

Healthy pregnancy, healthy baby!



Monitor your blood pressure
before, during, and
after pregnancy.



Pregnancy risks from high blood pressure:

- Placenta concerns
- Early delivery (preterm birth)
- Low birth weight
- Hard to get enough oxygen and nutrients

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 info, scan the
QR code or ask your
health care provider.

