

Preeclampsia, Postpartum Preeclampsia and Eclampsia



“Striving for birth equity through unity and empowerment.”

Delivery is not a cure. Preeclampsia, postpartum preeclampsia and eclampsia remain a risk within the first 48 hours to 6 weeks of the baby's birth. Long-term risks after preeclampsia include high blood pressure, increased risk for heart disease and stroke, and the risk of developing diabetes.

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Women who have had preeclampsia have three to four times the risk of developing high blood pressure, double the risk for heart disease and stroke, and an increased risk of developing diabetes.

See your healthcare provider at least once a year. Whenever you see a new OB/GYN or new primary care doctor, remember to tell them, "I had preeclampsia and that puts me at risk for other medical problems."

You cannot change the fact you had preeclampsia but there are things you can do to make yourself the healthiest you.

Physical activity is key to being the healthiest you. Walk 30 minutes 5 times a week and do muscle or resistance exercises 2 or more times a week. Or do something fun like dancing, yoga, or active games like basketball or kickball. Incorporate your family in the activities and exercises to have a healthy family lifestyle.

Maintain a healthy weight.

Eating a heart healthy diet, rich in fiber, fruits, vegetables, and lean proteins can reduce the risk of heart disease and promote overall health.

Avoid smoking after preeclampsia. It increases your risk for medical problems even further, as tobacco raises blood pressure and damages your blood vessels.

Know your family's health history and your stress levels. Learn what causes your stress. Know your numbers, including your usual blood pressure, cholesterol, and blood sugar.