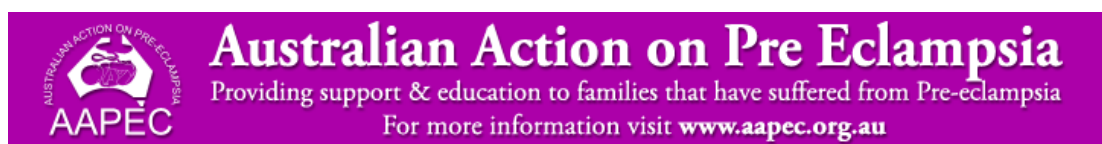


Media Release



Pre-eclampsia - The Australian Experience 2nd Edition Book Release

Pre-eclampsia - The Australian Experience is a moving collection of Australian women's accounts with either Pre-eclampsia or HELLP Syndrome and goes right to the heart of this potential killer of mothers and babies worldwide. This book highlights the importance of greater awareness of this disease among Australian pregnant women while outlining the risk factors and signs and symptoms to watch for.

This book was compiled by the dedicated committee members of Australian Action on Pre-eclampsia, whose key goal is to provide support and raise public awareness of this potentially life threatening pregnancy condition. AAPEC was founded in 1993 by two mothers grieving the death of their babies due to Pre-eclampsia and is run entirely by volunteers, all whom have suffered from the condition themselves.



What you need to know and stay aware of whilst pregnant or planning to be;

Who is at risk?

- This is your first pregnancy
- You are having a subsequent baby with a new partner
- Have a family history of Pre-eclampsia/ Eclampsia or HELLP Syndrome
- You are over 35
- You already suffer from high blood pressure or kidney disease
- Have diabetes or lupus
- You are carrying multiples (twins, triplets or more)
- You have suffered from Pre-eclampsia/ Eclampsia/ HELLP Syndrome before

Signs and Symptoms of Pre-eclampsia

- High Blood Pressure
- Protein in Urine
- Swelling of Face, Hands and Feet
- Headache
- Visual Disturbances

If you suspect any of these signs and symptoms and/or are in a high risk category for Pre-eclampsia then you need to discuss this with your obstetrician and have regular blood pressure checks and urine checks for protein throughout your pregnancy. Further information can be found via our website <http://www.aapec.org.au/>.

Pre-eclampsia Questions and Answers

What is Pre-eclampsia?

Pre-eclampsia is the most common serious medical disorder of human pregnancy, usually arising in the 2nd half of pregnancy and sometimes even after delivery. In the mother it can cause several problems of which she may be unaware. These can include high blood pressure, leakage of protein in the urine, thinning of blood and liver dysfunction. Occasionally Pre-eclampsia can lead to convulsions, a complication called Eclampsia. When a pregnancy is complicated by Pre-eclampsia the baby may grow slowly and suffer from harmful oxygen deficiency. The only cure for Pre-eclampsia is delivery of the baby, if this occurs early in the pregnancy this may result in the birth of a very premature infant.

How common and dangerous is it?

Pre-eclampsia affects one in ten pregnancies, with 1% of pregnancies resulting in severe Pre-eclampsia. These serious cases represent a serious threat to the health of both mother and baby with the death of some 200 Australian babies each year and some 50,000 mothers dying annually worldwide as a result of Eclampsia and subsequent complications. Dangerous complications such as eclampsia convulsions, cerebral haemorrhage (stroke), pulmonary oedema (fluid on lungs from heart failure), kidney failure, liver damage and thinning of the blood can occur but fortunately in rare cases.

What causes Pre-eclampsia?

The precise cause is unknown; however genetic factors are probably involved. There is good evidence that the placenta is centrally involved in the development of Pre-eclampsia.

How do you test or screen for Pre- eclampsia?

Pre- eclampsia is best detected by routine screening tests, such as urine checks for protein and blood pressure checks.

What: Pre-eclampsia Awareness Week

When: 24-30 August 2009

To Purchase: 'Pre-Eclampsia - The Australian Experience' visit <http://www.aapec.org.au/>

Information: <http://www.aapec.org.au/>

For an interview with one of the AAPEC members, (women who have had this pregnancy complication in your area) please contact Kathleen Conway on 0434 401 800 or email media@aapec.org.au

We are requesting all metropolitan and regional media outlets help us raise awareness of this condition. *"By informing woman of the signs and symptoms of Pre-eclampsia we can give them the power to protect themselves and the lives of their precious unborn babies".*

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Press release published by Seeking Media. <http://www.seekingmedia.com.au/>