- Swelling of face or hands
- Sudden weight gain
- Nausea and vomiting in the second half of pregnancy
- Pain in the upper abdomen or shoulder
- Shortness of breath

YOUR FUTURE HEALTH

If you are diagnosed with preeclampsia during pregnancy, **you may be more likely to have health problems in the future when you are not pregnant.**

These problems may include . . .

- Heart Attack
- Kidney Disease
- Stroke
- High Blood Pressure

You may need to see your obstetrician-gynecologist (ob-gyn) or other health care professional earlier or more often after childbirth so he or she can keep a close eye on your health. You should also tell any future health care professional that you had preeclampsia.

REMEMBER

Many women who get preeclampsia do not have clear risk factors. **Talk with your ob-gyn or other health care professional right away if you have any warning signs.**

WHAT ARE THE RISK FACTORS?

Anyone can develop preeclampsia. Many women who get preeclampsia are otherwise healthy and do not have clear risk factors. But some women may have a higher risk than others.



Risk factors for women at high risk include . . .

- Preeclampsia in a past pregnancy
- Carrying more than one fetus
- Chronic high blood pressure
- Kidney disease
- Diabetes mellitus
- Autoimmune conditions, such as lupus

Risk factors for women at moderate risk include . . .

- Being pregnant for the first time
- Obesity
- Family history of preeclampsia (mother or sister)
- Being older than 35

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