

Lowering Your Risk of Preeclampsia

What Is Preeclampsia?

Preeclampsia is a disease that can occur in pregnancy. It most often happens after you're 20 weeks pregnant or soon after the baby is born. Blood pressure can go very high. It affects organs like the brain, liver, and kidneys. Your baby may be born early. It can also cause health problems for both you and your baby later in life.



Good News! Low-Dose Aspirin Can Help.

Taking low-dose aspirin can lower your preeclampsia risk. You can start this treatment between 12 to 28 weeks of pregnancy, the earlier the better.

Should You Take Low-Dose Aspirin?

Your current or past health can increase your risk of preeclampsia. These include having diabetes or high blood pressure, your age, and your weight. Your doctor or midwife can check your risk factors to see if low-dose aspirin is right for you. Don't start taking it your own.



Take This Quiz and Bring It to Your Doctor or Midwife.



Do you have any of these **HIGH-RISK** factors?

- Do you have any of these high-risk factors?
- I had preeclampsia in the past.
- I'm having more than 1 baby in this pregnancy.
- I have high blood pressure.
- I have diabetes (type 1 or type 2)
- I have kidney disease.
- I have an immune system disease like lupus.

» IF YOU CHECKED ONE OR MORE...

**TALK TO
YOUR DOCTOR
OR MIDWIFE
ABOUT TAKING
LOW-DOSE
ASPIRIN.**

Do you have any of these **MODERATE-RISK** factors?

- This will be my first child.
- I will be 35 years or older when my baby is born.
- I have obesity. [My body mass index (BMI) is 30 more.] *Check your BMI at CDC.gov.*
- I used IVF to get pregnant.
- I describe myself as Black or African American.
**Why are we asking? Preeclampsia affects more Black and African American people than those of other races and ethnic backgrounds.*
- My mother or sister had preeclampsia.
- My last pregnancy was over 10 years ago.
- I had a baby who weighed under 5½ pounds at birth.
- I weighed under 5½ pounds when I was born.
- I often have to choose between food, housing, health care costs for me and my family.
**Why are we asking? Income, housing, and stress all impact the risk of getting preeclampsia.*

IF YOU CHECKED TWO OR MORE... <<

Is Low-Dose Aspirin Safe?



Yes, as long as you take it as ordered by your doctor or midwife. It will not cause birth defects or other problems. But never give aspirin to babies, children, or teens. It can cause them to get sick.

Extra Care For a Healthy Pregnancy

If you are at risk, you may see a maternal-fetal medicine doctor ("MFM"). MFMs care for women with pregnancy problems. They also care for women with health problems who become pregnant. To learn more, go to SMFM.ORG/WHATWEDO.