

# Preeclampsia

## What Is It?

Preeclampsia is a serious disease related to high blood pressure. It can happen to anyone during the second half of pregnancy, or up to 6 weeks after delivery.

## Risks to You

- Seizures
- Stroke
- Organ damage
- Death

## Risks to Your Baby

- Premature birth
- Low birth weight
- Death

## Signs of Preeclampsia



Stomach pain



Headaches



Feeling nauseous;  
throwing up



Seeing spots



Swelling in your  
hands and face



Gaining more than  
5 pounds (2.3 kg) in  
a week

## What Should You Do?

Call your doctor or midwife right away. Finding preeclampsia early is important for you and your baby.

