

Be Prepared for Preeclampsia

Preeclampsia is a serious disease related to high blood pressure that can strike fast – “eclampsia” is the Greek word for lightning. It can happen to any pregnant woman during the second half of her pregnancy, or up to six weeks after delivery. Finding preeclampsia early is important for both mothers and their babies. If you’re pregnant and experience symptoms or just don’t feel right, contact your healthcare provider right away.

KNOW THE FACTS

Affects up to 10% * of pregnancies worldwide	A leading cause of maternal and infant death with 76,000 maternal and 500,000 infant deaths each year worldwide	Common factor in preterm delivery , accounts for 20% of all neonatal intensive care admissions	Risk of end stage renal disease in women with preeclampsia is 3 to 5 times higher than in women who did not have preeclampsia
Over 99% of pregnancy-related deaths occur in low-to-middle income countries	Results in 16% of maternal deaths in low-to-middle income countries	Accounts for 1/4 of maternal deaths in Latin America and 1/10 of maternal deaths in Africa and Asia	Affects up to 6% of pregnancies in the postpartum period

SYMPTOMS



Severe headache and chest pain that won't go away even with medication



Swelling of the face and hands



Weight gain of more than 5 pounds in one week



Difficulty breathing, gasping, or panting



Nausea after mid-pregnancy



Changes in vision (spots, light flashes, or vision loss)



Upper right belly pain

RISKS



For Mom
Seizures
Water in the lungs
Death



For Baby
Premature birth
Low birth weight
Stunting
Death

WHAT TO DO

- ✓ Talk to your healthcare provider before or early in your pregnancy about your risk for preeclampsia
- ✓ Attend all your prenatal appointments
- ✓ Monitor your blood pressure and weight regularly, and contact your healthcare provider immediately if either becomes unexpectedly high
- ✓ Know your family history, especially for pregnancy, high blood pressure, and heart disease
- ✓ Eat right, exercise regularly, and maintain a healthy weight

*The term preeclampsia includes related hypertensive disorders of pregnancy, which may not be distinguishable from preeclampsia.

Presented by BabyCenter; Ending Eclampsia/USAID; International Society for the Study of Hypertension in Pregnancy; Preeclampsia Foundation; PRECISE