

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



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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



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Preeclampsia and Long-Term Heart Health

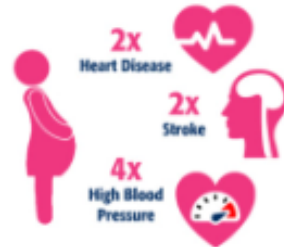


5% to 8%

One in Every 12 Pregnancies
Preeclampsia (including eclampsia and HELLP syndrome) impacts 5% to 8% of all pregnancies

2X to 4X

Know Your High Risks
Preeclampsia doubles your risk of heart disease and stroke, and quadruples your risk of high blood pressure later in life



2 out of 3

women who experience preeclampsia will die from cardiovascular disease

At higher risk...

If you have had preeclampsia and:

- ✓ delivered pre-term
- ✓ had low-birth weight babies
- ✓ suffered from severe preeclampsia more than once

Take Heart Take Care

You Can Lower Your Risk

A history of preeclampsia doesn't mean you'll definitely develop cardiovascular problems, especially if you take the higher risk to heart and make changes today for a healthier tomorrow



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