

## Be Prepared for Preeclampsia

Preeclampsia is a serious disease related to high blood pressure that can strike out of the blue – “eclampsia” is the Greek word for lightning. Eclampsia can happen to any pregnant woman during the second half of her pregnancy, or up to six weeks after delivery. Diagnosing 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 <b>10%</b> * of pregnancies worldwide	A leading cause of <b>maternal and infant death</b> with <b>76,000</b> maternal and <b>500,000</b> infant deaths each year worldwide	Over <b>99%</b> of pregnancy-related deaths occur in <b>low-to-middle income</b> countries	Common factor in <b>preterm delivery</b> , accounts for <b>20%</b> of all neonatal intensive care admissions
Results in <b>16%</b> of <b>maternal deaths</b> in low-to-middle income countries	Accounts for <b>1/4</b> of <b>maternal deaths</b> in Latin America and <b>1/10</b> of <b>maternal deaths</b> in Africa and Asia	Risk of <b>end stage renal disease</b> in women with preeclampsia is <b>3 to 5</b> times higher than in women who did not have preeclampsia	Affects up to <b>6%</b> of <b>pregnancies</b> 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  
Stroke  
Death



#### For Baby

Premature birth  
Low birth weight  
Stunting  
Death

### WHAT TO DO

#### During pregnancy

- Talk to your healthcare provider before or early in your pregnancy about your risk for preeclampsia
- Know your family history, especially for pregnancy, high blood pressure, and heart disease
- Attend all your prenatal appointments

#### After pregnancy

- Monitor your blood pressure and weight regularly, and contact your healthcare provider immediately if either becomes unexpectedly high
- 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.