



# 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
- obesity
- family history of preeclampsia (mother or sister)
- being older than 35
- being African American

## 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) or other health care professional earlier or more often** after childbirth so he or she 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 or other health care professional right away if you have any warning signs.**

