



I AM PREGNANT, AM I AT RISK OF DEVELOPING HIGH BLOOD PRESSURE OR PRE-ECLAMPSIA?

YOU HAVE AN INCREASED RISK FOR DEVELOPING HIGH BP DURING PREGNANCY, IF YOU HAVE:

- 1 Chronic hypertension
- 2 Kidney disease
- 3 High BP in past pregnancies
- 4 Autoimmune diseases
- 5 Overweight/obesity
- 6 Diabetes
- 7 A twin pregnancy
- 8 Older age (>40), or younger age (<20)



What are the long term complications of High BP in Pregnancy?

- High BP in the future
- Kidney disease
- Heart disease
- Stroke
- Blood clots



WHAT ABOUT MY BABY?

If your baby was born too early or with a low birth weight (<2,5 kg), then your child may have an increased risk of developing hypertension at a young age.

Blood pressure needs to be checked before 3 years and there after at each visit by a health professional and at least once per year.



I WAS DIAGNOSED WITH HIGH BLOOD PRESSURE DURING PREGNANCY! WHAT TO DO?



IF YOU ARE BEFORE 20 WEEKS OF GESTATION:

- 1 Measure your BP regularly and keep your BP below 140/ 90 mmHg
- 2 Take a calcium supplement if your intake is low
- 3 Visit your doctor to see if you need medication treatment



IF YOU ARE AFTER 20 WEEKS OF GESTATION:

- 1 Measure your BP regularly and keep it below 140/90 mmHg.
- 2 Make sure to visit your clinic to have your urine monitored for protein and look for heart, kidney and liver disease.
- 3 You may get a diagnosis of "preeclampsia", which is high BP & protein in urine.
- 4 Visit your obstetrician or cardiologist to see if you need medication treatment

RECOVERY AFTER HYPERTENSION IN PREGNANCY

WHAT CAN I DO TO PREVENT MYSELF FROM HAVING THESE COMPLICATIONS?



Regular exercise



Eat a healthy balanced diet



Do not drink too much alcohol



Keep to a healthy weight for your height



Avoid smoking



Have your blood pressure, kidney function and cholesterol checked at least once a year