

Understanding Preeclampsia

Sis, Don't Let them turn you away

Lingering
Headaches

Pain in the
Upper Right
Belly area
near Ribs

Changes in
your Vision

Sudden,
Rapid Weight
Gain

Suddenly
Do Not
Feel Well

Trouble
Breathing

Shoulder Pain

Swelling in
the Legs,
Hands or
Feet



High Blood
Pressure
and / or
Protein in
your urine

Nausea
and / or
Vomiting

A LOVE
NOTE
FOR YOU





SIS. DON'T LET THEM TURN YOU AWAY.

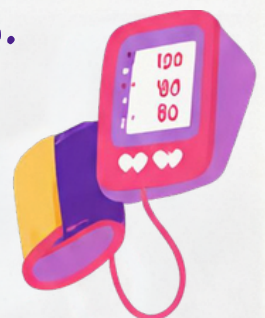


Preeclampsia is a serious complication of pregnancy that disproportionately affects Black women during pregnancy and the postpartum period. If left untreated, the condition can lead to organ damage and even death. This disparity is rooted not in race itself, but in systemic racism, chronic stress, and inequitable access to quality healthcare. At Earth's Natural Touch: Birth Care and Beyond, Inc., our doulas and perinatal health advocates are deeply committed to addressing these injustices by providing culturally grounded, continuous support, education, and advocacy for Black families. We work to recognize early signs during pregnancy and the postpartum period, and encourage informed choice conversations between our clients and their providers.



Sis. Don't Let Them Turn You Away. You know when something is just not right. Don't ignore it! We want you & your baby to be well. We need you!

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WHY PREECLAMPSIA DESERVES TO BE TAKEN SERIOUSLY

Preeclampsia does not affect all communities equally. Black mothers in the United States experience higher rates of severe preeclampsia and are more likely to experience serious complications including stroke, kidney failure, heart or lung complications, and death when they have preeclampsia. Research increasingly points to racism and structural inequities in healthcare, rather than race itself, as important contributors to these disparities. Black mothers have also described experiences of having symptoms minimized, concerns dismissed, or their pain and experiences questioned. It is important to know that preeclampsia can even develop or become apparent after birth, and symptoms such as a severe or persistent headache, vision changes, swelling, abdominal or upper-right-sided pain, shortness of breath, chest pain, or high blood pressure deserve prompt attention. If you know something has changed and you are concerned, don't assume that being told "it's normal" means you have to ignore what your body is telling you. Ask questions, explain what has changed, and seek further evaluation when your concerns have not been resolved.



SIS, IF YOU SUSPECT PREECLAMPSIA...



"I'm concerned about preeclampsia. What are the diagnostic criteria, and do any of my symptoms or test results meet those criteria?"

What is making you concerned about preeclampsia? If you think you have symptoms, list them here.

- _____
- _____
- _____
- _____

You can also ask:

- What is my blood pressure & is that a safe reading when evaluating for preeclampsia?
- Have my blood pressure readings been elevated 2 hours apart?
- Have you checked my urine for protein?
- Have my platelets been checked?
- Have my kidney and liver function been evaluated?
- Are my symptoms consistent with preeclampsia or another condition?
- If none of these are indicative of preeclampsia, what condition(s) are my symptoms associated with?
- If I am sent home, what is the follow-up plan?