

# HEALTHY PREGNANCY, HEALTHY BABY!



It is important to monitor your blood pressure before, during and after pregnancy.



## Problems that occur from high blood pressure while pregnant include:

- Placenta concerns.
- Early deliver of baby.
- Low birth weight.
- Can be hard for baby to get enough oxygen and nutrients to grow.

## Other side effects may include:

- Preeclampsia - have high blood pressure during pregnancy.
- Eclampsia - women with preeclampsia that causes seizures.
- Stroke is higher during pregnancy and after giving birth.



For more information about high blood pressure, scan the QR code or talk with a health care provider.

