



HIGH-RISK PREGNANCY: WHAT EVERY WOMAN SHOULD KNOW



Here's your guide to understanding high-risk pregnancy and navigating it with care and confidence.

Swipe to know more!



Dr. Adanna Steinacker

Senior Special Assistant to the President of Nigeria on Women's Health



WHAT IS A HIGH-RISK PREGNANCY?

A pregnancy is considered high-risk when there's an increased chance of complications for the mother, baby, or both.

Key Facts:

- It doesn't mean something will go wrong — it just means close monitoring is needed.
- With proper care, most high-risk pregnancies result in healthy babies.



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COMMON CAUSES OF HIGH-RISK PREGNANCY

Your pregnancy may be classified as high-risk due to:

Preexisting Conditions (before pregnancy):

- Diabetes
- High blood pressure (hypertension)
- Obesity
- Autoimmune diseases (e.g., lupus)
- Mental health disorders (e.g., depression)

Pregnancy-Related Conditions:

- Gestational diabetes
- Preeclampsia (high blood pressure during pregnancy)
- Low or excess amniotic fluid
- Multiple pregnancies (twins, triplets)

Other Factors:

- Age (under 17 or over 35)
- Smoking, alcohol, or substance use
- History of preterm labor or complications



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Symptoms to Watch For

If you notice these symptoms, contact your healthcare provider immediately:

- *Severe headaches or blurred vision*
- *Vaginal bleeding or discharge*
- *Reduced fetal movement*
- *Persistent abdominal pain*
- *Swelling in the face or limbs*
- *Difficulty breathing or chest pain*



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Possible Complications of High-Risk Pregnancies

Without proper care, complications may arise. These include:

- **Preeclampsia and eclampsia:** Severe high blood pressure conditions.
- **Preterm labour:** Labour before 37 weeks of pregnancy.
- **Low birth weight:** Baby weighing less than 5.5 pounds at birth.
- **Birth defects:** Developmental issues in the baby's organs.
- **Stillbirth or miscarriage** in rare cases.



Managing a High-Risk Pregnancy

You can stay in control with these steps:

- **Frequent prenatal checkups:** Ensure early detection of any issues.
- **Monitoring health conditions:** Track blood pressure, glucose, and fetal growth.
- **Healthy lifestyle:** Maintain a balanced diet, gentle exercise, and proper hydration.
- **Medications:** Take prescribed medications for preexisting conditions.



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Diagnostic Tools for Monitoring

Your healthcare provider may recommend:

- **Blood and urine tests:** To check your health and screen for genetic risks.
- **Ultrasounds:** More frequent than usual to monitor fetal development.
- **Non-Stress Tests (NSTs):** To measure fetal heart rate.
- **Biophysical Profiles (BPPs):** To assess fetal movement, breathing, and amniotic fluid levels.



The Role of Technology

Innovative tools can make navigating a high-risk pregnancy easier:

Wearable devices: For tracking blood pressure and heart rate.

Mobile apps: To monitor symptoms and manage appointments.

Telehealth: Allows remote consultations and expert guidance.



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SUPPORT SYSTEMS FOR *Pregnant Women*

You don't have to face this alone. Build your support network:

- ♥ **Lean on loved ones** for emotional support.
- ♥ Join **support groups** with women experiencing similar challenges.
- ♥ Access community programs focused on maternal health.



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Final TAKEAWAY

A high-risk pregnancy doesn't define your outcome.

With **early care, informed decisions,** and a strong support system, you can navigate this journey successfully.

Remember: Always attend prenatal appointments and voice any concerns.



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