

# Learn About the Warning Signs

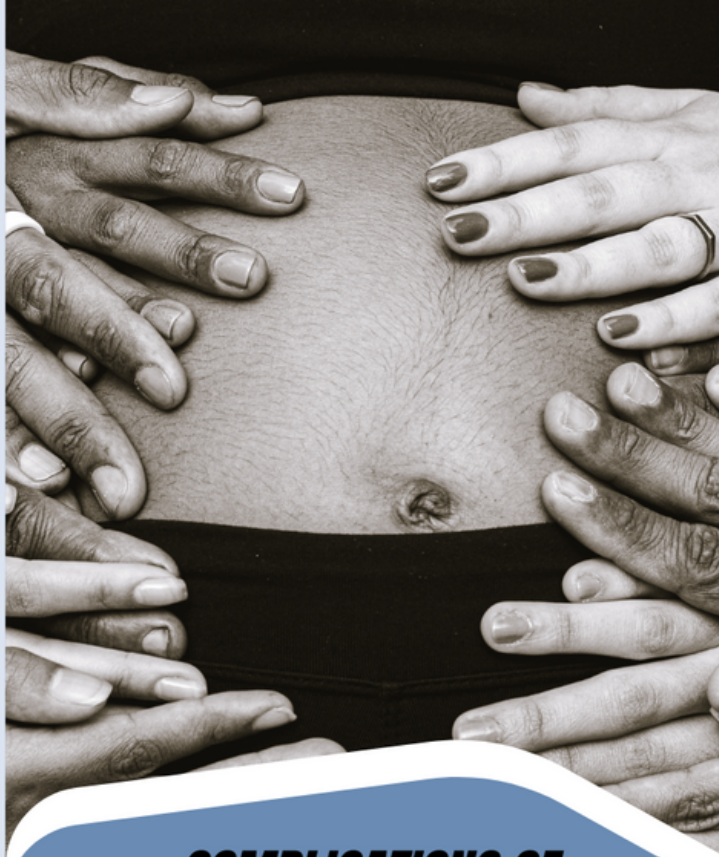
**Important Note:** Increasing Blood Pressure (BP) over 140/90 is hypertension. Having BP over 160/110 is a **MEDICAL EMERGENCY!**

IF systolic BP (top number) rises by 30 mm Hg, even if less than 140, OR if diastolic BP (bottom number) rises by 15 mm Hg, even if it is less than 90, this is a **MEDICAL EMERGENCY!**

## Other Warning Signs:

- Protein in urine
- Severe headache and/or vision disturbances
- Right shoulder pain and/or abdominal pain under the ribs
- New onset of nausea or vomiting
- Difficulty breathing
- Sudden weight gain or increased swelling in the face, hands, legs, and/or feet

**If you notice these warning signs, contact your provider and seek immediate medical attention!**



## COMPLICATIONS OF PREECLAMPSIA

- Organ damage including kidneys, liver, heart, lungs, and eyes
- Strokes, seizures, blood clots, death
- Premature delivery & complications to the baby or death
- 4X the risk for high blood pressure later in life
- Doubles women's risk for future heart disease and stroke
- Black or African American women are 3-4X more likely to die from preeclampsia
- 2 out of 3 women who experience preeclampsia will die from cardiovascular disease

# LEARN HOW TO REDUCE YOUR RISKS

*Takes steps prior to and during pregnancy to decrease the risk for preeclampsia.*



**Control your high blood pressure and blood sugar.**



**Maintain a regular exercise routine and healthy weight.**



**Eat a Mediterranean diet rich in vegetables, fruits, whole grains, olive oil & fish. Avoid processed, fried, or fast foods; and limit sodium.**



**Get 7-8 hours of sleep.**



**Avoid alcohol & caffeine; instead drink 6-8 glasses of water per day.**



**Avoid smoking! You are more likely to have high blood pressure, damaged blood vessels, & preeclampsia if you smoke.**

*Ask your MD about taking a daily baby aspirin & multivitamin, and genetic testing to assess your risk.*

## Are You At Risk?

- Do you have a history of high blood pressure?
- Have you, your sister, or mother experienced preeclampsia in a prior pregnancy?
- Are you Black or African American?
- Are you under 20 or over 35 years old?
- Are you expecting multiples?
- Is this your first pregnancy or has it been less than 2 years or more than 10 years since your last pregnancy?
- Do you have kidney disease, an autoimmune disease, or diabetes?
- Are you over weight or have a BMI >30?
- Did you use assisted reproduction i.e. IVH, donor egg/sperm, or IUI?

## Did You Know?

Preeclampsia is the leading cause of death worldwide for women, fetuses, and newborns **DURING** pregnancy and **UP TO 6 WEEKS** postpartum. It is characterized by high blood pressure after 20 weeks gestation, protein in the urine, & signs of organ damage.

## Monitoring Preeclampsia

*Keep Track of these signs and symptoms to discuss with your provider.*



**Check your blood pressure twice a day at least 4 hours apart.**



**Check urine for protein once a day.**



**Monitor for sudden weight gain.**



**Check for sudden swelling in your hands, face, legs and/or feet.**



**If pregnant, count how often your baby is kicking everyday.**



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# The Preeclampsia Project

*A partnership to address maternal mortality & racial inequities.*



**Empowering high-risk women with knowledge & skills to make informed health decisions.**