

Early detection and treatment can save lives. 200 women and 1000 babies die each year in SA of HDP. Many more have life-long health problems.

#everywoman #everypregnancy

When does it present? Any time from 20 weeks pregnancy to 6 weeks after birth.
What is a pregnant woman's risk? 1 in 7 pregnant women may develop HDP.
Who is at risk? Every woman, every pregnancy, but give special attention to primigravidae and multiple pregnancies and diabetic women.

What is HDP? Life-threatening conditions including (gestational hypertension, pre-eclampsia, eclampsia, chronic hypertension and HELLP syndrome) often without hypertension



Hypertensive Disorders in Pregnancy



What are the symptoms that every woman should know about? Usually reported by women.



Swelling of the eyes, face or hands particularly when waking up in the morning



Sudden swelling of the whole body



Persistent headache that does not get better with pain relief



Visual disturbances, seeing stars, flashes or partial/total loss of sight



Sudden vomiting



Epigastric pain on the pit of my stomach



Sudden respiratory/ breathing difficulties

What are the signs that healthcare workers must observe?

- Hypertension is a sign in 6 in 10 pregnancies (60% of cases of HDP)
- Other signs are: protein urine 3+ and mass gain of 2,2kg in one week or severe oedema and weight gain
- Some cases do not have obvious signs or symptoms



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Educate women and the community on the condition and symptoms of pre-eclampsia.

Observe for all signs and symptoms of Hypertensive Disorders of Pregnancy antenatally and refer if any is suspected.

What to do?