

Preeclampsia

Preeclampsia is a serious medical condition that occurs when blood pressure goes too high in the later part of pregnancy. You will be screened very carefully for this at your prenatal appointments. It is a leading cause of morbidity and mortality among pregnant women around the world.

In women with risk factors, taking a daily baby aspirin starting at 12 weeks can prevent or delay the onset of preeclampsia. Newer research has shown that one of the risk factors for developing preeclampsia is a BMI of >30 . Your doctor will discuss whether you should take aspirin at your prenatal visits.

Keeping active during pregnancy helps prevent preeclampsia. Aim for 140 minutes per week of moderate exercise. Women with a very low dietary intake of calcium can consider taking a supplement.

Preeclampsia is sometimes managed with blood pressure medications. Pregnancy is usually induced at 37 weeks as long as mom and baby remain healthy. Rarely, preeclampsia can develop up to 6 weeks postpartum so it is important to pay attention to how you are feeling even after baby arrives. .

Symptoms of preeclampsia may include headache, changes in vision, pain in the right upper abdomen, extreme swelling of the hands and feet, shortness of breath and neurologic changes. If you are concerned you may have these symptoms developing go to the hospital.



Aspirin for Preeclampsia



What is Preeclampsia