

High Risk Pregnancy

Protecting You and
Your New Baby



WILLAMETTE VALLEY MEDICAL CENTER BIRTHING CENTER

RECOGNIZING

the need for extra care

Pregnancy affects every woman differently. No matter how healthy a woman may be, it is important to know every pregnancy has its risks. Risks are determined by several factors, including your age, weight, previous or developed conditions, and health. It is important to identify these factors early to determine any special care you may need. Among other things, proper nutrition, exercise and prenatal checkups are ways to make sure you and your baby stay healthy throughout your pregnancy.

Proper nutrition,
exercise, and
checkups are
vital during your
pregnancy.



PREGNANCY INDUCED HYPERTENSION

One example of a high-risk pregnancy is Pregnancy Induced Hypertension, or PIH. PIH occurs when a pregnant woman's blood pressure rises above 140/90 on several occasions at least six hours apart. It often occurs after 20 weeks of gestation and can affect women with otherwise normal blood pressure. **If you experience any of these symptoms, contact your provider immediately:**

- Rise in blood pressure
- Swelling of the hands, face and feet
- Right upper quadrant pain
- Blurred or double vision, or seeing stars
- Headaches
- Dizziness
- Protein in urine



GESTATIONAL DIABETES

Gestational diabetes is a temporary form of diabetes that affects women only during pregnancy. While the exact cause is unknown, it is believed to be a result of the placenta blocking the production of insulin, which regulates the amount of sugar in our bodies. Without enough insulin, the body cannot convert sugar to energy.


If you are overweight, you place yourself at a higher risk for gestational diabetes. Your provider will have you do a glucose tolerance test during your pregnancy, to make sure you are not at risk.

If you are diagnosed as a gestational diabetic you are at a higher risk for getting adult onset diabetes. Maintaining a healthy pregnancy may prevent you from becoming diabetic later in life.

Risks

Gestational diabetes can be treated, and when it is well controlled, the health of you and your baby will stay strong. However, it can be dangerous for both you and your unborn baby if it is not controlled.

High birth weight, cesarean section and high blood pressure are all potential dangers of untreated gestational diabetes, so be sure to consult with your doctor and take all necessary steps to control it.



**If you are
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PREECLAMPSIA

Preeclampsia is a disorder that affects the mother and unborn baby and is characterized by rapidly progressing symptoms such as high blood pressure, protein in the urine, swelling, sudden weight gain, headaches and changes in vision. Preeclampsia usually occurs in the late second or third trimesters in five to eight percent of all pregnancies. It is more prevalent in first-time pregnancies and for women with a family history of preeclampsia. Proper prenatal care is essential to detect preeclampsia symptoms.

Remember, having regular prenatal exams is important to detect possible complications and minimize their effects. Please contact your provider if you have experienced any of the symptoms above.



Resources:

A New Beginning: Your Personal Guide to Postpartum Care

Willamette Valley Medical Center Birthing Staff

The Mayo Clinic

<http://www.mayoclinic.com/health/postpartum-depression/ds00546>



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