

# Hypertensive Disorders during Pregnancy



# What is Hypertensive Disorders during Pregnancy?

- Hypertensive disorders during pregnancy are pregnancy-associated hypertension.
- They begin during or after pregnancy, including gestational hypertension, pre-eclampsia and eclampsia.
- Evidence shows that hypertensive disorders during pregnancy affect 5-10% of pregnancies.

## Risk Factors

- Prior pre-eclampsia
  - Chronic hypertension
  - Underlying renal disease
  - Diabetes Mellitus
  - Antiphospholipid syndrome
  - Systemic Lupus Erythematosus
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- Multiple gestation
  - Maternal BMI >30
  - Advanced maternal age
  - Assisted reproduction therapies



# Complications and Treatment of Hypertensive Disorders during Pregnancy

<u>Disorder</u>	<u>Complications</u>	<u>Screening, Monitoring and Treatment</u>
<b>Gestational Hypertension</b> Persistent hypertension that develops at or after 20 weeks' gestation in the absence of features of pre-eclampsia.	<ul style="list-style-type: none"><li>• Blood flow to baby hindered, affecting baby's growth</li><li>• Pre-eclampsia and cardiovascular disease (long-term) may develop</li></ul>	<ul style="list-style-type: none"><li>• Blood and urine tests</li><li>• Ultrasound scans</li><li>• Blood pressure medication (safe for mother/baby)</li></ul>
<b>Pre-eclampsia</b> Pre-eclampsia is gestational hypertension accompanied by proteinuria and/or maternal organ dysfunction at or after 20 weeks' gestation.	<ul style="list-style-type: none"><li>• Eclampsia</li><li>• Impairment of mother's kidneys/liver, heart</li><li>• Placental abruption</li><li>• Fetal growth restriction</li><li>• Hemolysis, elevated liver enzymes, low platelets</li></ul>	<ul style="list-style-type: none"><li>• Blood and urine tests</li><li>• Ultrasound scans,</li><li>• Blood pressure medications</li><li>• Aggressive monitoring</li><li>• Worse cases may include caesarean section</li></ul>
<b>Eclampsia</b> Eclampsia is when a person with preeclampsia develops seizures (convulsions) during pregnancy.	<ul style="list-style-type: none"><li>• Severe/persistent headaches</li><li>• Vision changes</li><li>• Upper abdominal pain</li><li>• Mental confusion</li></ul>	<ul style="list-style-type: none"><li>• Blood and urine tests</li><li>• Ultrasound scans,</li><li>• Blood pressure medications</li><li>• Anti-seizure medications</li><li>• Aggressive monitoring</li><li>• Caesarean section</li></ul>

# Prevention of Hypertensive Disorders during Pregnancy



## HEALTHY DIET

**Plant-based diet, intake of essential nutrients**



## REGULAR EXERCISE

**Regular aerobic exercise, 150min of moderate-intensity per week**



## HEALTHY SLEEPING HABITS

**Adequate sleep to manage stress levels**



## DOCTOR'S PRESCRIPTIONS

**Low-dose aspirin, calcium supplementation, etc.**