Know The Signs and Symptoms of Preeclampsia

- High blood pressure (140/90 or greater)
- Protein in the urine
- Swelling of the hands and face
- Headache
- Sudden weight gain
- Seeing spots or vision changes
- Stomach pain (especially in the right side)
- Nausea and Vomiting

Can Aspirin Prevent High Blood Pressure in Pregnancy?

Aspirin (81 mg) started by 12 weeks of pregnancy may delay or prevent the onset of preeclampsia in women with one or more of the following pre-existing conditions:

- History of preeclampsia
- Chronic Hypertension
- Pregnancy of multiples
- Autoimmune Disease
- Kidney Disease
- Type 1 or 2 pre-gestational diabetes

Preeclampsia and Long-Term Heart Health

- 5% to 8% of women develop preeclampsia during pregnancy
- Preeclampsia doubles your risk of heart disease and stroke
- Preeclampsia quadruples your risk of high blood pressure later in life

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