

## PREVENTION AND TREATMENT OF PRE-ECLAMPSIA

- Regular visits to the doctor.
- Bed rest ( on one side to allow blood circulation to fetus and placenta).
- Maintain well balance diet and more fluids intake.

In some cases, medications will be prescribed to lower the blood pressure (antihypertensive), which is safe for baby.

In severe condition hospitalization is required , anticonvulsive medication might be prescribed as intravenous medications, to avoid seizure attack.

Some times premature delivery or delivering the baby will be a must to save mother and baby's lives, C. section will be the choice in some cases.



## OUT LOOK

High blood pressure during pregnancy doesn't commonly lead to serious problems.

However, Regular visits to the doctor will diagnose pre-eclampsia early and will cause better outcomes for the mother and the baby, if its goes untreated, hypertension can become life-threatening for both mother and baby.

## PRE-ECLAMPSIA

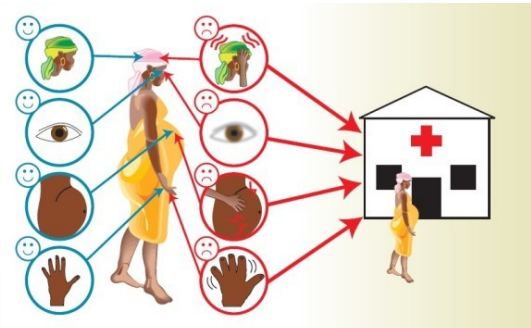


## WHAT IS PRE-ECLAMPSIA?

Pre-eclampsia is a condition in which a pregnant women experience abnormal development of placenta, high blood pressure and high level of protein in the urine after the 20 weeks of pregnancy.

### Risk factors:

- Obesity
- Smoking.
- Alcohol consumption.
- First pregnancy.
- History of hypertension before pregnancy or during last pregnancies.
- Family history of kidney disease, pre-eclampsia or hypertension.
- Diabetes.
- Multiple pregnancies.
- Age over 40years.
- Assistive technology (IVF).



## SIGNS AND SYMPTOMS

- Sudden swelling in extremities and face.
- Persistent headache.
- Nausea, vomiting, and dizziness
- Rapid weight gain.
- Reduce urine out put with protein in the urine.
- Abdominal pain in the upper right side (epigastric pain).
- Vision changes (blurred vision, sensitivity to lights, blindness episodes)
- High blood pressure.

## COMPLICATIONS OF PRE-ECLAMPSIA (MOTHER & BABY)

### Mother:

- Stroke
- Seizure
- Heart problems and cardiovascular complications.
- Bleeding from the liver , kidney damage.
- Bleeding after given birth.
- Chance of developing chronic hypertension.
- Fluid retention.

### Baby:

- Premature birth
- Low birth weight
- Learning disabilities
- Epilepsy.
- Cerebral palsy.
- Hearing and vision problems
- Still birth.