

Preventing Preeclampsia

Preeclampsia Symptoms

Know & Share!

- Swelling of hands & face ○
- Weight gain >5lbs a week ○
- Headache that won't go away ○
- Upper right belly pain ○
- Changes in vision ○
- Nausea/vomiting ○
- Difficulty breathing ○

Lamaze
for Parents

Preeclampsia, also called toxemia, happens when your blood pressure is higher than 140/90 mm Hg beyond the 20th week of your pregnancy or up to 6 weeks postpartum, excess amounts of protein in your urine are present (indicating potential stress on your kidneys) and swelling occurs in your hands, face, legs, feet or entire body. You may experience one or more of the symptoms listed in the graphic to the left.

Without treatment, you and your baby are at risks for serious health issues, including eclampsia, which is the onset of seizures in pregnancy or postpartum. Having consistent prenatal care helps in prevention, detection and treatment of preeclampsia.

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There are many theories about how and why preeclampsia affects around 5 - 8% of all pregnancies, many of them revolve around placental health and circulation.

The only way to truly resolve preeclampsia is by giving birth to your baby - sometimes before their expected guess date, for their safety and yours. Some midwives and doctors can prescribe hypertensive medications that may help, however, if the symptoms worsen, you may be asked to induce birth in a hospital setting.

Creating a basic diet with whole foods and minimal sugars is ideal.

Dr. Brewster's site (<http://www.drbrewerpregnancydiet.com>) has an excellent example of foods to eat and a general "plan" for eating to prevent preeclampsia during pregnancy. Being active and getting exercise, keeping calm and mediating, communicating with your midwife, as well as enjoying your pregnancy are all helpful ways to decrease your risk for preeclampsia.

The following links are resources for more information on Preeclampsia -

Preeclampsia Foundation - <http://www.preeclampsia.org>

Facebook - <https://www.facebook.com/PreeclampsiaFoundation/?fref=ts>

March of Dimes - <http://www.marchofdimes.org/complications/preeclampsia.aspx>

MedlinePlus - <https://www.nlm.nih.gov/medlineplus/ency/article/000898.htm>

Effects of preeclampsia on a baby?

IUGR (Intrauterine Growth Restriction): baby becomes malnourished due to restricted flow of blood to and from the placenta, affecting the baby's growth and development.

Acidosis: lactic acid buildup resulting from inadequate oxygen supply to the baby.

Prematurity: born before 37 weeks, babies may have a number of issues that can last throughout their lifespan.

Death/Stillbirth

