



Preeclampsia

Preeclampsia is a condition that causes high blood pressure, usually higher than 140/90 mm/Hg; and presence of protein in the urine during pregnancy. It usually develops after 20 weeks of gestation and can be life-threatening for you and your baby.

Symptoms

- Swelling of the face, hands, eyes and/or feet.
- Sudden weight gain over a period of 1 to 2 days or more than 2 pounds per week.
- Headache.
- Not urinating often.
- Abdominal pain on the right side, below the ribs.
- Changes or temporary loss of vision, seeing spots or lights, sensitivity to light and vision blurred.
- Difficulty breathing.
- Nausea, dizziness and vomiting.

Risk Factors

- First pregnancy or multiple pregnancy (twins or more).
- Bad nutrition.
- Family history, history of pre-eclampsia or eclampsia. Eclampsia is a disease in pregnancy characterized by the appearance of one or more generalized seizures that cannot be attributed to another cause.
- History of diabetes, high blood pressure, or kidney disease.
- Overweight or obesity.
- Be under 21 years of age or over 35 years of age.

How is preeclampsia diagnosed?

Through a physical exam that includes:

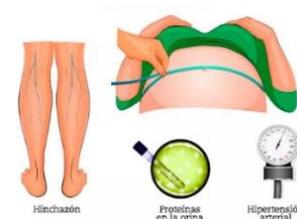
- Blood pressure test.
- Blood tests to assess liver and kidney function.
- Urinalysis to assess protein level.



Treatment

The only way to cure preeclampsia is to give birth. The doctor will constantly monitor the health status of the pregnant and the baby. Some treatments that the doctor may recommend:

- Medications: Medications are usually used to lower blood pressure and prevent seizures.
- Rest: Lie on your left side as far as possible. If the condition worsens, you may need hospital care.
- Labor: Labor may be induced immediately, if necessary, if the baby is full term (37 weeks or older) or if her and/or the baby's life is at risk.



Complications

- Premature delivery.
- Blood clots.
- Placental abruption.
- Liver or kidney failure.
- Stroke.
- Seizures or coma.
- Growth retardation of the fetus.
- Rarely, death.

Prevention

- Blood pressure monitoring.
- Stress management.
- Perform physical activities, under medical supervision.
- Do not smoke or consume alcohol during pregnancy.
- Consumption of foods low in fat, sodium, sugars and carbohydrates.



Risks After Birth

- High blood pressure and increased protein in the urine usually resolve within six weeks after delivery.
- Studies show that women who had pre-eclampsia are more likely to develop high blood pressure, narrowing of the coronary arteries over time due to the buildup of fatty material within the walls of the arteries, blood clots, and problems with blood flow to the brain.



Important

If you need emergency services, you can dial 9-1-1 or go to any emergency room.

Social and Emotional Aspects

For recommendations, tools and resources how you and your family can cope emotional and physical concerns that occur during and after medical treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References

- <https://medlineplus.gov/spanish/ency/article/000898.htm>
- <https://translate.google.com/translate?hl=es-419&sl=en&u=https://www.cdc.gov/bloodpressure/pregnancy.htm&prev=search&pto=aue>
- <https://espanol.nichd.nih.gov/salud/temas/preeclampsia/informacion/riesgos-madre>
- <https://www.topdoctors.es/diccionario-medico/cardiopatia-isquemica>
- <https://medlineplus.gov/spanish/ency/article/000899.htm#:~:text=Es%20el%20comienzo%20de%20convulsiones,con%20una%20afecci%C3%B3n%20cerebral%20existente.>

Prepared by licensed Health Educators.

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