



Preeclampsia

Preeclampsia is a condition that occurs during pregnancy, it is marked by high blood pressure in women who have not had high blood pressure before; and presence of proteins in the urine. It usually develops after 20 weeks of gestation and can put your life and your baby's life at risk.

Symptoms

- Swelling of the face, hands, eyes and/or feet
- Sudden weight gain in one (1) to two (2)-day period, or more than 2 pounds per week.
- Headache
- Not urinating frequently
- Abdominal pain on the right side, below the ribs.
- Temporary changes or loss of vision, seeing spots or lights, sensitivity to light and blurry vision.
- Difficulty breathing
- Nausea and vomiting

Risk Factor

First pregnancy or multiple pregnancies	Inadequate eating habits
Family history, previous history of preeclampsia or eclampsia	History of diabetes, high blood pressure, kidney disease
Overweight or obesity	Being over the age of 35



How is Preeclampsia diagnosed?

Preeclampsia is diagnosed through a physical examination. This includes:

- Blood pressure test
- Blood analysis to evaluate your liver and kidney function
- Urine tests to evaluate protein level.

What treatments are there?

The only way to cure preeclampsia is giving birth. Your doctor will evaluate constantly to monitor your health and your baby. Here are some treatments that your doctor may recommend.

- **Medications:** Medications are usually used to lower blood pressure.
- **Rest:** Lie on your left side as much as possible. If your condition worsens, you may need hospital care.
- **Childbirth:** Your delivery may be induced immediately, if necessary, if your baby is full term (37 weeks or more) or if your life and / or that of your baby are at risk.

Complications

Premature Delivery	Blood clots
Detachment of the placenta	Liver or kidney failure
Stroke	Convulsions or coma

Prevention	
Monitor your blood pressure	Manage your stress
Do physical activities under medical supervision	Do not smoke or drink alcohol during pregnancy
Eat low- fat foods, sodium, sugars, and carbohydrates.	Use a low dose of aspirin after 12 weeks of pregnancy if your doctor tells you to.

Remember

- Preeclampsia is a condition that occurs during pregnancy, when you have high blood pressure and protein in the urine.
- Some symptoms are: swelling of face, hands, and feet.
- Overweight and obesity are some risk factors for pre-eclampsia.
- One of the complications of pre-eclampsia is premature birth.
- Monitor your blood pressure to prevent pre-eclampsia.



Contact your Primary Doctor

If you are pregnant, you will be registered under the Special Coverage of the Vital Plan. Your primary doctor and / or your specialist can provide information about the benefits of the Special Coverage, and how you will be registered under this coverage.

People with Special Coverage can get prescription drugs, tests and other services, without needing a referral or having their primary doctor sign.

In addition, you can contact your primary doctor for more information or counseling on how you and your family can address physical and emotional concerns about Preeclampsia.

Important

If you need emergency services, you can dial 9-1-1 or go to any emergency room.

If you have any symptoms that you understand requires immediate attention, before visiting an emergency room, you can call the Medical Counseling Line toll-free at 1-844-347-7801, twenty-four (24) hours a day, seven (7) Days of the week. TTY / TDD users should call 1-844-347-7804. When you call the Medical Counseling Line before visiting an emergency room, you will be exempt from paying the copayment for services received during your emergency room visit.

For more information

Customer Service Department
1-844-347-7800
TTY/TDD 1-844-347-7805

Visit our website:
www.firstmedicalvital.com

References

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