

What You Need To Know: High Blood Pressure in Pregnancy

Also Known as Preeclampsia or Gestational Hypertension

- ▶ It's a condition that can develop during pregnancy that can cause:
- ▶ Headache, swelling in hands and feet, and abdominal pain
- ▶ It is harmful for both Mom and Baby:
 - ▶ For **Baby** it can slow growth and can cause **Preterm birth**.
 - ▶ For **Mom** it can lead to seizures, organ problems, and even death.

How common is High Blood Pressure in Pregnancy?

3 out of **10** women at Boston Medical Center have high blood pressure in pregnancy ¹



Who is at risk?

You are at risk of developing high blood pressure in pregnancy if you have...

ANY of the following high-risk factors:

- High blood pressure (chronic or in pregnancy)
- Diabetes
- Twins/triplets
- A history of kidney problems
- An autoimmune disease (example: lupus)

Based on USPSTF risk criteria ³

Several of the following moderate-risk factors:

- This will be your first baby
- Excess of body fat (BMI >30)
- Mother or sister had preeclampsia
- African American/Black
- You receive public health insurance
- 35 or older
- History of low birth weight baby
- Previous miscarriage or complicated pregnancy
- It's been more than 10 years since your last pregnancy

What can I do to prevent complications of high blood pressure?

Ask your provider about taking prenatal aspirin every night starting at 12 weeks²

References: (1) T. Adegoke et al. *Racial Disparities in Perinatal Outcomes among U.S.- and Foreign-born Women*. May 2017.

(2) American College of Obstetricians and Gynecologists. *Hypertension in pregnancy*. Washington, DC: American College of Obstetricians and Gynecologists; 2013.

(3) Final Recommendation Statement: *Low-Dose Aspirin Use for the Prevention of Morbidity and Mortality From Preeclampsia: Preventive Medication*. U.S. Preventive Services Task Force. December 2014.