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## What is Preeclampsia?

Preeclampsia is the new onset of hypertension after 20 weeks gestation.

There may also be protein in the urine, or other symptoms.

Complications may lead to preterm labor, low birth weight, growth restriction, stillbirth or maternal death.

Blood pressure should be monitored throughout pregnancy for early diagnosis.

Treatment includes magnesium sulfate, antihypertension medications and close fetal & maternal monitoring.

## Preeclampsia: The More You Know

### Risk Factors

- Family history
- First time pregnancy
- Egg donation
- Diabetes
- Obesity
- Black descent
- Poverty
- Chronic hypertension
- Advanced maternal age
- History of prior preeclampsia
- COVID19 during pregnancy





## Significance of Preeclampsia

- Preeclampsia is more prevalent in black parents than white parents in the US because of varying risk factors.
- Black parents face a mortality rate 3x that of white parents due to preeclampsia.
- 2%-8% of pregnancies are complicated by preeclampsia. These numbers may be higher in pregnancies exposed to COVID19.
- Preeclampsia is the second leading cause of maternal morbidity.
- Parents with preeclampsia are 3.7x more at risk of developing hypertension later in life.

### Resources:

Risk factors and effective management of preeclampsia by English, Kenny & McCarthy

Preeclampsia and COVID-19: results from the INTERCOVID prospective longitudinal study by Papageorghiou et al.

Screening for Preeclampsia: Recommendation Statement by American Family Physicians

### Images from:

<https://intermountainhealthcare.org/blogs/topics/intermountain-moms/2021/04/managing-high-blood-pressure-during-pregnancy/>

<https://www.nichd.nih.gov/newsroom/news/051619-maternal-health-research-advances/slide8>