

## About Us

Established in the year 2000, the Preeclampsia Foundation is a 501(c)(3) non-profit organization whose mission is to reduce maternal and infant illness and death due to preeclampsia and other hypertensive disorders of pregnancy by providing patient support and education, raising public awareness, catalyzing research and improving health care practices.

We envision a world where preeclampsia no longer threatens the lives of mothers and babies.

## What is Preeclampsia?

Preeclampsia is a disorder that occurs only during pregnancy and the postpartum period and affects both the mother and the unborn baby. Affecting at least 5-8% of all pregnancies, it is a rapidly progressive condition characterized by high blood pressure and the presence of protein in the urine. Swelling, sudden weight gain, headaches and changes in vision are important symptoms; however, some women with rapidly advancing disease report few symptoms.

Typically, preeclampsia occurs after 20 weeks gestation (in the late 2nd or 3rd trimesters or middle to late pregnancy), though it can occur earlier. Proper prenatal care is essential to diagnose and manage preeclampsia. Pregnancy Induced Hypertension (PIH) and toxemia are outdated terms for preeclampsia. HELLP syndrome and eclampsia (seizures) are other variants of preeclampsia.

Globally, preeclampsia and other hypertensive disorders of pregnancy are a leading cause of maternal and infant illness and death. By conservative estimates, these disorders are responsible for 76,000 maternal and 500,000 infant deaths each year.

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## Letter from the Executive Director

Dear Friends:

It was an honor to be asked by the Board of Directors to serve as your Executive Director beginning January 2009. Thus continued an incredible journey for me personally, but also for the growth and development of the Preeclampsia Foundation. My own involvement in the Foundation began early in its history as a volunteer. Having barely survived preeclampsia twice without the benefit of an organization or adequate information, I eagerly donated my professional expertise in public relations and marketing communications, even serving on the Board of Directors for six years.

Concurrent with my coming on board as Executive Director, we also welcomed another familiar face into the family as the HELLP Syndrome Society merged with the Preeclampsia Foundation to become North America's largest and only patient advocacy organization serving all the hypertensive disorders of pregnancy.

Other important accomplishments for the year included the development and launch of a formal volunteer management program, largely under the auspices of committed volunteer leaders, that included clear recruitment, training and placement priorities. One example of the fruits of that volunteer program was the creation and funding of an Education & Awareness Grant program that allowed us to provide small seed money to instigate community education programs around the country. Volunteers in Ohio and Iowa applied for and produced programs using this grant money.

In July, we consulted on a congressional briefing for Society for Women's Health Research, underscoring the importance of improved diagnostic practices for preeclampsia. By the end of the year, we had formalized our research goals and submitted them in an "open letter" to NIH Director Dr. Francis Collins, emphasizing critical research gaps to be addressed. Those research gaps continue to serve as guideposts for our research programs and services.

Toward the end of the year, we were invited by Jhpiego, an international nonprofit organization, to participate in a global task force on preeclampsia/eclampsia, presented at their second working group meeting and continue to serve on the subcommittee for community solutions. This participation was driven by our concerted decision to expand a portion of our mission to include an international agenda, recognizing that – as tragic as outcomes often are in the US and Canada - 99% of the maternal and perinatal deaths occur in low and middle-income countries where resources, know how, and access to care are horribly and needlessly compromised.

Despite 2009's inauspicious moniker as the year of global economic disaster, our financial health continued to remain strong as an organization. Our 2009 audit passed the scrutiny of the independent auditing firm of Blanksi, Peter, Kronalge & Zoch, PA. Certified Public Accountants reviewed our books and procedures and found no material deficiencies. We continued to spend within our means and actually increased our fundraising.

As always, we look forward with hope and optimism that the life-saving work we do everyday will continue to be supported by the many friends, families, companies, and hardworking researchers and health care providers who care so deeply about mothers and babies.

Warm regards,

Eleni Zuras Tsigas



March 2009: Eleni Tsigas (back row, 3rd from right) presented the opening session at a Canadian research working group in Bellagio, Italy

## Public Awareness

In 2009, over a dozen Awareness Walks netted more than \$63,000 to continue supporting innovative research and raising public awareness of preeclampsia. For some locations, this was the 5th year they had successfully held a walk, attracting hundreds of walkers and supporters and raising thousands of dollars; others participated for the first time. Several of the locations also scheduled auxiliary events such as silent auctions, special speakers from the medical community, and memorial programs to remember those who have lost their lives because of this pregnancy disorder. Several cities and states issued proclamations declaring May Preeclampsia Awareness Month in conjunction with their Awareness Walks.



Volunteers rallied to produce successful Awareness Walks in:

Vancouver, B.C.  
San Diego, CA  
Colorado Springs, CO  
Davenport, IA  
Dartmouth, MA  
Davison, MI  
Edina, MN  
North Conway, NH  
Cranford, NJ  
Beaver Falls, PA  
Stahlstown, PA  
York, PA  
Dallas/Ft Worth, TX  
Tooele, UT  
Abingdon, VA  
Madison, WI  
Wausau, WI

## Selected Media Coverage



**February 2009:** Featured in Beckman Coulter's annual report as advocacy partner for preeclampsia.

**March 2009:** Featured in *New York Times* article "Pregnancy Problem is a Heart Warning."

**April 2009:** Medical Board Members John T. Reple and Dr. Baha Sibai wrote *OBG Management* article on preeclampsia and eclampsia; Executive Director Eleni Tsigas contributes letter to editor in September adding reminder to include patient education in management practices.

**May 2009:** Office of Women's Health profiles Foundation volunteer in online newsletter, reaching 19,300 readers.

**September 2009:** Worked with *The Doctors*, syndicated broadcast TV program, to place preeclampsia story.

## Patient Education Symposium

The Preeclampsia & HELLP Syndrome Patient Symposium was held in Chicago, Ill., on Friday, October 23 at the University of Chicago's Gleacher Center. The speakers, some of the country's best researchers and practitioners in their respective specialties, presented topics ranging from genetics, prevention, and the risk of recurrence to the long-term

impact of these relatively common disorders of pregnancy. Approximately 50 attendees included survivors and their family members, as well as interested stakeholders from academia and industry. Those not able to attend were able to purchase a DVD of the proceedings, available via the Foundation's online Marketplace.

### Symposium Speakers included:

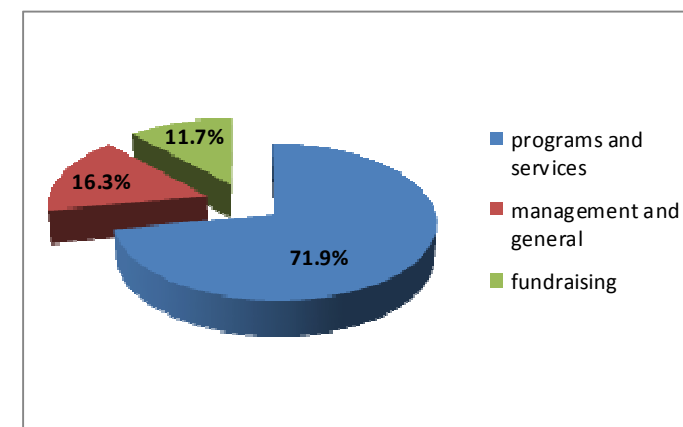
Dr. Doug Woelkers, University of California, San Diego  
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Dr. Ananth Karumanchi, Harvard Medical School  
Dr. Linda Rogers, Beckman Coulter  
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Dr. Denise Raynor, Emory University, Atlanta.  
Dr. Melissa Wilson, University of Southern California

## Statement of Activities

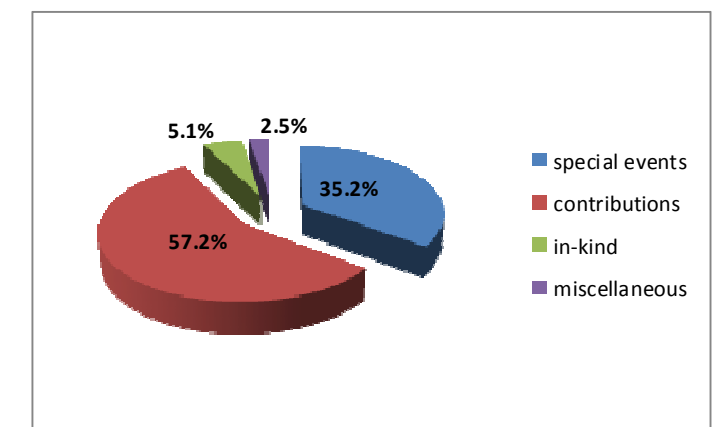
year ended December 31, 2009

	Unrestricted	Temporarily Restricted	Total
<b>Public support and revenue:</b>			
Contributions	\$ 194,232	\$ 2,500	\$ 196,732
Contributed services	-	-	-
Interest income	7,482	-	7,482
Miscellaneous income	1,043	-	1,043
	<u>202,757</u>	<u>2,500</u>	<u>205,257</u>
<b>Special events:</b>			
Revenue	41,274	-	41,274
Contributions	155,994	-	155,994
In-kind contributions	17,263	-	17,263
Event expenses	(77,645)	-	(77,645)
	<u>136,886</u>	<u>-</u>	<u>136,886</u>
<b>Net assets released from restriction</b>	<u>-</u>	<u>-</u>	<u>-</u>
Total support and revenue	<u>339,643</u>	<u>2,500</u>	<u>342,143</u>
<b>Functional expenses:</b>			
Program services	281,253	-	281,253
Management and general	63,792	-	63,792
Fund raising	45,936	-	45,936
	<u>390,981</u>	<u>-</u>	<u>390,981</u>
<b>Increase (decrease) in net assets</b>	<u>(51,338)</u>	<u>2,500</u>	<u>(48,838)</u>
<b>Net assets, beginning</b>	<u>536,350</u>	<u>19,115</u>	<u>555,465</u>
<b>Net assets, ending</b>	<u>\$ 485,012</u>	<u>\$ 21,615</u>	<u>\$ 506,627</u>

### Functional expenses:



### Revenue sources:



# Saving Grace Gala Fundraiser



Approximately 280 guests attended our *Saving Grace - a Night of Hope* gala held in Chicago, Ill., on Oct. 24, 2009. Netting approximately \$140,000, the gala not only helped us to raise mission-critical funds, but its theme helped attendees focus on the power of story-telling for teaching and generating awareness. We were treated to presentations by Christopher Lee, a 13-year-old “differently abled” son of preeclampsia survivor Christine Meola, New York City, NY, as well as Dr. Michael Wolf, health literacy expert, Northwestern University.

The following awards were presented at the gala:

### Chairman’s Hope Award for Outstanding Service

Mr. and Mrs. John Warner of Walcott, Iowa, are the 2009 recipients of the first Chairman’s Hope Award for Outstanding Service, given on a discretionary basis to an individual who has exemplified “above and beyond” contributions to the mission of the Preeclampsia Foundation. The Warner’s eldest daughter, Shelly Bridgewater, died at age 25 following the birth of her baby in 2005. She developed post-partum HELLP Syndrome, a particularly dangerous variant of preeclampsia that resulted in liver failure, kidney damage, uncontrollable hemorrhage and eventually brain death. The Warners, along with their extended family and friends, have been supporters of the Preeclampsia Foundation and its mission to educate and drive awareness since 2005.

### Hope Award – Lifetime Achievement

Dr. James Martin, Jr., Jackson, Miss., received the Foundation’s Lifetime Achievement Award. Martin has had a distinguished career that spans over 30 years and includes leadership roles in various organizations, over 500 scientific publications and communications to date, and exemplary service as an active clinician, educator, administrator and investigator with a primary focus of interest in hypertensive complications of pregnancy.



### Hope Award - Volunteer of the Year

Ms. Kara Boeldt is the 2009 recipient of its annual Hope Award for Volunteer of the Year. The award recognizes an individual who epitomizes the true spirit of volunteerism and has made significant contributions to the Foundation. Boeldt also has served for several years as a moderator on the Foundation’s highly active online community forum and annually hosts her own local walk in Madison, Wisconsin.

In addition, Vision Grants were presented to Drs. Hillary Gammill, University of Washington, and Bhanu Prakash Telugu, University of Missouri for their research projects in preeclampsia.

## Research

The Preeclampsia Foundation provides Vision Grants to fund medical research pertaining to the pathophysiology, diagnosis, and treatment of hypertensive disorders of pregnancy. Vision Grants are small awards intended to provide initial funding for novel rather than well-established lines of research.

In 2009, the Foundation presented two individual grants of \$25,000 each.



Dr. Hillary Gammill

Recipients include Dr. Hillary Gammill, Acting Assistant Professor at the University of Washington, as well as a Research Associate at the Fred Hutchinson Cancer Research Center in Seattle, Washington. Gammill’s research will evaluate two types of cells critical to the maternal immune response in pregnancy, as the excessive immune response seen in preeclampsia may represent “rejection” of the fetus. Ultimately, problems within these specialized cells may be targets for treatment.

The other recipient was Dr. Bhanu Prakash Telugu, a postdoctoral fellow in the Division of Animal Science at the University of Missouri in Columbia. He will investigate the molecular signature and physiological behavior of specialized placental cells in order to identify the predisposing factors for the disease.



Dr. Bhanu Prakash Telugu

## Contributors

The Preeclampsia Foundation wishes to thank the following for their financial support:

<b>\$50,000+</b> Johnson & Johnson	Joh Friesen Kelly Gale Genesis Health System Anne Hamada IGO Medical Group Jeremy Wilkins Chiropractic Subbiah Ananth Karumanchi Brian Kay Kraft Foods Matching Gifts Denise Lang Christopher Lee Makayla's Haven Foundation Gloria Martin James Martin Timm Martin Glenn Mason William Nicholas Northwestern University Royal Neighbors of America	Susan Mehler Merck Mission Federal Credit Union Garth Muir Paul Osterman Ostrom Landscaping Jerome Ouimet Jay Owens Jeff Owens Kimberly Paulus Barbara Poell Charlene Posner Timothy Purnell Virginia Quinonez Tim Riff Roberto Romero, MD Bonnie Rosenbloom Dorothy Rust SSM Health Care of WI Audrey Saftlas Adam Schmidt Amy Schuler Cameron Shelley Jill Siegel Kelly Thomas Rhonda Thompson Wachovia Foundation Cameron Wallace Anne Wallis Alfonso Zepeda Peter & JoAnn Zuras	Joseph D'Alessio Brandon Dainton Brian Davis Joan Deluca Haley Draper Yarnell McCullum Glenn McDaniel Mindy McEntire Thomas Edwards Eileen Marie Fishing Inc Elizabeth White Memorial Rene Emond Brenda Engelman Theresa Estep Falls Run Family Foundation Theresa Fallon Marcie Farano Farias Welding Service Terry Fife Jennifer Fine Douglas Finn Aaron Ford Gloria Frank Claudine Frasch Michael Kelty Linda Frederiksen Ryan Frederiksen Derrick Free Anton Fritz GMAC Financial Services GWRRA WI-Q Anne Gallagher Terry Garvie Dana Gentry Wendy Gibson Evelyn Gill Russell Gill Don Gillum Steve Greco Greek Orthodox Church of Saint George Dawn Greseth Kathryn Hall Carla Hamilton Rachel Hanse Cynthia Hansen Harbor Blue Seafood Inc Jeff Hardcastle Ann Hart Sarah Hersey Judith Hibbard Hisea Fishing Corp Thanh Hoang Rachel Hogan Hometown Plumbing Heat Jason Hohenstein Wendi Horowitz Michael Hunstad Josh Hymas Int'l Union UAW Local 598 Stuart Iseminger JP Morgan Chase Foundation Jackson & Sanders Farms Andrew Janssen Robert Jenkins Arundhain Jevabalah Carrie Johnstone Katherine Jordan Tracy Jurusik Kenneth Kapsner Kathryn Ann Fishing Inc Nathan Kier Brian Dean King Julie Kline Linda Kofford Kris & Amy Fishing Inc Marineta Kropke Anitra Kurtweil Usha Lalalm Bridget Lane Robert LaPata Lauren Larsen Christopher C Larsen DMD The Law Offices of Skyer Castro & Foley Angela Lewis LiftTruck Service Company	Lynne Linale Lambros Lois Margaret Lurie Luzo Fuel Co Inc Christine McCready Yarnell McCullum Glenn McDaniel Mindy McEntire Dannette McIntyre Marjorie McKenna Jennifer McNamara Stephanie Mahaffey Maria Mandaleris Ruth Mandel Angela Manoskey Jay Marcy Mark and Bob's Landscaping Marlin Marks Farms LLC Kenneth Marshall John Mason Peter Mayock Messmer Appraisal Svcs LLC Burnie Mercer Steve Messina Michael Metler Janice Metzner Katherine Michiels Microsoft Giving Campaign Kate Miller Atef Moawad Shannon Moffitt Renee Molstad Dawn Morley Scott Morlock Richard Moughler Kirsten Moy Network For Good Mary Newtown Kathryn Nichols North Queen Fishing Inc Ocean Consultants Okaloosa-Walton County Combined Fed Camp. Adrienne Oleck Sheri Oliveira Sally Orlovski Dan Osborn Daniel Ostrom David Park Jean Parsley Sarah Paschall Shirley Passerini Nixon Peabody Maia Pehrson Craig Pennella Pepsi-Cola Bottling/Davenport Phyllis Peranteu Katherine Philbin Robert Pillsbury Christopher Pilon Marna Plourde William Poland John Potvin Kim Price Quad Cities Advertising Co-Op R. Brown Supply Company Jason Rannfeldt Adrienne Redfield Deborah Redfield Edward Rhodes Katie Rhodes Ridgeline Heating & Cooling Dennis Ritchie Ritenour Lumber Company Inc Pedro Ayala John Robbins Sean Roberts Linda Rogers Jeremy Rogerson Lee Ann Rogga Masaye Russey Richard Russey Arlene Russo Debra Ryan SBJ, Inc. Daniel Sanchez Diane Schaus	H.M. Schlosser Schultheis Automation Geoff Sciacca Greg Segall Dan Selzer Martin Schorsch Robert Shainess Jennifer Sherrrow Jolinda Sim Kim Sims/Tami Sisson Jennifer Shinn Tait Jason Simons Becky Sloan Mark Sloan Michael Soares Christopher Sousa Kathleen Sousa South End Trucking Southeastern Diesel Inc. William Spain Christopher Sperry Standard Machine & Tool Valerie Steelman Barry Steiner Stephen Stern Linda Stewart Glenn Stoffel Heather Stewart Ellen Swank Lisa Swanson Peggy Swigert Lori Sylvia-Fournier TC Auto Inc Andrew Tabb Theodore Theophilos Sydney Thompson Jennifer Tobiassen Samuel Tokoly Todd Toral Kenneth Townsend Tradition Family Foundation UW Greater Twin Cities United Way SDA William Valentine Victor Hugo Welding, Inc. Roslyn Viemeister Emily Villamar Robbins Walcott Lions Club James Wassenberg Leslie Weeks Ed Wacker Sarah Wacker Mary Wallis Jeffrey Willet Liza Williams Gary Wiss Nicole Woods Brett Young				
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General Pattern Corp.	Patricia Marek	Joella Cruz	Erin Sturtz	Joseph Dallacqua	Joella Cruz	Mark Ingle
Gerry's Western Shop	Gini Matthews	Joella Cruz	Erin Sturtz	Joseph Dallacqua	Joella Cruz	Maria Iruretagoyena
Give With Liberty	George Meyer	Joella Cruz	Erin Sturtz	Joseph Dallacqua	Joella Cruz	Kathleen Jackson
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