

# Preeclampsia Awareness Saves Lives

Thousands of pregnant women and babies die or become dangerously sick each year from preeclampsia.

When diagnosed early, care providers can chart a course for improved outcomes—many times with safe delivery.

## Ask Your Doctor or Midwife

# Preeclampsia

### What Is It?

Preeclampsia is a serious disease related to high blood pressure. It can happen to any pregnant woman during the second half of her pregnancy.

### Risks to You

- Seizures
- Stroke
- Organ damage
- Death

### Risks to Your Baby

- Premature birth
- Death

### Signs of Preeclampsia



Stomach pain



Headaches



Feeling nauseous;  
throwing up



Seeing spots



Swelling in your  
hands and face



Gaining more than  
5 pounds (2,3 kg)  
in a week

### What Should You Do?

Call your doctor or midwife right away. Finding preeclampsia early is important for you and your baby.



Only  
51% of

WOMEN UNDERSTOOD  
THE SYMPTOMS

75% of those who understood  
took action.

Only 6% of those who didn't  
understand took action.

The Preeclampsia Foundation found that 51% of college-educated pregnant women in the U.S. were both informed about and understood the symptoms of the disease. Seventy-five percent of these women took appropriate actions, compared with only 6% of women who did not understand the symptoms.

**HELP US SPREAD  
AWARENESS!**



For more information go to  
[www.preeclampsia.org](http://www.preeclampsia.org)