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...
- shortness of breath
- a headache that will not go away
- seeing spots, blurry vision, or other changes in eyesight
- swelling in the face or hands
- nausea and vomiting in the 2nd half of pregnancy
- sudden weight gain
- pain in the upper abdomen or shoulder
- swelling of the face or hands
- sudden weight gain
- seeing spots, blurry vision, or other changes in eyesight

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.

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

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
- being African American

Risk factors for women at lower 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

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.

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