

## PREECLAMPSIA: WHAT YOU SHOULD KNOW & WHAT YOU CAN DO TO HELP PREVENT IT



### THE FACTS:

Preeclampsia is a disease that can happen suddenly during pregnancy, usually after 20 weeks or soon after delivery. Blood pressure can go dangerously high. Organs like the brain, liver, and kidneys can be affected. It can cause your baby to be born too early and other health problems for both you and your baby.



120/80 (around) = Normal

120/80 to 140/90 = Caution/notify provider



Headaches/blurred vision

Swelling outside of ankles/wrists

Protein in urine

Right upper abdominal pain

### Good News! Low-Dose Aspirin Can Help

The good news is that if you are at increased risk of preeclampsia, starting low-dose aspirin between 12-28 weeks of pregnancy can reduce your chances of getting the disease. Your pregnancy care provider can check your risk factors to see if this treatment is right for you.

### IS LOW-DOSE ASPIRIN RIGHT FOR YOU?

Having certain factors increases your chances of getting preeclampsia. Complete this checklist and take it to your pregnancy care provider.



#### Do you have any of these HIGH-RISK factors? (1 or more)

- I had preeclampsia
- I am having twins or more
- I have high blood pressure
- I have diabetes
- I have kidney disease
- I have an autoimmune disease

#### Do you have any of these MODERATE-RISK factors? (2 or more)

- This will be my first child
- I will be 35 or older when this child is born
- I am obese (BMI  $\geq$  30)
- This is an IVF pregnancy
- I have African or Caribbean ancestry
- My mother or sister had preeclampsia
- My most recent pregnancy was 10 years ago
- I had a previous baby < 5 ½ lbs at birth
- I weighed < 5 ½ lbs at birth
- I have a challenging financial, social or personal situation

### About Low-Dose Aspirin

- Taking low-dose aspirin during pregnancy to reduce the risk of preeclampsia is safe. It does not cause birth defects, bleeding, or other problems.
- Do not give aspirin to a baby, child or teenager without a doctor's advice. You may have heard low-dose aspirin referred to as "baby aspirin," but this term is not correct. Low-dose aspirin is dangerous for babies and children.
- Do not start taking aspirin during or after pregnancy on your own. Only do so if your pregnancy care provider tells you to.

### Extra Care for a Healthy Pregnancy

Women with preeclampsia may be referred to a Perinatologist or someone who specializes in high-risk pregnancies. He or she will work with your doctor to ensure a healthy outcome. To Learn more, go to [SMFM.ORG/WHATWEDO](http://SMFM.ORG/WHATWEDO)