

# WHAT WOMEN NEED TO KNOW ABOUT PREECLAMPSIA



Any Woman. Any Pregnancy.

## Facts & FIGURES

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**



## WHAT YOU CAN DO

- **ATTEND** all of your prenatal appointments
- **TALK** 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 **RIGHT**, exercise **REGULARLY**, and **MAINTAIN** a healthy weight