

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



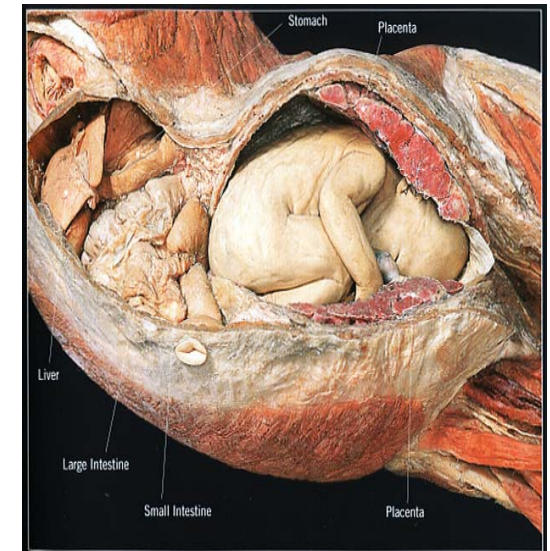
Health Education Library For People

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Preeclampsia



**LET'S HELP
ERADICATE
IGNORANCE**

Preeclampsia

Also called Toxemia; Pregnancy-induced hypertension (PIH), Preeclampsia is a pregnancy condition in which high blood pressure and protein in the urine develop after the 20th week (late 2nd or 3rd trimester) of pregnancy. The exact cause of preeclampsia is not known but the possible causes are Auto immune disorders, Blood vessel problems, Diet or Genes. Preeclampsia occurs in a small percentage of pregnancies. The risk factors include First Pregnancy, Multiple Pregnancy (twins or more), Obesity. Older than age 35, Past history of Diabetes, High Blood Pressure or Kidney disease.

Symptoms & Signs

Often, women who are diagnosed with preeclampsia do not feel sick. Symptoms of preeclampsia can include:

- Swelling of the hands and face/eyes (edema). Note: Some swelling of the feet and ankles is considered normal with pregnancy.
- Weight gain. More than 2 pounds per week or sudden weight gain over 1 - 2 days.
- High blood pressure, usually higher than 140/90 mm/Hg.
- Protein in the urine (proteinuria).
- Higher-than-normal liver enzymes.
- Platelet count less than 100,000 (thrombocytopenia).

If it is more serious then the patient will also suffer from Headaches that are dull or throbbing and will not go away, abdominal pain, mostly felt on the right side, underneath the ribs. Pain may also be felt in the right shoulder, and can be confused with heartburn, gallbladder pain, a stomach virus, or the baby kicking, Agitation, Decreased urine output, not urinating very often, Nausea and vomiting (worrisome sign), Vision changes, temporary loss of vision, sensations of flashing lights, auras, light sensitivity, spots, and blurry vision. Women who began their pregnancy with very low blood pressure, but had a significant rise in blood pressure need to be watched closely for other signs of preeclampsia.

Treatment

The only way to cure preeclampsia is to deliver the baby. If your baby is developed enough (usually 37 weeks or later), your doctor may want your baby to be delivered so the preeclampsia does not get worse. You may receive different treatments to help trigger labor, or you may need a c-section. If your baby is not fully developed and you have mild preeclampsia, the disease can often be managed at home until your baby has a good chance of surviving after delivery. You should get enough bed rest at home, lying on your left side most or all of the time, drink extra glasses of water and eat less salt, Follow up with your doctor more often to make sure you and your baby are doing well, Immediately call your doctor if you gain more weight or have new symptoms.

Possible Complications

Preeclampsia can develop into eclampsia if the mother has seizures. Complications in the baby can occur if the baby is delivered prematurely. There can be other severe complications for the mother, including bleeding problems, premature separation of the placenta from the uterus before the baby is born (placental abruption), rupture of the liver, stroke, Death (rarely). However, these complications are unusual, severe preeclampsia may lead to HELLP syndrome.

Prevention

Although there is no known way to prevent preeclampsia, it is important for all pregnant women to start proper prenatal care early and continue it through the pregnancy. This allows the health care provider to find and treat conditions such as preeclampsia early. At each pregnancy checkup, your health care provider will check your weight, blood pressure, and urine to screen you for preeclampsia.

As with any pregnancy, a good prenatal diet full of vitamins, antioxidants, minerals, and the basic food groups is important. Cutting back on processed foods, refined sugars, and cutting out caffeine, alcohol, and any medication not prescribed by a doctor is essential. Talk to your health care provider before taking any supplements, including herbal preparations.

