

Pre-eclampsia

This is an uncommon but serious complication that occurs during the second half of pregnancy or soon after baby is delivered.

Risk factor for developing Pre-eclampsia:

- Medical history of diabetes, hypertension or systemic lupus erythematosus
- Obstetric history of pre-eclampsia
- Family history of this condition
- Advanced maternal age
- Having been at least 10 years since your last pregnancy
- Multiple pregnancy
- Overweight



Apart from **oedema**, the pregnant woman may have **high blood pressure** (above 140/90mmHg) and **protein in urine**.

Other symptoms include:

- Bad headaches
- Vision problems such as blurred vision or lights flashing before the eyes
- Bad pain just below the ribs or vomiting

If you have the above symptoms and signs, you should seek urgent medical consultation for monitoring and treatment. It could lead to fits, liver, kidney and respiratory failure and bleeding problems. It is life-threatening if left untreated.

Prevention

- Adequate calcium intake and physical activity can prevent gestational hypertension (For more information about on calcium and physical activity, please refer to P.169 & P.184)
- However, if you have any signs or symptoms of pre-eclampsia, you should have bed rest instead of exercise!

