



## Hypertension in Pregnancy

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- **What is Gestational Hypertension?**

Some women can develop high blood pressure in the latter half of pregnancy (after 20 weeks). It is also called **Pregnancy Induced Hypertension**. If it is associated with Protein in the urine it is called **Pre-eclampsia**.

- **What are the risk factors?**

First pregnancy, women who had sisters or moms who had PIH, multiple pregnancy, women who had other medical problems like diabetes, kidney disease, etc.

- **How is it diagnosed?**

If Blood pressure is more than 140/90 in pregnancy with or without leg swelling **Gestational Hypertension** is diagnosed. Urine is checked for presence of significant protein. Other blood test like liver function test, kidney function test are done based on the severity of the condition.

- **How can it affect the pregnancy?**

It can affect the growth of the baby. Placenta can separate prematurely called **Placental Abruption**. Baby might need to be delivered prematurely. Mother can develop fits called **Eclampsia**. It can cause HELLP syndrome which can affect the platelet count, blood clotting mechanism, liver function.

- **How is it treated?**

Blood pressure is controlled with medication. They need close monitoring to avoid complications. It is ideal these women are treated in a hospital where multispecialty care and good neonatal facility is available.

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