



The Pregnancy Symptoms You Shouldn't Ignore— Is It Preeclampsia?

(NAPSA)—Swelling? Sleeplessness? Headaches that just won't go away? These may seem like normal symptoms of pregnancy but, in reality, they may also be caused by a serious condition called preeclampsia.

You may have heard about preeclampsia in the news lately. Multiple celebrities have shared their stories. Or maybe you have a sister, friend or neighbor who was diagnosed with the condition.

Many women are aware that preeclampsia is something that can occur during pregnancy but they don't know what it is and what symptoms to be on the lookout for.

Preeclampsia, sometimes called toxemia, is a life-threatening medical condition that occurs during pregnancy. It is a disease of the placenta that impacts both mother and baby and is among the top five leading causes of death in pregnant women. Preeclampsia occurs in almost 10 percent of all pregnancies, typically during the second and third trimesters. When preeclampsia occurs before 34 weeks of pregnancy, it's known as early-onset preeclampsia.

Preeclampsia is most commonly associated with high blood pressure—something that is monitored during routine checkups with your doctor or midwife. While high blood pressure is usually the first symptom, it isn't something you would notice yourself. There are many other symptoms associated with preeclampsia that should not be ignored:

- Swelling of hands, feet and face
- Nausea
- Persistent headaches
- Sleeplessness



While preeclampsia can be a dangerous condition for expectant mothers and their babies, there are steps doctors can take and there soon may be even more.

- Stomach pain
- Visual disturbances
- A sense of malaise that won't go away.

If you experience any of these symptoms, call your doctor immediately. If preeclampsia isn't treated, it can be life threatening.

The current treatment standard for early-onset preeclampsia is "expectant management," whereby the mother is admitted to the hospital where she and her baby will be closely cared for and monitored. The goal of expectant management is to allow the mother to safely remain pregnant so that the baby has more time to develop before it is born. More time in the womb means fewer complications when the baby is born.

At this time, there are no medications approved in the United States for specifically treating this condition. Clearly, this is an unmet medical need. Learn more about preeclampsia and new treatment options being researched in clinical trials at www.PRESERVE-1.org.