



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...





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
- being pregnant more than 10 years after your previous pregnancy
- body mass index (BMI) over 30
- family history of preeclampsia (mother or sister)
- being age 35 or older
- complications in previous pregnancies, such as having a baby with a low birth weight
- in vitro fertilization (IVF)
- Black race (because of racism and inequities that increase risk of illness)
- lower income (because of inequities that increase risk of illness)

Low-dose aspirin may reduce the risk of preeclampsia in some women. Talk with your ob-gyn about whether you should take aspirin.

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



stroke



kidney disease



high blood pressure

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

REMEMBER

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

