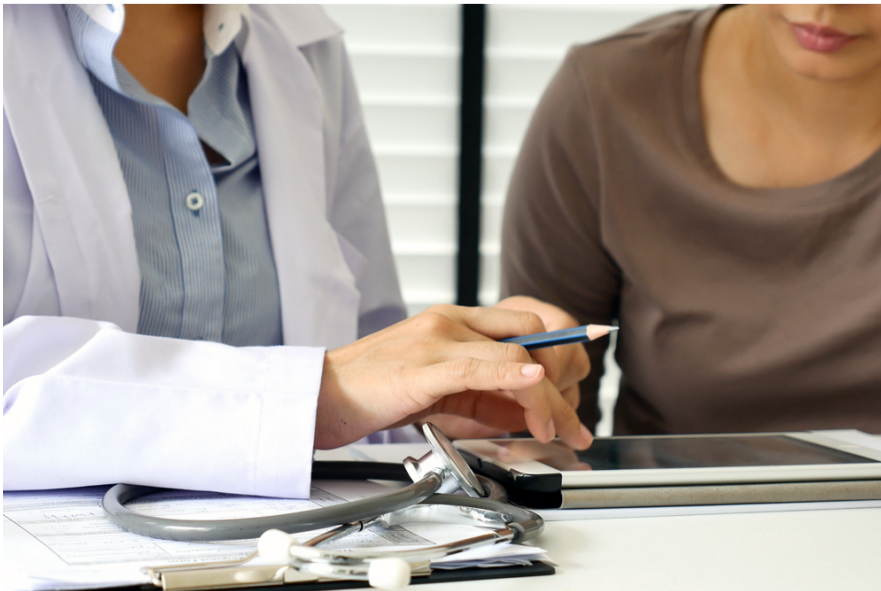




Gestational Hypertension



Overview

This is high blood pressure that you develop when you're pregnant. It happens after week 20 in your pregnancy. And it tends to go away after you have your baby.

Causes

Why does it happen? Well, we don't know what causes gestational hypertension. But some factors make this form of high blood pressure more likely. Things like being a first-time mom, having kidney disease or being pregnant with twins or more raise your risk. Ask your healthcare provider for a full list of risk factors.

Symptoms

What are the symptoms? With this condition, you may not have any symptoms that you notice. But during the second half of your pregnancy, we'll find that your blood pressure is high. This high blood pressure can lead to complications. It can cause your baby to have a low birth weight. It can also lead to a disorder called "preeclampsia," which can be life-threatening for you and your baby. So we want to manage your high blood pressure to prevent problems.

Treatment

How do we treat it? This depends on how high your blood pressure is and how far along you are in your pregnancy. We may recommend tests to check your baby's growth and health. If your baby needs more time to grow, we need to manage your blood pressure. You may be asked to check your blood pressure at home. If it's very high, we may need to manage it with medication. We may need to deliver your baby as soon as possible. Your healthcare provider will create a plan that's right for you.