

# PREECLAMPSIA



**Preeclampsia is a serious disease related to high blood pressure that can affect women during pregnancy and up to six weeks after delivery. Finding preeclampsia early is important for you and your baby.**

## Who gets Preeclampsia?

Preeclampsia and other hypertensive disorders of pregnancy occur in five to eight percent of all pregnancies of women who have no known risk factors (see below).

**The most significant risk factors for preeclampsia are:**

Previous history of preeclampsia

Multiple gestation (i.e., pregnant with more than one baby)

History of chronic high blood pressure, diabetes, kidney disease or organ transplant

First pregnancy

Obesity, particularly with Body Mass Index (BMI) of 30 or greater. [Calculate your BMI here.](#)

Over 40 or under 18 years of age

Family history of preeclampsia (i.e., a mother, sister, grandmother or aunt had the disorder)

Polycystic ovarian syndrome

Lupus or other autoimmune disorders, including rheumatoid arthritis, sarcoidosis and multiple sclerosis

In-vitro fertilization

Sickle cell disease

## Signs of Preeclampsia



**Stomach pain**



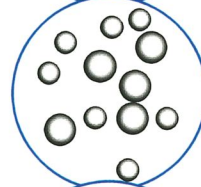
**Feeling nauseous; throwing up**



**Swelling in your hands and face**



**Headaches**



**Seeing spots**



**Gaining more than 5 pounds in a week**

### Risks to you

- Seizures
- Stroke
- Organ damage
- Death

### Risks to your baby

- Premature birth
- Death

### What should you do if these signs are present?

Call your doctor right away.