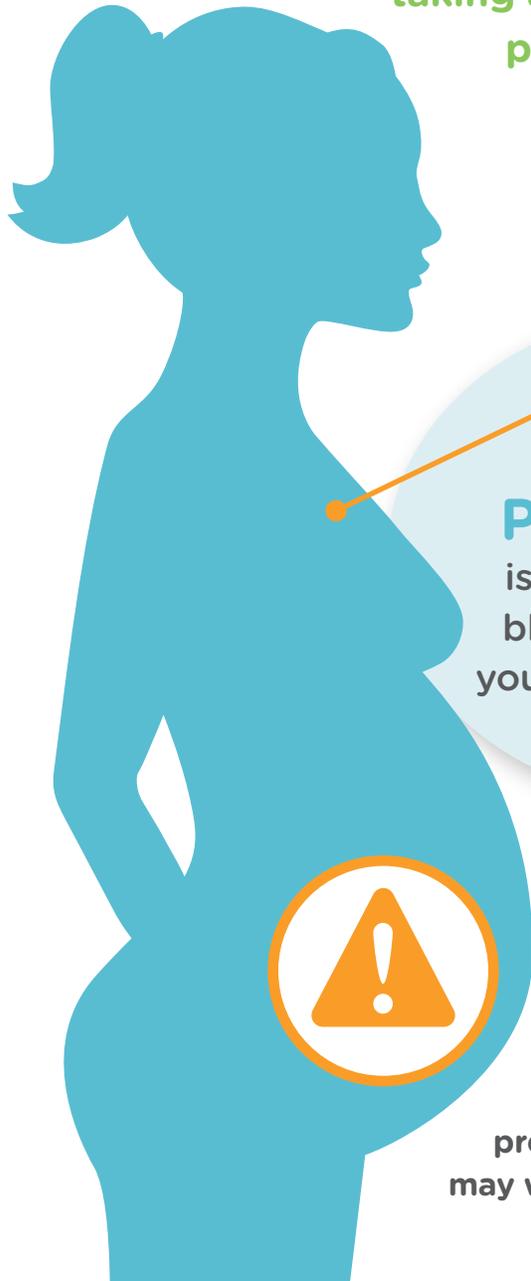


HealthTips

Make Health Happen

If you're at risk for developing preeclampsia, **taking aspirin while you're pregnant might help you and your baby.**



Preeclampsia is when you get high blood pressure when you're pregnant or after you give birth.

It's also called pregnancy-induced hypertension, or PIH.

If it's not treated, it can be very dangerous. If you have preeclampsia, your doctor may want you to deliver your baby early.

Preeclampsia and prevention with prenatal aspirin

Preeclampsia can happen in any pregnancy, but you're at higher risk if you're:

African American.

Younger than 20 or older than 40.

Pregnant for the first time.

Pregnant with more than one baby.

Heavy or weigh more than your doctor recommends (obese or overweight).

You're also at higher risk if your family history includes preeclampsia (a mother, sister, grandmother or aunt had it), you had it with an earlier pregnancy, or you have high blood pressure, diabetes, kidney or an autoimmune disease (like lupus or antiphospholipid syndrome).

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)
Monday through Friday 7 a.m. to 6 p.m. Central time
24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

DellChildrensHealthPlan.com/members

TS-MEM-0590-19


dell children's
HEALTH PLAN

HealthTips

Taking a low dose of aspirin may help reduce your risk.



Low-dose aspirin is also called **prenatal aspirin, baby aspirin or 81 mg aspirin.**

If your doctor wants aspirin as part of your treatment plan, you can get a prescription or you can buy it over the counter. It is very important to talk about taking aspirin, or any other meds, with your doctor before you take it.

Watch for these signs or symptoms of preeclampsia *during and after* your pregnancy:



- Puffy face or hands
- Swelling in your feet and ankles, not from standing



- A very bad headache
- Blurry vision or you see “spots or floaters”



- Gaining 2 or more pounds in a week



- Sharp pain at the top of your stomach
- Feeling tired all the time

If you have any of these, even if it's after the baby is born, call your doctor right away.



Help reduce your risk for preeclampsia. **Ask your doctor if taking low-dose aspirin could help you.**

Sources:

March of Dimes website: *Preeclampsia*.

<https://www.marchofdimes.org/complications/preeclampsia.aspx>.

(Accessed on July 19, 2019.)

Clinical Directors Network website: *Saving Lives: Preventing Preeclampsia With Low-Dose Aspirin*. <https://www.cdnetwork.org/library/saving-lives-preventing-preeclampsia-with-low-dose-aspirin>. (Accessed on July 19, 2019.)