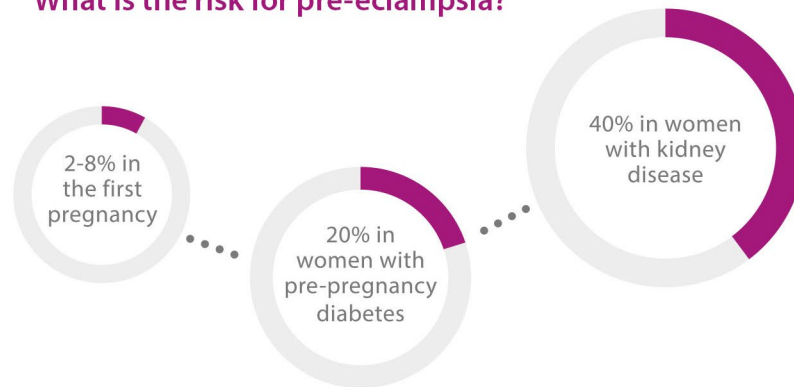


May 22 is World Preeclampsia Day

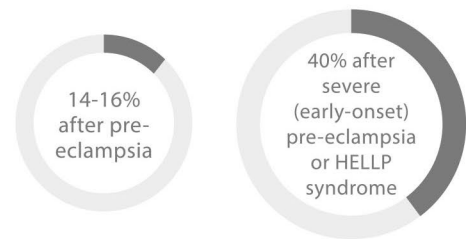
What is Preeclampsia?

Preeclampsia is a complication of pregnancy that is characterized by elevated blood pressure and high protein levels in the urine, causing decreased blood flow from the mother to the placenta, thus delivering less oxygen and nutrients to the baby. The condition may cause other complications for both the mother and baby, including risk of preterm birth and long-term health effects. Routine follow-up and preventive care for both mother and child, and a healthy lifestyle (such as a healthy diet, physical activity, avoiding stress) are particularly important in seeking to prevent these long-term effects.

What is the risk for pre-eclampsia?



What is the risk of developing pre-eclampsia again in a future pregnancy?



2-8% of women world-wide are affected in their first pregnancy, and as many as **14-16%** in a subsequent pregnancy¹. Kansas women are not invulnerable to this condition, as Kansas 2017-2018 PRAMS data suggests **12.7%** experience pregnancy related hypertension (pregnancy-onset hypertension, preeclampsia, or eclampsia), while preexisting conditions such as hypertension, anxiety, being overweight and obesity are significantly associated with pregnancy related hypertension². Women with preexisting conditions such as diabetes or kidney disease experience preeclampsia at rates as high as **20-40%**³.

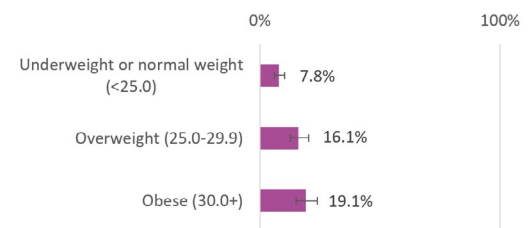
Prevalence of self-reported pregnancy-onset hypertension, pre-eclampsia, or eclampsia, by health conditions

by health conditions in the 3 months before pregnancy, among women with a recent live birth - Kansas PRAMS, 2017-2018



Prevalence of self-reported pregnancy-onset hypertension, pre-eclampsia, or eclampsia

by body-mass index before pregnancy, among women with a recent live birth - Kansas PRAMS, 2017-2018



With maternal morbidity and mortality rates at alarming levels, and the recognition that 60% of preeclampsia related deaths are preventable, it is our job as healthcare providers to educate patients and their families and follow best practices³. In recognition of World Preeclampsia Day on May 22, we are reaching out to all of you with the following resources, in hopes you will work to incorporate patient education materials and best practices into your care and public awareness campaigns. Please join us in educating providers and patients about the importance of:

- **Awareness** and identification of risk factors
- **Early screening** in the first trimester
- **Prescribed** and regular intake of low-dose aspirin before week 16 for women at increased risk
- **Knowledge** of symptoms and warning signs and when to seek medical attention
- **Close monitoring** by prenatal care provider throughout pregnancy and six weeks postpartum

May 22 is World Preeclampsia Day

Patient Education Resources:

Websites:

- [Preeclampsia Foundation - Information for Women and Families](#)
- [March of Dimes – Information on Preeclampsia](#)
- [Preeclampsia Foundation – Postpartum Preeclampsia](#)
- [Support for Survivors of Preeclampsia](#)

Videos for patient education by use in prenatal classes or home visits, waiting rooms, websites and social media platforms:

- [7 Symptoms Every Pregnant Woman Should Know](#) (2:45)
- [Aspirin May Prevent or Delay the Onset of Preeclampsia](#) (2:08)
- [Postpartum Preeclampsia – You Are Still at Risk After Your Baby is Born](#) (3:44)
- [Joan Donnelly’s Story – Postpartum Preeclampsia](#) (5:03)
- [Preeclampsia & Eclampsia – causes, symptoms, diagnosis, treatment, pathology](#) (6:46)

Handouts/Posters:

- [Preeclampsia Fact Sheet](#)
- [Health Action Sheet – Low-dose aspirin to prevent preeclampsia and premature birth](#)
- [Poster - Act Early! Screen Early!](#)
- [Preeclampsia Foundation Marketplace](#)

Infographics:

- [What Women Need to Know About Preeclampsia](#)
- [Signs and Symptoms of Preeclampsia](#)
- [Postpartum Preeclampsia – You are Still at Risk](#)
- [After Delivery – Recognizing These Signs Can Save Your Life](#)
- [Mental Health Effects of Preeclampsia and HELLP Syndrome](#)

- [Take Heart-Take Care](#)

Best Practice and Guidance Resources for Providers:

Practice Guidelines

- [Preeclampsia Foundation – Best Practices for Healthcare Providers](#)
- [U.S. Preventive Services Task Force \(USPSTF\) – Final Recommendation Statement on Preeclampsia Screening](#)
- [American College of Obstetricians and Gynecologists \(ACOG\) Clinical Guidance](#)

Current Guidelines on Low-Dose Aspirin

- [Preeclampsia Foundation – Ask About Aspirin](#)
- [USPSTF – Recommendation Statement on Low-Dose Aspirin Use \(2019 update in progress\)](#)
- [ACOG Committee Opinion on Aspirin for Preeclampsia](#)

Managing Preeclampsia and Eclampsia

- [Course on the Evidence-Based Management of Preeclampsia and Eclampsia](#)

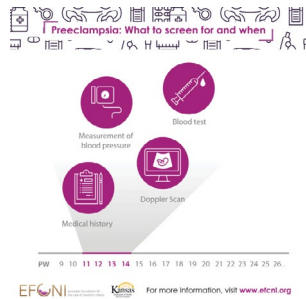
Hypertension Safety Bundle

- [Consensus Statement on Severe Hypertension During Pregnancy and the Postpartum Period](#)
- [Patient Safety Bundle on Severe Hypertension in Pregnancy](#)
- [Joan Donnelly’s Story – Postpartum Preeclampsia](#)

Websites on Awareness

- [Preeclampsia Foundation](#)
- [Preeclampsia Awareness Campaign 2020](#)

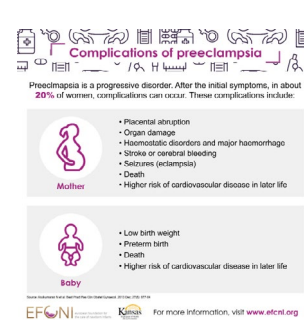
May 22 is World Preeclampsia Day



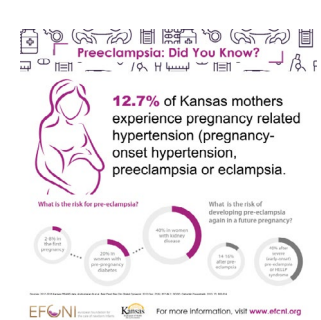
Graphic_1



Graphic_2



Graphic_3



Graphic_4

Social Media Posts

Preeclampsia_Graphic_1.jpg — Risk for Preeclampsia can be identified by your doctor through blood tests and other screening including, medical history, blood pressure monitoring, and Doppler ultrasound as early as the end of your first trimester (11 to 14 weeks). Determining your risk factors and developing a course of action is an important part of your prenatal care. Early detection is key in keeping you and your baby healthy throughout your pregnancy and beyond! For more information, please visit <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>.

Preeclampsia_Graphic_2.jpg — Knowing the signs and symptoms of preeclampsia can keep you and your baby healthy - it could even save your life! Preeclampsia is linked to preterm birth and low birth weight, as well as heart and breathing problems for babies. Mothers with preeclampsia can experience serious, even life threatening complications, and often go on to have high blood pressure and other heart disease later in life. Eating a healthy diet, getting plenty of exercise, and managing your stress can all help keep your pregnancy as healthy as possible, and are great habits to maintain after the birth of your baby as well. If you're experiencing any of the signs or symptoms of preeclampsia, tell your health care provider right away! For more information about [Preeclampsia Awareness Day](https://www.efcni.org/activities/campaigns/world-preeclampsia-day/), check out: <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>.

Preeclampsia_Graphic_3.jpg — It isn't just high blood pressure - it's an emergency! Preeclampsia can have serious consequences for you and your baby. Keeping all of your prenatal appointments and following your doctor's recommendations on lifestyle changes, such as diet and exercise, are key to avoiding major health issues down the road. For more information about Preeclampsia and what you should know, please visit: <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>.

Preeclampsia_Graphic_4.jpg — While PRAMS* data shows that 12.7% of pregnant women in Kansas experience pregnancy related hypertension, women with preexisting conditions such as hypertension, anxiety, being overweight and obesity have even higher rates. Keeping all of your prenatal appointments and following your doctor's recommendations on lifestyle changes, such as diet and exercise, are key to decreasing your risks and avoiding major health issues down the road. Information provided by the EFCNI and World Pre-eclampsia Day. Find more information at: <https://www.efcni.org/downloads/factsheets/>.