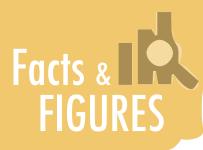
WHAT WOMEN NEED TO KNOW ABOUT PREECLAMPSIA



Any Woman. Any Pregnancy.



Affects 5-8 percent of all pregnancies

A leading cause of maternal and infant mortality with nearly 76,000 maternal and 500,000 infant deaths each year worldwide

Occurs during pregnancy AND postpartum and affects the mother and baby

African American women are 4x as likely to die as a result of preeclampsia

From 1998-2006 African American women had 56% more preeclampsia than Caucasian women

Preeclampsia doubles a woman's risk for developing heart disease or having a stroke over their next

5-15 years

weight gain
of more than
5 pounds
in one week

headache that will not go away even with medication elevated blood pressure



swelling of the face, eyes and hands

SIGNS & Symptoms

difficulty breathing, gasping, or panting

nausea after mid pregnancy



changes in vision - spots, light flashes, or loss of vision

WHAT YOU CAN DO

- ATTEND all of your prenatal appointments
- <u>TALK</u> to your healthcare provider before or early in your pregnancy about your risk for preeclampsia
- MONITOR your blood pressure and weight regularly, and contact your healthcare provider immediately if either becomes unexpectedly high
- KNOW your family history, especially for pregnancy, high blood pressure and heart disease
- Eat <u>RIGHT</u>, exercise <u>REGULARLY</u>, and <u>MAINTAIN</u> a healthy weight

