

HAVE YOU ASKED: HOW'S MOM?

Learning about high blood pressure during pregnancy and after birth could help save a life.

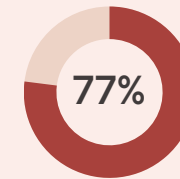


What is gestational hypertension?

High blood pressure that occurs during pregnancy and up until one year after birth. It usually happens after 20 weeks of pregnancy, even if they didn't have high blood pressure before.

What is hypertension?

Blood pressure is the name given to the force that blood causes against the wall of the vessels (arteries) that carry it. If this pressure gets too high, it's called hypertension.



of people who died of pregnancy-related hypertensive disorders were overweight.

Who should pay close attention?

- If giving birth for the first time
- Person with diabetes
- Over 35 years old
- Pregnant with more than one baby
- Family history of gestational hypertension
- Experiencing high stress

- **Normal: 120 over 80**
- **Elevated: 120-129 over 80**
- **Stage 1: 130-139 over 80-89**
- **Stage 2 : 140 (or higher) over 90 (or higher)**
- **Hypertensive Crisis: 180 (or higher) over 120 (or higher)**

Call your doctor and talk about ways to lower your blood pressure

Visit your nearest health provider as soon as possible



Don't wait to call 911 if you have blood pressure of 180/120. This is a medical emergency.

Why is it a problem?

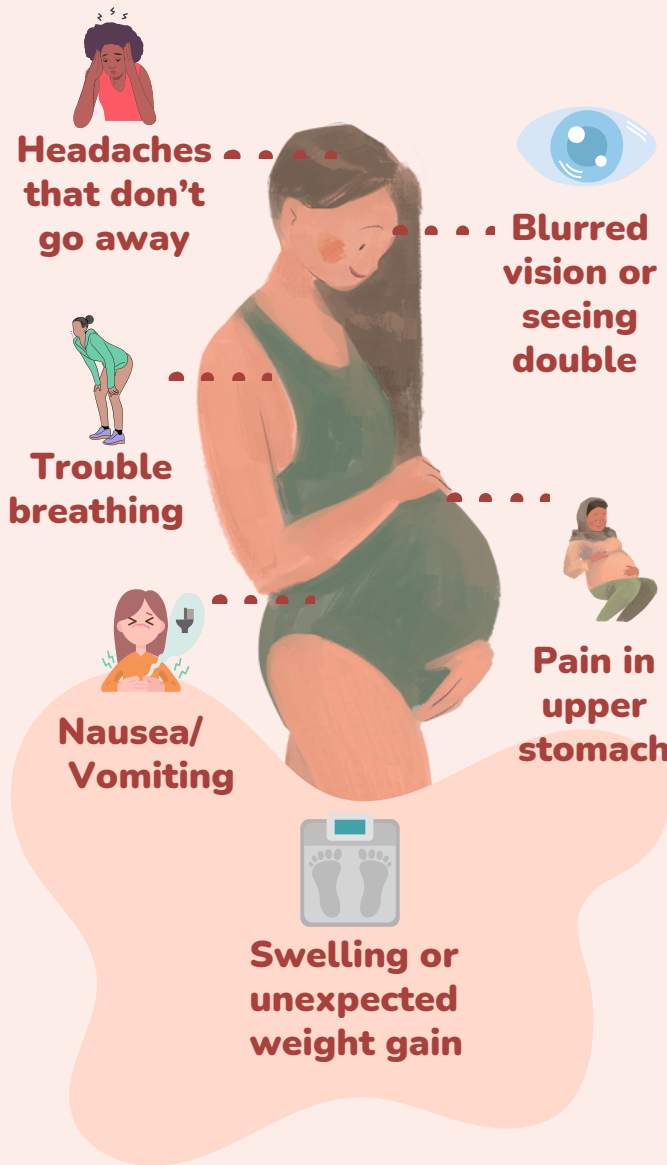
- The leading cause of pregnancy-related deaths in Florida are hypertensive disorders (2020).
- Preeclampsia is affecting 9.4% of South Florida's maternity patients, more than double the national average of 4.2% over the past 30 years (Memorial Healthcare System, 2023).

What is preeclampsia and eclampsia?

Preeclampsia is a sudden spike in blood pressure during pregnancy or after birth (from 2 days up to 6 weeks).

Eclampsia is more severe and can include seizures or coma, and death.

These conditions increase the risk for having **high blood pressure, kidney disease, heart disease, and stroke** later in life.



Don't wait to call 911 if you have blood pressure of 180/120. This is a **medical emergency**.

LEARN THE SIGNS AND STAY ALERT!



Reach out for more information on how you can help prevent a gestational high blood pressure emergency.

Find community initiatives at:

www.browardhsc.org

 @browardhsc

Phone Number:

(954) 567-7174

Scan the QR Code for the CDC Quiz on Maternal Warning Signs



-Cao X, Zu D, Liu Y. Effects of Interaction between Gestational Hypertension and History of Preterm Birth on the Risk of Preterm Birth: An Analysis Based on the National Vital Statistics System Database. Med Sci Monit. 2022 Apr 20;28:e935094. doi: 10.12659/MSM.935094. PMID: 35440534; PMCID: PMC9036941.
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-Preeclampsia Foundation. Last Updated on January 17, 2020. Retrieved on March 15, 2022 from <https://www.preeclampsia.org/faqs>;
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