

Appendix B. Patient Education Materials: Management Of Hypertensive Disorders Of Pregnancy

American College of Obstetrics and Gynecology (ACOG)

These [frequently asked questions](#) for patients are available as a website or PDF and address:

- Explanation of high blood pressure, chronic hypertension, gestational hypertension, preeclampsia and HELLP syndrome
- Risk for the patient and the fetus if preeclampsia occurs
- Signs and symptoms of preeclampsia
- A glossary of medical terms

Similar information is available from ACOG in PDF form in [Spanish](#).

March of Dimes

Included with information on [pregnancy complications](#), the March of Dimes provides an explanation of the physiology of [high blood pressure](#) during pregnancy in plain English addressing the following topics:

- What is blood pressure
- What the blood pressure numbers represent and what is considered a normal value in pregnancy
- Complications associated with high blood pressure in pregnancy including preeclampsia, premature birth, low birth weight and placental abruption
- How to manage high blood pressure during and before pregnancy

The March of Dimes also provides information on [HELLP syndrome](#) and [preeclampsia](#), accompanied by a 4-minute [video](#) featuring a provider explaining preeclampsia.

Preeclampsia Foundation

This organization provides information for patients about preeclampsia, HELLP syndrome and heart disease. It includes information about differentiating symptoms of pregnancy from symptoms of pre-eclampsia [here](#). [An animated video](#) (3 minutes) identifies the 7 preeclampsia symptoms that pregnant woman should be aware of.

For women who have experienced preeclampsia during pregnancy, the Preeclampsia Foundation includes [information](#) about how to modify lifestyle to reduce that risk. They also discuss the importance of advocating for your health by mentioning your history preeclampsia to future healthcare providers even if your experience occurred years ago or you have finished having children.