Organization's comprehensive report includes data on more than 60 books

SAN DIEGO, May 6, 2012 – For the first time in its history, the Preeclampsia Foundation has issued an official list of Top 10 Pregnancy Guidebooks , a comprehensive report distilled from reviewing more than 60 books. The announcement was made at The Promise Walk for Preeclampsia™ in San Diego today since May has officially been designated Preeclampsia Awareness Month by San Diego Mayor Jerry Sanders to build awareness of preeclampsia, a life-threatening disorder of pregnancy.

"The Top 10 Pregnancy Guidebooks Report reviews most of the commercially available pregnancy guides on the market and ranks them based on whether they adequately provided much-needed information about preeclampsia and related hypertension disorders of pregnancy, which can be life-threatening for the mother and baby," explained Jennifer Carney, MA, author of the report. "In reviewing pregnancy books, our goal was to be able to lead women to sources of information that would be helpful to them should their pregnancy become complicated. This report also provides a 'roadmap' for publishers and authors either writing or updating their books."

To complete the report, books were evaluated using a set of criteria in five categories: Depth of Coverage, Placement of Coverage, Clarity and Accuracy of Information, Description of Symptoms, and Postpartum Concerns. Books were downgraded for out-of-date information, missing or inaccurate information and placement issues, including inaccurate or inadequate indexing.

"It's startling that up to one in 12 pregnancies is affected by preeclampsia and related hypertension disorders, which is very significant," explained Doug Woelkers, M.D., a

board-certified OB/GYN at UCSD Medical Center and co-author of the report. "Research has shown that awareness and reporting of symptoms can improve outcomes, so it's important for expectant mothers to receive accurate prenatal information that's clear, accurate, timely and thorough – not to alarm them, but to equip them to recognize concerning symptoms, most of which may be confused with the hallmarks of normal pregnancy. A good pregnancy book should clearly explain the warning signs and associated risks."

Top 10 Pregnancy Guidebooks:

1. *The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood* by Joanne Stone, MD and Keith Eddleman, MD (2008)

2. *Smart Mother's Guide to Better Pregnancy* by Linda Burke-Galloway, MD (2008)

3. *Your Pregnancy and Childbirth: Month to Month (5th Edition)* American College of Obstetricians and Gynecologists (2010)

4. *Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth & Beyond* by Linda Goldberg (2010)

5. *The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During and After Pregnancy* by Joel Evans, MD and Robin Aronson (2005)

6. *Our Bodies, Ourselves: Pregnancy and Birth* by Boston Women's Health Book Collective and Judy Norsigian (2008)

7. *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* by Yvonne Bohn, MD, Elane Park, MD, Allison Hill, MD, and Melissa Jo Peltier (2011)

8. *The Joy of Pregnancy* by Tori Kropp (2008)

9. *The Stress-Free Pregnancy Guide* by Carol Livoti, MD (2008)

10. *What to Expect When You're Expecting, 4th Edition* by Heidi Murkoff and Sharon Mazel (2008)

The Preeclampsia Foundation issued the Top 10 Pregnancy Guidebooks announcement and report at the San Diego Promise Walk, which is one of 36 walks being held across the U.S. and Canada to raise awareness for preeclampsia. The Promise Walk for Preeclampsia™ and Preeclampsia Awareness Month national sponsors for 2012 are Alere and BabyCenter. To support efforts or join in an event near you, visit www.promisewalk.org.

About the Preeclampsia Foundation

The Preeclampsia Foundation is the only national nonprofit patient advocacy organization for the hypertensive disorders of pregnancy. Thousands of women and babies die or get very sick each year from preeclampsia, eclampsia and HELLP syndrome, life-threatening disorders that occur only during pregnancy and the postpartum period. Through their national fundraising events The Promise Walk for Preeclampsia™ and Saving Grace – A Night of Hope™, the Preeclampsia Foundation works to achieve its mission to provide patient support and education, raise public awareness, catalyze research and improve health care practices. For more information, call toll free (800) 665-9341 or visit www.preeclampsia.org.