

## Long term health after preeclampsia

### Pregnancy as a window to your future health

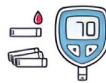
**Know your risk:** Women who have preeclampsia or gestational hypertension in their pregnancy are at a higher risk of the following later in life:



**4x** higher risk of developing high blood pressure



**2x** higher risk of developing heart disease



**2-4x** higher risk of type 2 diabetes mellitus



**2x** higher risk of developing stroke



**4-8x** higher risk of kidney disease



**2 in 3** women will die from a cardiac disease

### What you can do

**You can lower your risk:** A history of preeclampsia doesn't have to mean you will develop cardiovascular problems.

**You can make a change today for a healthier tomorrow!**



Get regular exercise



Take any prescribed medications



Eat a well-balanced, healthy diet

**Adopt a healthy lifestyle for yourself and your loved ones**



Speak with your doctor before your next pregnancy

Multilingual versions of the above graphics available at <https://www.somanz.org/hypertension-in-pregnancy-guideline-2023/>

Adapted from the SOMANZ Hypertension in Pregnancy Guideline 2023

## How do I contact AAPEC?



[www.aapec.org.au](http://www.aapec.org.au)



Australian Action on Pre-eclampsia (AAPEC)



Australianactiononpreeclampsia



@AAPEC1



[info@aapec.org.au](mailto:info@aapec.org.au)

## Other helpful contacts:

[Heart Foundation](http://heartfoundation.org.au): [heartfoundation.org.au](http://heartfoundation.org.au)

[COPE](http://cope.org.au): [cope.org.au](http://cope.org.au)

[SANDS](http://sands.org.au): [sands.org.au](http://sands.org.au)

[Miracle Babies](http://miraclebabies.org.au): [miraclebabies.org.au](http://miraclebabies.org.au)

[Early Birds](http://earlybirds.com.au): [earlybirds.com.au](http://earlybirds.com.au)

[SOMANZ](http://somanz.org): [somanz.org](http://somanz.org)



AAPEC is run by volunteers. Your support will help us promote understanding preeclampsia and improving the health of women and babies. AAPEC membership is \$20 or \$10 concession/year.

# Australian Action on Preeclampsia (AAPEC)



## What is AAPEC?

Australian Action on Preeclampsia (AAPEC) is an Australian charitable organisation established in 1993.

AAPEC's objectives are to:

- ♦ provide support to women, and their families, who have been diagnosed with, or have experienced preeclampsia.
- ♦ inform the public and health professionals about the prevalence, nature and risks of preeclampsia.
- ♦ campaign for greater awareness of preeclampsia.
- ♦ promote and support research in the preeclampsia arena.

Each year, AAPEC hosts:

- ♦ free webinars on current preeclampsia topics.
- ♦ a walk to acknowledge World Preeclampsia Day 22 May.

Contact us for more information on these, and other, events (contacts listed overleaf).

## What is preeclampsia?

Preeclampsia is a disorder, which only occurs in pregnancy. It can affect both the mother and her unborn baby. It usually occurs during the second half of pregnancy (rarely earlier in the pregnancy), and it sometimes occurs shortly after the birth of the baby.

It is diagnosed when the mother has high blood pressure plus *at least one of* her body organs is not working well.

**Kidneys:** protein in the urine (proteinuria), high creatinine on blood test, producing small amounts of urine.

**Liver:** increased liver enzymes on blood tests, pain under the right ribs, vomiting.

**Nervous system:** severe headache, blurred vision, jittery, confusion, seizure (eclampsia).

**Blood:** low platelets on blood test, breaking down of red blood cells.

**Placenta:** problems with blood flow between mother and unborn baby seen on ultrasound (Dopplers), slowing of growth of baby.

## Short-term risks of preeclampsia

*For the mother:*

- ♦ **Often:** more monitoring during pregnancy, more intervention during labour and/or birth, longer stay in hospital
- ♦ **Sometimes:** very high blood pressure, increased bleeding, admission to intensive care
- ♦ **Rare:** kidney failure, liver failure, stroke, fluid on the lungs, seizure
- ♦ **Very rare:** death

*For the baby:*

- ♦ **Often:** longer stay in hospital
- ♦ **Sometimes:** slowing down of growth, born preterm, born small, admitted to nursery (NICU and/or SCN)
- ♦ **Rare:** death

