



May is Preeclampsia Awareness Month

High blood pressure can happen in any pregnancy or during the postpartum period. It is a leading cause of maternal and infant illness and death worldwide.

Join with the Preeclampsia Foundation this May as we educate, empower, and inspire women to take charge of their pregnancy health and especially **know the signs and symptoms of preeclampsia**.

Choose and post a different message each day in May on your social media channels! Or just share out your own story using **#MyPreeclampsiaStory**.

Hashtags:

#PreAM26 #Preeclampsia

#MyPreeclampsiaStory #KnowtheSymptoms

Campaign URL: www.preeclampsia.org/AwarenessMonth

Social Media Accounts:

X: [@preeclampsia](https://twitter.com/preeclampsia)

Threads: [@preeclampsia.foundation](https://www.threads.net/@preeclampsia.foundation)

LinkedIn: [Preeclampsia Foundation](https://www.linkedin.com/company/preeclampsia-foundation)

Instagram: [@preeclampsia.foundation](https://www.instagram.com/preeclampsia.foundation)

Facebook: [Preeclampsia Foundation](https://www.facebook.com/preeclampsia.foundation)

YouTube: [@PreeclampsiaFoundation](https://www.youtube.com/@PreeclampsiaFoundation)

BlueSky: [@preeclampsia.org](https://bsky.app/profile/preeclampsia.org)

Use #PreAM26 to Post Once a Day on your Social Media Platforms

Fri, Apr 24

Just one week until May as Preeclampsia Awareness Month! Learn more at www.preeclampsia.org/AwarenessMonth **#PreeclampsiaAwarenessMonth**

Are you the face of @preeclampsia? Share your **#MyPreeclampsiaStory this May to raise awareness and educate others. **#PreeclampsiaAwarenessMonth****

<p>Sat, Apr 25</p>	<p>Learn about #preeclampsia signs and symptoms, heart disease, research, and emotional recovery at www.preeclampsia.org #PreeclampsiaAwarenessMonth</p> <p>Together, we can find a cause and a cure for preeclampsia. Learn more throughout May with @preeclampsia. #PreeclampsiaAwarenessMonth</p>
<p>Sun, Apr 26</p>	<p>Help save the lives of moms and babies: partner with @preeclampsia during May at www.preeclampsia.org/AwarenessMonth #PreeclampsiaAwarenessMonth</p> <p>76,000 mothers and 500,000 babies die each year worldwide because of #preeclampsia. We can do more: www.preeclampsia.org/AwarenessMonth #PreeclampsiaAwarenessMonth</p>
<p>Mon, Apr 27</p>	<p>The Preeclampsia Registry is the only patient registry to focus solely on hypertensive disorders of pregnancy like #preeclampsia #eclampsia #HELLPsyndrome #gestationalthypertension http://bit.ly/1bAA8jp #PreeclampsiaAwarenessMonth</p> <p>We've known about #preeclampsia for over 2,000 years. Now, join us and our partners @preeclampsia to do something about it #PreeclampsiaAwarenessMonth</p>
<p>Tues, Apr 28</p>	<p>Just two more days! Join @preeclampsia starting Monday for National Preeclampsia Awareness Month activities. #PreeclampsiaAwarenessMonth</p> <p>Toxemia and pregnancy-induced hypertension (PIH) are older names for a disorder now referred to as #preeclampsia. #PreeclampsiaAwarenessMonth</p>
<p>Wed, Apr 29</p>	<p>Preeclampsia is on the rise in the US & is a leading cause of maternal & infant illness & death. Learn more at www.preeclampsia.org/AwarenessMonth #PreeclampsiaAwarenessMonth</p>

	Common #preeclampsia symptoms: severe headache, swelling in hands or face, visual disturbances, extreme shortness of breath, upper abdomen pain #PreeclampsiaAwarenessMonth
Thu, Apr 30	Beginning tomorrow check out tools and resources to spread the word @preeclampsia. #PreeclampsiaAwarenessMonth
Week 1	“Know the Symptoms”
Fri, May 1	May is #PreeclampsiaAwarenessMonth! Join @preeclampsia & start the conversation about preeclampsia. Learn more about preeclampsia and how you can start the conversation, raise awareness & save lives at: www.preeclampsia.org/AwarenessMonth #PreAM26
Sat, May 2	Have you experienced preeclampsia during pregnancy or postpartum? Share your #MyPreeclampsiaStory during #PreeclampsiaAwarenessMonth to spread awareness of the symptoms and risk factors of preeclampsia #PreAM26
Sun, May 3	Symptoms of #preeclampsia include headaches, high blood pressure, swelling, shortness of breath, nausea or vomiting, and blurry vision. Learn more: www.preeclampsia.org/faqs #KnowtheSymptoms #PreAm26
Week 2	“Take action if experiencing Symptoms”
Mon, May 4	If you are experiencing symptoms such as headache that won’t go away, swelling or high blood pressure in your pregnancy or postpartum, #TakeActionforPreeclampsia and get medical attention. It can save your life. #KnowtheSymptoms #PreAM26 Every mom should know the symptoms of #preeclampsia This month, join us and our partners @preeclampsia to do something about it. Together, we can start the conversation about preeclampsia and how taking action on the symptoms saves lives. #PreAM26

<p>Tue, May 5</p>	<p>A woman’s condition can progress to severe preeclampsia very quickly. #KnowTheSymptoms Don’t wait out to see if things will get better on their own, take action to get medical attention. It can save lives #PreAm26</p> <p>If you ask an obstetric researcher or clinician about #preeclampsia, they will speak at length about how strange it is that we still don't fully understand why preeclampsia and other hypertensive disorders occur in 5-8% of all pregnancies. #PreAM26</p>
<p>Wed, May 6</p>	<p>Happy National Nurses’ Day! We’re so thankful for the life-saving work nurses do every day. #Preeclampsia can happen to any woman, any pregnancy. Saying the word “preeclampsia” to patients can be lifesaving. #PreAM26</p>
<p>Thurs, May 7</p>	<p>Preeclampsia is can often silent, showing up unexpectedly during a routine blood pressure check and urine test. Knowing what your blood pressure is and what number to #TakeActionforPreeclampsia can save lives.</p> <p>Taking low-dose aspirin may reduce your likelihood of developing #preeclampsia. Know your risk factors and if aspirin could benefit you: www.preeclampsia.org/aspirin #PreAM26</p>
<p>Fri, May 8</p>	<p>The Preeclampsia Foundation’s @preeclampsia work to drive research and improve healthcare practices is vital to saving lives from #preeclampsia #HELLPsyndrome #eclampsia #PreAM26</p>
<p>Sat, May 9</p>	<p>Risk factors for #preeclampsia: diabetes, kidney disease, autoimmune disorders, high blood pressure, history of preeclampsia, first pregnancy, pregnant with multiple babies. #PreAM26</p>
<p>Sun, May 10</p>	<p>Happy Mother’s Day! Celebrate moms everywhere so more mothers and children can experience safe births around the world. #PreeclampsiaAwarenessMonth #PreAM26</p>
<p>Week 3</p>	<p>“Still at Risk Postpartum”</p>

<p>Mon, May 11</p>	<p>Delivery is not the cure for #preeclampsia #PostpartumPreeclampsia can occur up to 6 weeks postpartum, even if the pregnancy didn't have any complications. #KnowtheSymptoms #PreAm26</p> <p>We have few options besides a patient's medical and pregnancy history to help us predict what patients may be at risk for preeclampsia. Innovative biomarkers can help us bridge the gap. #PreAM26</p>
<p>Tues, May 12</p>	<p>Preeclampsia is a life-threatening disorder of pregnancy related to high blood pressure. It's important that every pregnant and postpartum mom knows and understands #preeclampsia #PreAM26</p>
<p>Wed, May 13</p>	<p>Only 8% of moms know the common symptoms of #preeclampsia Headaches, nausea & vomiting, changes in vision, rapid weight gain, swelling, stomach pain, shortness of breath & high blood pressure. www.preeclampsia.org/AwarenessMonth #PreAM26</p>
<p>Thurs, May 14</p>	<p>It is a myth that "delivery is the cure" for #preeclampsia. Preeclampsia can occur for any moms up to 6 weeks postpartum #PreAM26</p>
<p>Fri, May 15</p>	<p>Moms are #StillatRisk for #preeclampsia after delivery. Symptoms of preeclampsia in postpartum include headaches, high blood pressure, swelling, shortness of breath, nausea or vomiting, rapid weight gain and blurry vision #PreAm26</p>
<p>Sat, May 16</p>	<p>Nausea and vomiting are not normal in later pregnancy or postpartum. #KnowTheSymptoms and call your provider and report you are having symptoms of #preeclampsia #PreAM26</p>
<p>Sun, May 17</p>	<p>Today is #WorldHypertensionDay #preeclampsia is a leading cause of illness and death globally for mothers and infants. #PreAM26</p> <p>Preeclampsia is a risk factor for long-term cardiovascular disease #PreAM26</p>

Week 4	“Take Action on Health After Preeclampsia”
Mon, May 18	<p>A hypertensive disorder of pregnancy, including #preeclampsia, #eclampsia, or #HELLPs syndrome, can be a life-changing patient experience that goes beyond pregnancy. Learn more: https://www.preeclampsia.org/beyondpregnancy #PreAm26</p> <p>Start the conversation about #preeclampsia so more moms can be aware of it. www.preeclampsia.org/FAQ #PreAM26</p>
Tues, May 19	<p>Patients should know what the word #preeclampsia is before they are told they have it #PreAM26</p> <p>We have to do more than just repeat that #preeclampsia survivors have risks beyond pregnancy. Recognize its emotional impact, educate and empower with tools on how they can do to be their own best advocate beyond #pregnancy: https://www.preeclampsia.org/beyondpregnancy #PreAm26</p>
Wed, May 20	<p>History of #preeclampsia places patients at risk for: chronic hypertension, cardiovascular disease, chronic kidney disease, stroke, PTSD, depression, anxiety, diabetes, venous thromboembolism & vascular dementia: https://www.preeclampsia.org/beyondpregnancy #PreAm26</p> <p>The Preeclampsia Foundation's work to drive research and improve healthcare practices is vital to saving lives. #PreAM26 Learn more at www.preeclampsia.org/about-us</p>
Thurs, May 21	<p>Use @preeclampsia “My Health Beyond Pregnancy” free, downloadable tool to help guide your healthcare after #preeclampsia: https://www.preeclampsia.org/beyondpregnancy #PreAm26</p> <p>Prepared hospitals improve maternal outcomes. Implementing standardized safety protocols for #preeclampsia makes giving birth safer for moms and babies. www.preeclampsia.org/healthcare-providers #PreAM26</p>

Fri, May 22	Today is #WorldPreeclampsiaDay – join together with voices all across the world and improve outcomes for moms and babies #PreAM26
Sat, May 23	Black women experience severe maternal morbidity events at a rate 2.1 times greater than white women. Amplifying their pregnancy experiences must be part of solving the #maternalmortality crisis in the US. #PreeclampsiaAwarenessMonth #PreAM26
Sun, May 24	<p>Changing the health outcomes of #preeclampsia patients cannot be done without a positive patient-provider partnership. We have numerous resources for health care providers to optimize their patients’ #pregnancy and long-term health: www.preeclampsia.org/healthcare #PreAm26</p> <p>Moms are still at risk up to 6 weeks postpartum for #preeclampsia. Recognizing the signs could save a life after delivery: www.stillatrisk.org #PreAM26 #PreeclampsiaAwarenessMonth</p>
Week 5	Provide mental health support for families who’ve experienced preeclampsia
Mon, May 25	<p>Women who have endured traumatic pregnancies such as severe #preeclampsia, #eclampsia and #HELLPsyndrome have a higher incidence of #PTSD and #PPMD than women without these complications #KnowTheSymptoms #PreAm26</p> <p>Women who had severe #preeclampsia, delivered preterm or had low-birthweight babies are at a higher risk of heart disease & stroke. Learn more about the long term impact: www.preeclampsia.org/heart-disease-stroke #PreAM26</p>
Tue, May 26	You are not alone if you experience birth trauma after #preeclampsia #HELLPsyndrome #eclampsia Get support: www.preeclampsia.org/get-support #PreAM26 #PreeclampsiaAwarenessMonth
Wed, May 27	#Preeclampsia is not just physical. There is a huge mental and emotional impact on patients and their families. They need support:

	<p>www.preeclampsia.org/birth-trauma-recources #PreAM26 #KnowtheSymptoms</p> <p>The Preeclampsia Registry is the only patient registry to focus solely on hypertensive disorders of pregnancy like #preeclampsia Share your experience and advance research: www.preeclampsia.org/registry #PreAM26 #PreeclampsiaAwarenessMonth</p>
Thurs, May 28	<p>Women who experience #preeclampsia are 4x more likely to develop PTSD. You are not alone. Get support: www.preeclampsia.org/birth-trauma-recources #PreAm26</p> <p>60% of #preeclampsia deaths are preventable. Educate your patients regularly about high blood pressure during and immediately after delivery. Learn how: www.preeclampsia.org/educating-patients #PreAM26 #PreeclampsiaAwarenessMonth</p>
Fri, May 29	<p>The Preeclampsia Foundation is the largest patient advocacy org in the US, serving the 5-8% of pregnant women with hypertensive disorders. Follow their work and find resources all year long. @preeclampsia #PreAM26 #PreeclampsiaAwarenessMonth</p>
Sat, May 30	<p>Preeclampsia can happen to any woman, any pregnancy or postpartum (up to 6 weeks). Knowing signs and symptoms of #preeclampsia can help save the lives of moms and babies. #PreAM26 #PreeclampsiaAwarenessMonth</p>
Sun, May 31	<p>Thank you for advocating with us during #PreeclampsiaAwarenessMonth. Your voice matters all year long! Follow @preeclampsia to stay up to date with the latest #preeclampsia research and news #PreAM26 #PreeclampsiaAwarenessMonth</p>