

Preeclampsia is a severe problem that can develop during pregnancy?

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Introduction

Pregnancy is a wonderful experience, but despite being one of the most anticipated, women might face a variety of difficulties during their pregnancy, some of which can be life-threatening. Hypertension is sometimes referred to as the silent killer. It might be one of the most serious problems for both the mother and the child when it occurs during pregnancy. After the 20th week of pregnancy, preeclampsia occurs, which is defined as a sudden increase in blood pressure. You'll be surprised to learn that this illness can harm the kidneys, liver, and brain of a pregnant woman. Preeclampsia can progress to eclampsia, which can cause organ damage, seizures, and even death if not treated promptly [1]. Preeclampsia is a condition that affects many pregnant women in the United States. It is critical to control this condition in order to deliver a healthy baby.

Preeclampsia can cause a variety of symptoms in women, including:

1. Proteinuria (excess protein in the urine)
2. Problems with vision
3. Headache and chest discomfort
4. Vomiting or nausea
5. Pain in the abdomen
6. Breathing difficulties
7. Inadequate liver function

Once you notice the symptoms then consult the doctor on an immediate basis without any delay.

Preeclampsia - risk factors and causes

The risk factors of preeclampsia may include age, family history, and preeclampsia during the previous pregnancy, multiple pregnancies, etc. Some causes of preeclampsia are:

1. Chronic hypertension
2. Kidney disease
3. Diabetes
4. Obesity
5. Autoimmune conditions

The effects of preeclampsia on the baby

This condition can be harmful for the infant as it can lead to placental abruption, highlighting the consequences of

preeclampsia on the foetus (premature detachment of the placenta from the uterus). This will result in significant bleeding, which is potentially fatal for both the mother and the baby. Other issues caused by preeclampsia include foetal growth restriction and preterm birth [2,3].

The effects of preeclampsia on the mother

Fluid retention and protein excretion in the urine are connected to preeclampsia, which can increase the risk of kidney failure and end-stage renal disease [4,5]. Later in life, chronic kidney disease (CKD) and End-Stage Renal Disease (ESRD) may develop.

Management of preeclampsia

When it comes to preeclampsia, the expert emphasises the necessity of taking good care of one's health and suggests the following management strategies:

1. Keep a regular check on your blood pressure. Any variations in blood pressure should be reported to your physician.
2. Have blood tests done to assess the health of your kidneys and liver.
3. Only take medication that has been prescribed by a doctor; do not take any over-the-counter medications.
4. Choose a well-balanced diet that is high in fibre and low in fat.
5. Eat fresh fruits, vegetables, whole grains, beans, and pulses, and drink plenty of water.
6. Avoid high-sodium junk, oily, packaged, and processed foods.
7. Carbohydrates, potatoes, fruit juices, colas, sweets, candies, and desserts should all be avoided.
8. Daily exercise is recommended, although heavy activities should be avoided. You can stroll, do yoga, or do aerobics.
9. Before beginning any exercise programme, consult your doctor.
10. Maintain a healthy weight during pregnancy.

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