WHAT WOMEN NEED TO KNOW ABOUT PREECLAMPSIA
Any Woman. Any Pregnancy.

Facts & FIGURES

- Affects 5-8 percent of all pregnancies
- 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

SIGNS & Symptoms
- elevated blood pressure
- weight gain of more than 5 pounds in one week
- swelling of the face, eyes, and hands
- headache that will not go away even with medication
- 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
- 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