

E-Blast Hyperemesis gravidarum

Hyperemesis gravidarum (HG) is a rare condition characterized by severe nausea and vomiting during pregnancy. It usually begins between the fourth and sixth weeks of gestation and can manifest itself with severe and persistent episodes. Symptoms can include severe nausea, vomiting more than three times a day, weight loss, inability to keep food or liquids down, dehydration, fainting, and headaches. On the contrary, morning sickness is very common during pregnancy and, although it can be annoying, it does not cause dehydration or weight loss.

Although it cannot be completely prevented, it is possible to reduce the severity of hyperemesis gravidarum by adopting certain measures, such as:

- Eating small portions more often
- Avoid greasy, spicy or very aggressive foods
- Prefer to drink liquids between meals rather than while eating.
- Ingest Vitamin B6 (pyridoxine)
- Avoid triggers such as strong smells or stressful situations .

Lack of fluids and nutrients is the main cause of most complications related to hyperemesis gravidarum. When this condition is not treated properly, it can lead to severe dehydration, the need for hospitalization, premature delivery, or a low birth weight baby.

References:

<https://medlineplus.gov/spanish/ency/article/001499.htm>

<https://www.ncbi.nlm.nih.gov/books/NBK532917/>