

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 **8-10%** of pregnancies worldwide

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

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

SYMPTOMS



Severe headache 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
Death



For Baby
Premature birth
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, including eclampsia and HELLP syndrome.

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