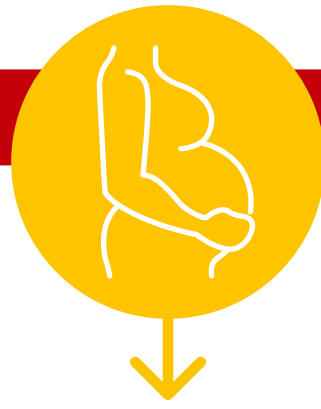


Understanding Preeclampsia for a Healthy Mom and Baby



Preeclampsia affects about 1 in 20 pregnancies.

Learn symptoms and risk factors, so you can protect yourself and your little one.



What Is Preeclampsia?

Preeclampsia is a serious condition involving high blood pressure that can affect your entire body. It typically develops after 20 weeks of pregnancy, but it can also occur shortly after pregnancy.

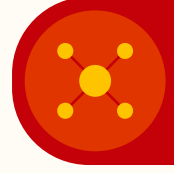


Signs to Look Out for

Many symptoms of preeclampsia can feel like “the usual” pregnancy discomforts or go completely unnoticed. This is why regular prenatal checkups are essential—your care team can monitor for:



High blood pressure



Excess protein in urine



Risk Factors

Preeclampsia can happen in any pregnancy, but certain factors can increase your risk of developing the condition.

- **First pregnancy or pregnancy after age 35**
- **History of high blood pressure, diabetes or kidney disease**
- **Multiple pregnancy (twins or more)**
- **Obesity**
- **Personal or family history of preeclampsia**

Contact your care provider immediately if you experience:

- **Difficulty breathing**
- **Pain in your upper right abdomen**
- **Persistent, severe headache**
- **Swelling in your face or hands**
- **Vision changes, such as blurred vision or seeing spots**

>>>>>> Why Early Action Matters <<<<<<<

Contact your doctor immediately if you experience preeclampsia symptoms. Ignoring them can lead to severe and life-threatening complications, including:

Parent

Eclampsia
(seizures or coma)

Placental abruption
(early separation of the placenta)

Stroke

Damage to eyes, heart, kidneys, liver or lung

Baby

Premature birth

Low birth weight

Developmental delays

Fetal growth restriction

Stay on top of your health and your growing baby's health with regular prenatal care. To find an obstetrician, visit weillcornell.org/doctors