

# PREVENT PREECLAMPSIA

Low-dose aspirin can prevent preeclampsia

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## What Is Preeclampsia?

Preeclampsia is serious high blood pressure that can happen during pregnancy or soon after having a baby. It can cause the baby to be born early and create other health problems for babies and mothers.

## What Can I Do?

Taking low-dose aspirin every day starting at the end of the first trimester (first 12 weeks) of pregnancy, if you are high-risk, has been shown to help prevent preeclampsia.

## Am I At High-Risk?

You may be considered high-risk if you:

- Had preeclampsia before
- Had a multiple-baby pregnancy (twins, triplets, etc.)
- Had high blood pressure before you were pregnant
- Had diabetes before you were pregnant
- Have kidney disease
- Have certain autoimmune diseases

**If you have questions or think you may be eligible to take low-dose aspirin prevention, please talk to your health care provider today.**