

# Preeclampsia 101

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## What is it?

Preeclampsia is a condition that causes high blood pressure and inflammation during pregnancy or right after birth. **It affects up to 8% of pregnancies in the U.S.** Doctors typically check your blood pressure and ask for a urine sample at each visit to monitor for preeclampsia.



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## What are the symptoms?

Severe preeclampsia can be very dangerous. Symptoms can include headaches, vision changes, abdominal pain, shortness of breath, and dizziness. It can also lead to seizures, stroke, and kidney or liver disease.

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## What can help?

**Low-dose aspirin**, also known as “baby aspirin,” can lower your risk. It improves blood flow to the placenta and helps lower blood pressure.

Studies show that it is safe during pregnancy and does not harm the baby. **It can cut the risk of preeclampsia by about 20%.** Talk to your doctor to see if baby aspirin is right for you!

## Who's at risk?

The risk for preeclampsia is higher if:

- You're over 35
- You're carrying twins or triplets
- You have obesity or high blood pressure
- You're Black, likely due to inequalities in health care

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