

Center for Maternal Health

KNOW YOUR PREECLAMPSIA RISK

Preeclampsia, persistent high blood pressure that develops during or right after pregnancy, can affect many of your organs. Low dose aspirin can prevent early onset and decrease symptoms in those with moderate or high risk. Ask your doctor about your risk.

Warning signs:

- Gaining more than five pounds in a week
- Headaches
- Nausea, vomiting
- Seeing spots
- Stomach pain
- Swelling in your hands and face



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Katz Institute for
Women's Health

**Call (516) 918-6008 for
preeclampsia resources.**



Risk factors for preeclampsia

You may be at **high risk** if you have one or more of these factors:

- A combination of multiple moderate risk factors
- Pregnancy with multiple babies
- History of preeclampsia in pregnancy, especially if there were complications with you or your baby
- Kidney disease
- Long-term high blood pressure, especially if you take medication to keep blood pressure normal
- Type 1 or Type 2 diabetes

You may be at **low risk** if you completed a full-term pregnancy with no complications. Low dose aspirin is not recommended if you're at low risk.

You may be at **moderate risk** if you have one or more of these factors:

- Age 35 or older
- Family history of preeclampsia (mother or sister)
- Have never been pregnant
- You are a Black woman*
- In vitro conception
- Obesity (body mass index greater than 30)
- Personal history factors (such as low birth weight or small for gestational age, a previous unexpected complication for you or your newborn, or more than 10 years between pregnancies)

*Increased risk due to racial inequities

