

HEALTH TIPS

Make Health Happen

Pregnancy-induced hypertension

HIGH BLOOD PRESSURE IS A PROBLEM THAT MAY HAPPEN DURING PREGNANCY. YOUR DOCTOR MAY CALL IT PREGNANCY-INDUCED HYPERTENSION, OR PIH.

Pregnancy-induced hypertension (PIH) can be very dangerous if it is not treated. It can cause stroke, organ failure or death of the mother. It can cause low birth weight and early labor for the baby.

No one knows what causes PIH.

Am I at risk?

PIH can happen in any pregnant woman. My chances of getting PIH are higher if:

- I have had PIH with an earlier pregnancy.
- I am African-American.
- I am a teenager.
- I am over 40 years old.
- I am pregnant with twins or triplets.

If my blood pressure is high, I may have to have these tests:

- Urine tests
- Blood tests
- Electronic fetal monitoring to check on my baby's health

What are the signs and symptoms I should look for?

- My hands or face swell or get puffy.
- I have a very bad headache.
- I have blurry vision or see "spots."
- I have a quick weight gain – about one pound or more in a day.
- I have sharp, indigestion-like pain at the top of my stomach.
- I feel rundown with no energy.
- I only urinate (pee) in small amounts.

What can I do if I have PIH?

- Go to my prenatal visits
- Talk to my doctor and discuss how to take care of myself
- Have my blood pressure checked at each visit
- If needed, get bed rest at home or at the hospital

I will call my doctor if:

- I have any signs or symptoms.
- My signs and symptoms change or get worse. This may happen as I get closer to my due date.



www.unicare.com

UniCare Health Plan of West Virginia, Inc.

® Registered mark of WellPoint, Inc.

Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.



Pregnancy-induced hypertension

Things I should know

- PIH can be dangerous for me and my baby.
- Giving birth is the only cure for PIH.
- My doctor will treat the symptoms of PIH and monitor my health and my baby's health.
- My blood pressure and other symptoms should get better after I give birth.

American Pregnancy Association website: americanpregnancy.org.
(Accessed September 4, 2013.)

Helpful phone numbers for UniCare Health Plan of West Virginia, Inc. only

Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

We can translate this for you at no cost.

www.unicare.com

UniCare Health Plan of West Virginia, Inc. ® Registered mark of WellPoint, Inc.