

# May is Preeclampsia Awareness Month



KANSAS  
MATERNAL &  
CHILD HEALTH



60% of preeclampsia related deaths are preventable.<sup>1</sup>

#PreAM24 #Preeclampsia #PredictPreventPrevail #MyPreeclampsiaStory



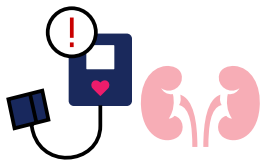
Preeclampsia is one of the most serious health problems that affect pregnant persons. It is a multisystem inflammatory syndrome that is often progressive but has an unclear etiology.<sup>2</sup>

It is our job as healthcare providers to educate patients and their families and follow best practices. In recognition of Preeclampsia Awareness Month 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.

Being aware of the risk factors and educating patients about the signs and symptoms can have a dramatic impact on early identification and treatment. Preeclampsia sometimes develops without any symptoms. High blood pressure may develop slowly, or it may have a sudden onset. Monitoring blood pressure is an important part of prenatal care because the first sign of preeclampsia is commonly a rise in blood pressure.<sup>3</sup> Educating women on risk factors and ensuring they are able to access regular care can improve outcomes.

In Kansas 2017-2021 PRAMS data suggest that 14.2%<sup>4</sup> of Kansas women experience pregnancy related hypertension (gestational hypertension, preeclampsia, or eclampsia).

## Risk Factors Associated with Preeclampsia:<sup>2,5</sup>



Chronic health conditions such as diabetes, high blood pressure, kidney disease, and certain autoimmune disorders.



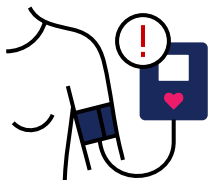
Obesity (BMI > 30). Women who are overweight or obese are also more likely to have preeclampsia in more than one pregnancy.



Multiple gestation (being pregnant with more than one fetus).



Being Black or of African American ancestry (due to socio-economic factors and historical inequities, rather than biological factors).



High blood pressure or preeclampsia in a previous pregnancy.



Family history of preeclampsia (Mother or Sister).



Being 35 years or older at the time of pregnancy and other personal history factors.

The United States Preventative Task Force (USPSTF) recommends the use of low-dose aspirin (81 mg/day) as preventive medication after 12 weeks of gestation in persons who are at high risk for preeclampsia.<sup>2</sup> For a complete list of risk factors please see the USPSTF resource in Resources for Providers.

# Resources

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- [Preeclampsia Awareness Month Toolkit](#)

## Resources for Providers:

- [USPSTF Recommendation Statement on Screening for Hypertensive Disorders in Pregnancy](#)
- [USPSTF Recommendation Statement on Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality](#)
- [AIM Severe Hypertension in Pregnancy Patient Safety Bundle](#)
- [Maternal Warning Signs Toolkit](#)
- [CDC HEAR HER CAMPAIGN](#)
- [Preeclampsia Foundation for Providers](#)
- [KPQC Resources](#)

## Resources for Patients:

- [Preeclampsia Foundation for Women and Families](#)
- [March of Dimes Preeclampsia Information](#)
- [Preeclampsia Symptoms](#)
- [CDC HEAR HER CAMPAIGN](#)
- [Health Action Sheet: Low-Dose Aspirin to Prevent Preeclampsia and Premature Birth](#)

## Infographics:

- [CDC – Warning Signs](#)
- [Preeclampsia](#)
- [Postpartum Preeclampsia – You are Still at Risk](#)
- [After Delivery – Recognizing These Signs Can Save Your Life](#)

1. Website. (n.d.). Preeclampsia - new research: Majority of preeclampsia-related maternal deaths deemed preventable. Preeclampsia Foundation - Saving mothers and babies from preeclampsia. Retrieved March 2023, from [Preventability](#)

2. US Preventive Services Taskforce. (2021, September 28). Aspirin use to prevent preeclampsia and related morbidity and mortality: Preventive medication. Recommendation: Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality: Preventive Medication | United States Preventive Services Taskforce. Retrieved March 17, 2023, from [uspreventiveservicestaskforce.org](#)

3. Editor. (2021, December 9). Preeclampsia. American Pregnancy Association. Retrieved from [americanpregnancy.org/healthy-pregnancy/pregnancy-complications/preeclampsia/](#)

4. Kansas Department of Health and Environment, Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2021

5. ACOG Practice Bulletin: Gestational Hypertension and Preeclampsia, interim update June 2020 [preeclampsia.org/frontend/assets/img/advocacy\\_resource/Gestational\\_Hypertension\\_and\\_Preeclampsia\\_ACOG\\_Practice\\_Bulletin\\_Number\\_222\\_1605448006.pdf](#)

# Social Media Posts

1.



1. May is National Preeclampsia Awareness Month – 60% of maternal deaths due to #Preeclampsia are preventable. Let's ensure every mother in any pregnancy knows the signs and symptoms of preeclampsia. Learn more at [preeclampsia.org](http://preeclampsia.org) #PreeclampsiaAwarenessMonth #PreAM24

Mayo es el Mes Nacional de Concientización sobre la Preeclampsia – el 60% de las muertes maternas debido a la #Preeclampsia son prevenibles. Asegurémonos de que todas las madres en cualquier embarazo conozcan los signos y los síntomas de la preeclampsia. Conozca más en [preeclampsia.org](http://preeclampsia.org) #PreeclampsiaAwarenessMonth #PreAM24

2.



2. Know the symptoms of #preeclampsia: severe headache, swelling in the hands and face, visual issues, nausea and vomiting, stomach or abdomen pain, sudden weight gain, and/or shortness of breath. Preeclampsia can occur in any pregnancy, so all moms need to know. [preeclampsia.org/women-and-families](http://preeclampsia.org/women-and-families) #PreeclampsiaAwarenessMonth #PredictPreventPrevail

Conozca los síntomas de la #preeclampsia: dolor de cabeza intenso, hinchazón de las manos y la cara, problemas visuales, náusea y vómitos, dolor estomacal o abdominal, aumento de peso repentino y/o falta de aliento. La preeclampsia se puede presentar en cualquier embarazo, así que, todas las madres deben saber al respecto. [preeclampsia.org/women-and-families](http://preeclampsia.org/women-and-families) #PreeclampsiaAwarenessMonth #PredictPreventPrevail

3.



3. Postpartum preeclampsia can happen up to six weeks postpartum. It's important that women pay attention to specific postpartum symptoms, including severe headache, vision changes, swelling of the hands and face, and especially difficulty breathing. Help share this video to educate others on what they need to know: [stillatrisk.org](http://stillatrisk.org) #PreeclampsiaAwarenessMonth #MyPreeclampsiaStory

La preeclampsia después del parto se puede presentar hasta seis semanas después del alumbramiento. Es importante que las mujeres presten atención a síntomas específicos después del parto, incluyendo dolor de cabeza intenso, cambios en la visión, hinchazón de las manos y la cara, y especialmente dificultad para respirar. Ayude compartiendo este video para educar a otras personas sobre lo que necesitan saber: [stillatrisk.org](http://stillatrisk.org) #PreeclampsiaAwarenessMonth #MyPreeclampsiaStory

4.



4. All women need to know the risk factors for developing high blood pressure during pregnancy - and that you can also have no risk factors, but still may develop it. Talk to your doctor and attend regular appointments which will check for signs of #Preeclampsia that may not have obvious symptoms, like protein in your urine. Learn more: [marchofdimes.org/find-support/topics/pregnancy/preeclampsia](http://marchofdimes.org/find-support/topics/pregnancy/preeclampsia). #PreeclampsiaAwarenessMonth

Todas las mujeres necesitan conocer los factores de riesgo para desarrollar presión arterial alta durante el embarazo, y que usted puede no tener factores de riesgo, pero aun así desarrollarla. Converse con su médico y asista a sus citas regulares en donde revisarán si hay signos de #Preeclampsia que probablemente no sean los síntomas obvios, como la presencia de proteína en la orina. Aprende más: [marchofdimes.org/find-support/topics/pregnancy/preeclampsia](http://marchofdimes.org/find-support/topics/pregnancy/preeclampsia). #PreeclampsiaAwarenessMonth

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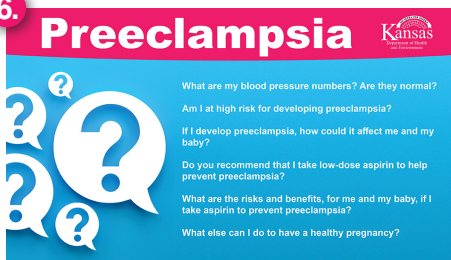
5.



5. Kansas Pregnancy Risk Assessment Monitoring System (PRAMS) shows that Non-Hispanic Black women report a higher rate of developing pregnancy related hypertension, preeclampsia, and eclampsia, steps can be taken to help decrease the risk. It is vitally important for you to access prenatal care and prenatal education early in your pregnancy! #PreeclampsiaAwarenessMonth #PreAM24

El Sistema de Evaluación y Monitoreo de Riesgos en el Embarazo (PRAMS, por sus siglas en inglés) de Kansas muestra que las mujeres afroamericanas no hispanas reportan una tasa más alta de desarrollo de hipertensión, preeclampsia y eclampsia relacionadas con el embarazo, e indica las medidas que se pueden tomar para ayudar a disminuir el riesgo. Es de suma importancia que tenga acceso a atención y educación prenatales ¡al inicio del embarazo! #PreeclampsiaAwarenessMonth #PreAM24

6.



6. What do I ask the doctor about #Preeclampsia?

¿Qué le pregunto al médico acerca de la #Preeclampsia?

