



PREECLAMPSIA

Preeclampsia is a condition associated with high blood pressure and pregnancy. It occurs most often in a first pregnancy, and no one knows what causes it. Preeclampsia goes away after delivery, but if not treated, it can cause problems for you and your baby. Knowing the warning signs can get you the early help you need, so you and your baby can stay healthy.

What is preeclampsia?

Preeclampsia is a disease that only affects pregnant women. It may include high blood pressure, edema (swelling of the face and hands, or feet), and protein in the urine. Preeclampsia can range from mild to severe. The severe condition can lead to convulsions in the mother and lack of oxygen to the baby. Early diagnosis and prompt treatment are important to ensure a healthy outcome for mom and baby.

Treatment.

If your preeclampsia is mild, your doctor may prescribe bed rest on your left side. This may be all you need to lower your blood pressure until delivery. In more severe cases or if bed rest doesn't help your high blood pressure, your doctor may prescribe medication or decide to deliver your baby early.

When to call your health care provider.

Call your our office right away if you notice any of these signs:

- severe headache
- sudden weight gain or swelling
- severe abdominal pain
- visual changes, such as sensitivity to light or blurry vision