

TOP 10 PREGNANCY BOOKS



The Preeclampsia Foundation's 2012 Report on Pregnancy Guidebooks

A review of commercially available pregnancy guidebooks and their representation of the most common complication of pregnancy

by Jennifer Carney, MA and Doug Woelkers, MD

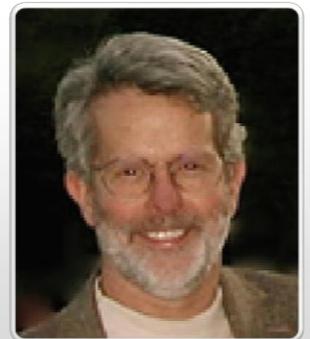
FOREWORD

The best health care frequently results from the collaboration between an informed patient and a receptive provider. This collaboration is critical when the rapid progression of some conditions is subtle and associated with nonspecific symptoms. Preeclampsia is one of these conditions with potentially life threatening complications for mothers and their babies.

I remember fondly prenatal visits with one of the Preeclampsia Foundation's founders where she brought in stacks of books with many yellow sticky notes in

each. While some books contained valuable information, many did not. Some were frankly misleading. An accurate and approachable body of information available to the pregnant woman is the basis for a successful collaborative relationship.

We hope that this review will serve two functions. First, we hope to lead women to sources of information that will serve them well today. Second, we hope to provide authors and publishers with a road map to a book that will serve women and their families well.



Thomas Easterling, MD
Professor, Obstetrics & Gynecology
University of Washington
Medical Center
Director, Medical Advisory Board
Preeclampsia Foundation

ACKNOWLEDGMENTS

The authors would like to gratefully acknowledge the work of the following reviewers and editors: Thomas Easterling, MD; Laney Poye, MA; and Eleni Z. Tsigas, Executive Director, Preeclampsia Foundation.

INTRODUCTION

May is Preeclampsia Awareness month. Unfortunately, awareness is still an uphill battle for a life-threatening disease that affects 5 to 8% of all pregnancies (up to one in 12). Many women turn to pregnancy books between prenatal visits to supplement the information they receive from their health care providers.

The current best selling pregnancy guide, *What to Expect When You're Expecting*, has spawned a whole series of books dealing with preconception, diet, and early childhood. But how well does it and the dozens of other books on the market cover preeclampsia and other hypertensive disorders of pregnancy? Unlike many other complications of pregnancies, research shows that awareness of and reporting of preeclampsia symptoms can improve outcomes. Women are less likely to seek care if they have a poor understanding of the signs and symptoms of preeclampsia.¹⁻⁷ Can these books help a pregnant woman discern concerning symptoms before the disease becomes life-threatening to both her and her child?

Early detection and diagnosis of preeclampsia, eclampsia, and HELLP syndrome is essential to treating the conditions. Ideally, the problem will be caught early during a routine prenatal visit through blood pressure and urine checks, but the hypertensive disorders of pregnancy can arise quickly and progress rapidly; a month may elapse between regular prenatal check-ups during which concerning symptoms may go unreported. The symptoms often mimic the relatively benign complaints associated with pregnancy,

such as swelling (edema) and nausea.

Additionally, some of the more insidious symptoms of severe preeclampsia and HELLP syndrome - visual disturbances and mental confusion - can make it very difficult for a woman to correctly interpret the danger that she and her unborn child are facing. These dangers include seizures (eclampsia), coma, stroke, and death.

Books about pregnancy often make rather grand claims regarding the depth and breadth of their coverage. The titles include words such as “complete,” “ultimate,” “all-in-one,” and other terms that imply that the book is a comprehensive guide to everything that can possibly happen before, during, and after pregnancy. Other books claim to offer all of the information a pregnant woman will need to plan the perfect birth. But how well do these books prepare a woman for a pregnancy that is less than perfect; for a high-risk pregnancy with a diagnosis of preeclampsia, eclampsia, or HELLP syndrome?

So how did we figure it out...

SCORING

All books were reviewed according to five separate criteria, described below (sample scoresheet is found in Appendix B). The reviewer assigned a score based on a 10-point scale (1 is poor, 10 is excellent) for each criterion. Each book then received an overall score that was calculated by averaging the scores in each category.

METHODOLOGY

The Preeclampsia Foundation recently evaluated a wide range of pregnancy guidebooks to determine how well they cover the topics of preeclampsia, eclampsia, and HELLP syndrome. The following methodology was employed:

- Books were purchased, checked out from a public library or evaluated in a bookstore; they were not donated by their publisher and no publishers were aware this review was underway.
- Only the most recent edition of a book was reviewed as long as it was still widely available.
- Books were evaluated using a consistent set of criteria in five categories: Depth of Coverage, Placement of Coverage, Clarity and Accuracy of Information, Description of Symptoms, and Postpartum Concerns.
- Books were downgraded for out-of-date information, missing or inaccurate information and placement issues, including inaccurate or inadequate indexing.
- All books were evaluated by the same reviewer to maintain consistent perspective, although multiple reviewers were used for several of the books to validate findings.
- The reviewers and report authors have no financial, personal, or legal relationship with any of the books' authors or publishers.



SURVIVORS SPEAK

Women who have experienced preeclampsia or a related disorder are often left to piece together what happened to them after the fact. Members of the Preeclampsia Foundation Community Forum often express opinions about the information found in most pregnancy books.

“I knew nothing [about preeclampsia] other than the very limited information in pregnancy books.”

~ Meg H.

“There is so little info out there on [preeclampsia]. What you do find usually downplays the severity so much that it's easy to pretend it can't happen to you.”

~ Dawn H.

“Very few of the ‘baby books’ are willing to tell you that such complications can occur and they pretty much never, ever tell you that such a problem can hit out of the blue!”

~ Catherine O.

“I think the baby/pregnancy books and doctor's offices should educate women much EARLIER about preeclampsia - like at 15-16 weeks. How many of us got sick right after 20 weeks? The books don't even mention PE until 28-30-something weeks!”

~ Katie B.

“Don't you get SOOOO FRUSTRATED that baby books (all I've seen) only have at most 4 sentences on HELLP! If anyone ever finds one that has more let me know! I'll tell everyone it's the best. I know it's easy to be too worried about things when you are pregnant, but we all need to be aware of the dangers!”

~ Amy M.

REVIEW CRITERIA

DEPTH OF COVERAGE

Books that scored well in this category provide thorough coverage of preeclampsia, eclampsia, and HELLP syndrome. The books provide detail about the criteria used to diagnose the conditions and information about how the conditions are related.

PLACEMENT OF COVERAGE

Books that scored well in this category have extensive coverage of preeclampsia, eclampsia, and HELLP syndrome in multiple places in the book, not just in one location. Information is easy to find, the indexes are accurate and extensive, and the symptoms refer the reader to information about preeclampsia. Books that are arranged chronologically should place information on preeclampsia in the 5th month or 20th week, when the risk of developing the disease typically first appears. If the main coverage is at or beyond 30 weeks or the 3rd trimester, it may provide accurate information, but a woman may not recognize the symptoms when they present earlier.

CLARITY AND ACCURACY

Books that scored high in this category are up-to-date, clearly written, and provide accurate information regarding the risk factors, possible causes,

and symptoms of preeclampsia, eclampsia, and HELLP syndrome. These books are thorough, precise, and avoid using language that is too dismissive or too alarming. They also avoid misleading statements, such as “the cure for preeclampsia is delivery” and “preeclampsia can be prevented if...”

DESCRIPTION OF SYMPTOMS

Books that scored high in this category present thorough descriptions of the symptoms associated with preeclampsia, eclampsia, and HELLP syndrome, including all of the signs and symptoms shown in the sidebar on the next page. Books should also acknowledge that the mother may not feel any symptoms, but still meet the diagnostic criteria for preeclampsia.

POSTPARTUM CONCERNS

Books that scored high in this category include information about symptoms that may appear in the six weeks after the birth, the postpartum period. Comprehensive books also include information regarding the increased health risks associated with the conditions, including greater risk for heart disease and stroke later in life. Information regarding subsequent pregnancies and possible underlying issues is also provided.

CHARACTERISTICS OF THE TOP BOOKS

Of the more than 60 books reviewed, none ranked above “8” in *all* five categories. In fact, only a handful of books scored above “8” in the category of “Postpartum Concerns,” since many books routinely state that the cure for preeclampsia and related disorders is the birth of the baby, ignoring the fact that the disorders can be diagnosed weeks after delivery.

An ideal pregnancy guide was determined to have the following characteristics:

Comprehensive coverage of preeclampsia, eclampsia, and HELLP syndrome. If the book does not include eclampsia or HELLP syndrome, it is not complete.

Up-to-date information. If the book promises to “prevent” or “cure” preeclampsia, eclampsia or HELLP, it is not up-to-date. Check the most recent copyright date. Books that rely on terms such as toxemia, PIH (pregnancy-induced hypertension), MTLP (metabolic toxemia of late pregnancy), or other acronyms are likely to be either old or reliant on theories that are not widely accepted by the medical and scientific community.

Complete list of signs and symptoms, as well as risk factors (see sidebar).

Location, location, location. Preeclampsia, eclampsia, and HELLP syndrome can appear as early as 20 weeks. In books that are organized chronologically by week, month or trimester, the diseases should at least be mentioned at 20 weeks, 5 months, or the second trimester, with a page reference to more complete information in the third trimester. Books that are arranged by topics should be sure to place information in more than one place. If the information is only located in a “problem pregnancy” or “complications” section in the back of the book, the information may be missed. The best books have a main section on the disease, but also include information in a variety of other places that refer the reader to the main section. For example, information on headaches or swelling elsewhere in the book should cross-reference by page number to lengthier preeclampsia content.

Clear presentation of information. Books should use clear and accurate language to describe preeclampsia, eclampsia, and HELLP syndrome that is not too technical or too simple. If technical language is used, such as vasospasm or hemolysis, the words should be explained clearly in plain English. The information should be readable and easy to find. Books should break up information into labeled sections with prominent keywords, using bold, italics or some other method to call attention to the most important information. Bulleted lists, sidebars, and clearly labeled features are good options for presenting information.

Clear and accurate index. The importance of this cannot be overstated. Information is useless if it cannot be easily found. Missing and incorrect index entries make crucial information difficult to find. If a woman already has been diagnosed with preeclampsia or HELLP syndrome, she should be able to find all information about preeclampsia in the index. If a woman with symptoms such as severe headache and swelling looks up those symptoms in the index, she should be able to find information that points to the possibility of preeclampsia.

Continued on page 6 . . .

SIGNS AND SYMPTOMS

Books should include a full list of the following signs and symptoms, noting that not all symptoms, and indeed sometimes no symptoms, are present in every case.

Signs (measured or observed by care provider)

- Hypertension (high blood pressure)
- Proteinuria (protein in urine)

Symptoms (reported by the patient)

- Swelling of the hands or face (edema)
- Sudden weight gain
- Nausea or vomiting in the second half of pregnancy
- Upper abdominal (stomach area) and/or shoulder pain
- Lower back pain
- Unrelenting headache
- Changes in vision (seeing spots, blurry vision)
- Shortness of breath

RISK FACTORS

Books should include most of not all of the factors that can increase the risk of preeclampsia, eclampsia, and HELLP Syndrome. Books should note that the absence of the risk factors does not mean that there is NO risk of preeclampsia, just that there is LESS risk.

- Previous history of preeclampsia
- Multiple gestation (i.e., pregnant with more than one baby)
- History of chronic high blood pressure
- Diabetes
- Kidney disease
- Organ transplant
- First pregnancy
- Obesity, defined as a Body Mass Index (BMI) of 30 or greater.
- Over 40 or under 18 years of age
- Family history of preeclampsia (i.e., a mother, sister, grandmother or aunt had the disorder)
- Polycystic ovarian syndrome
- Autoimmune disorders, such as lupus, rheumatoid arthritis and sarcoidosis.
- In-vitro fertilization
- Sickle cell disease

CHARACTERISTICS (CONTINUED)

Concise, reassuring language. Books should provide enough information for women who have been diagnosed or who will be diagnosed with preeclampsia. Books should tell women what to expect with respect to treatment and management should their pregnancy become medically complicated. While not overdramatizing the risks, authors need to paint a realistic picture that at least 1 in 20 (5%) to 1 in 12 (8%) women who are reading the book will receive a diagnosis of preeclampsia at some point in her pregnancy. These women will need accurate, concise information to help them identify what symptoms may be concerning, requiring immediate follow up with their care provider, and what they should be sure to discuss with their doctors or midwives.

A personal touch. Anecdotes from women who have been there can help normalize the situation and provide perspective. Two of the books in the list, *The Joy of Pregnancy* and *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* include personal stories about the authors' experiences with preeclampsia and HELLP syndrome. *Joy of Pregnancy's* Tori Kropp, an RN, and *Mommy Doc's* Dr. Allison Hill, an obstetrician/ gynecologist, both experienced HELLP syndrome during their pregnancies. Dr. Hill writes: "My experience educated me in a way that is different from reading about preeclampsia in a textbook. This disease changed my life... having preeclampsia helped me understand that blank stare I get when I tell patients they have this condition."

Conversely, books with the following characteristics were deemed inadequate:

- Misinformation, such as promises that preeclampsia can be prevented if certain steps are followed.
- Lack of the most basic information.
- Dismissive language that downplays the risks.
- No index, or a poor index.
- Outdated information and terminology
- Limited coverage/bad placement.

SURVIVORS SPEAK

"I had never heard of PE before getting pregnant but did read about it in some pregnancy books. That is actually why I called my doctor, I started seeing black spots everywhere and I took my BP with [husband's] BP monitor. It was 135/85...my normal was 90/50. I took it a few more times over the course of an hour and called the doc."

~ Amanda S.

"I too am annoyed at all of the pregnancy books, none of them helped me when I was trying to figure out what was wrong with me when I got sick during my [pregnancy] with Max. I hated feeling so naive that first time around. Thankfully, I now feel empowered with this [pregnancy] because I have done so much research on my own."

~ Kara

"Preeclampsia turned out to be more/different than what I read about it in *What to Expect While You're Expecting*."

~ Courtney R.

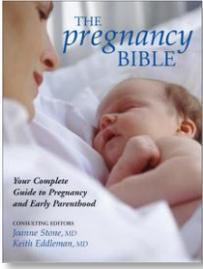


TOP 10 PREGNANCY GUIDEBOOKS

Based on the assessment with these criteria, ten books had overall scores higher than seven. Two books, *Your Pregnancy and Childbirth: Month to Month* (5th Edition), from the American College of Obstetricians and Gynecologists, and *Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth & Beyond*, by Linda Goldberg tied for 3rd place. As the two books received identical scores in the individual criteria, no attempt was made to break the tie. In the case of *Our Bodies, Ourselves: Pregnancy and Birth*, from the Boston Women's Health Book Collective and Judy Norsigian and *The Mommy Docs' Ultimate Guide to Pregnancy and Birth*, by Yvonne Bohn, Alane Park, Allison Hill, and Melissa Jo Peltier, the latter ranked lower based on having the single lowest score in any of the criteria. The same basis was used to rank *The Joy of Pregnancy*, by Tori Kropp and *The Stress-Free Pregnancy Guide*, by Carol Livoti.

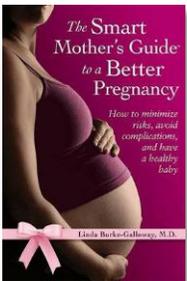
Ranking	Title, Author, and Year of Publication	Depth of Coverage	Placement of Coverage	Clarity and Accuracy of Information	Description of Symptoms	Postpartum Concerns	Overall Score
1	<i>The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood</i> , Joanne Stone MD, Keith Eddleman MD (2008)	9	9	8	10	7	8.6
2	<i>Smart Mother's Guide to Better Pregnancy</i> , Linda Burke-Galloway, MD (2008)	7	9	7	9	10	8.4
3	<i>Your Pregnancy and Childbirth: Month to Month</i> (5th Edition), American College of Obstetricians and Gynecologists (2010)	9	7	8	9	8	8.2
3	<i>Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth & Beyond</i> , Linda Goldberg (2011)	9	9	7	8	8	8.2
5	<i>The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy</i> , Joel Evans MD, Robin Aronson (2005)	10	9	8	8	5	8
6	<i>Our Bodies, Ourselves: Pregnancy and Birth</i> , Boston Women's Health Book Collective, Judy Norsigian (2008)	8	8	7	8	8	7.8
7	<i>The Mommy Docs' Ultimate Guide to Pregnancy and Birth</i> , Yvonne Bohn MD, Alane Park MD, Allison Hill MD, and Melissa Jo Peltier (2011)	8	8	9	8	6	7.8
8	<i>The Joy of Pregnancy</i> , Tori Kropp RN (2008)	9	9	6	9	5	7.6
9	<i>The Stress-Free Pregnancy Guide</i> , Carol Livoti MD(2008)	9	7	9	9	4	7.6
10	<i>What to Expect When You're Expecting, 4th Edition</i> , Heidi Murkoff, Sharon Mazel (2008)	9	6	8	9	4	7.2

INSIDE THE TOP 10



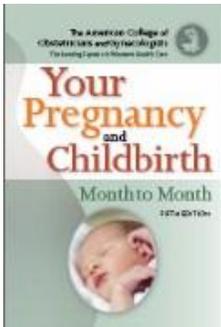
1. *The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood*, by Joanne Stone, MD, Keith Eddleman, MD

This book includes extensive information about preeclampsia, eclampsia, and HELLP syndrome. The discussion of HELLP syndrome is particularly in-depth compared to other pregnancy books. The information is presented in a clear and concise manner, including symptoms and risk factors. The layout and design is reader-friendly, including many illustrations and full-color photographs. The book does not however include adequate information on postpartum preeclampsia.



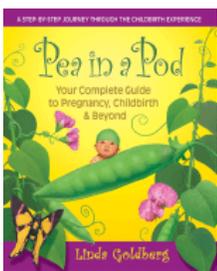
2. *Smart Mother's Guide to a Better Pregnancy*, by Linda Burke-Galloway, MD

This book contains a complete chapter on "Hypertension and Preeclampsia," which is thorough and precise without being overly alarming. The book includes specific instruction on what to do and who to contact for women who develop symptoms. The book also features multiple mentions of postpartum occurrence and how to take action. The book takes an empowered patient point of view and provides information that will allow a woman to advocate for herself with her care providers. Unfortunately, the book does not include any information on HELLP syndrome.



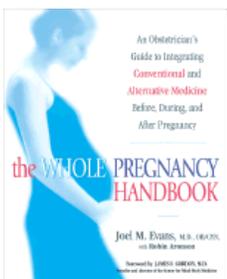
3. *Your Pregnancy and Childbirth: Month to Month (5th Edition)*, by The American College of Obstetricians and Gynecologists.

This book contains an entire chapter on hypertension, including chronic and gestational hypertension. Preeclampsia, eclampsia and HELLP are all thoroughly discussed in this chapter. Preeclampsia is mentioned throughout the entire book and the chapter on hypertension includes specific instruction on what action a woman should take when she develops symptoms and how doctors will theoretically manage different variants of preeclampsia. The book includes a section on postpartum danger signs. The only weakness of this book is that the information within the chronological (monthly) section of the book is placed in the ninth month, which is well beyond the fifth month period when preeclampsia may first occur.



3. *Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth & Beyond*, by Linda Goldberg

This book presents information on hypertensive disorders of pregnancy in multiple places. Preeclampsia is included in the information about the second trimester, where swelling is listed as a possible indication of the disease. Preeclampsia, eclampsia, and HELLP syndrome are also noted as possible medical indications for a c-section. The book includes warning signs for postpartum preeclampsia, but only mentions that it can occur in the first 48 hours after delivery.



5. *The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy*, Joel Evans, MD and Robin Aronson

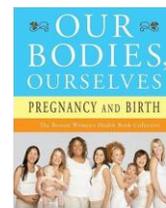
This book strikes the right balance between conventional and alternative medicine. Evans presents comprehensive coverage of preeclampsia in one main 6-page section and throughout the book. Symptoms are thoroughly explained and cross-referenced. Evans suggests alternative health methods such as relaxation techniques and meditation for stress relief, but is careful to state that such techniques will not prevent or cure the disease. He is up front about the possibility of premature birth and c-sections in the treatment of preeclampsia, eclampsia and HELLP syndrome. He does not include information about postpartum preeclampsia.

Continued on next page...

INSIDE THE TOP 10 (CONTINUED)

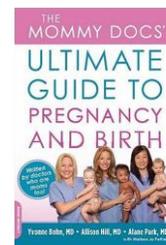
6. *Our Bodies, Ourselves: Pregnancy and Birth*, by The Boston Women's Health Book Collective and Judy Norsigian

This book is part of the “Our Bodies, Ourselves” series of women’s health books. The book presents a detailed list of symptoms and is one of the few that discusses cases of previously unrecognized preeclampsia that occur during or after the birth process. Multiple mentions of preeclampsia and eclampsia occur throughout the book, although there is no mention of HELLP syndrome.



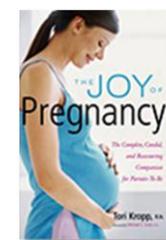
7. *The Mommy Docs' Ultimate Guide to Pregnancy and Birth*, by Yvonne Bohn, MD, Alane Park, MD, Allison Hill, MD, and Melissa Jo Peltier

The Mommy Docs are three practicing obstetricians who are also mothers. Information on preeclampsia, eclampsia, and HELLP syndrome appear throughout the book, including a personal account from Dr. Hill about her own experience with preeclampsia and HELLP syndrome. The book also includes a story from one of Dr. Hill’s patients who had experienced postpartum eclampsia following a previous pregnancy.



8. *The Joy of Pregnancy: The Complete, Candid, and Reassuring Companion for Parents-to-Be*, by Tori Kropp

The author, an RN, offers extensive coverage of preeclampsia, eclampsia, and HELLP syndrome, including a lengthy personal account of her own experience with HELLP syndrome. Signs, symptoms, and risk factors are all explained thoroughly. However, the book understates the occurrence of hypertensive disorders of pregnancy, citing a rate of 2-3%.



9. *The Stress-Free Pregnancy Guide: A Doctor Tells You What to Really Expect*, by Carol Livoti MD, and Elizabeth Topp

This book provides comprehensive information about preeclampsia, eclampsia and HELLP syndrome, including a detailed description of physiological processes that occur during the diseases. The book stresses the importance of getting prompt attention for symptoms and includes some of the more serious complications that can occur as a result of preeclampsia (including DIC, which is a serious blood clotting disorder). The book is definitely aimed at readers who want a thorough understanding of the science behind pregnancy. The book lacks sufficient information on postpartum preeclampsia.



10. *What to Expect When You're Expecting, 4th Edition*, by Heidi Murkoff, Sharon Mazel

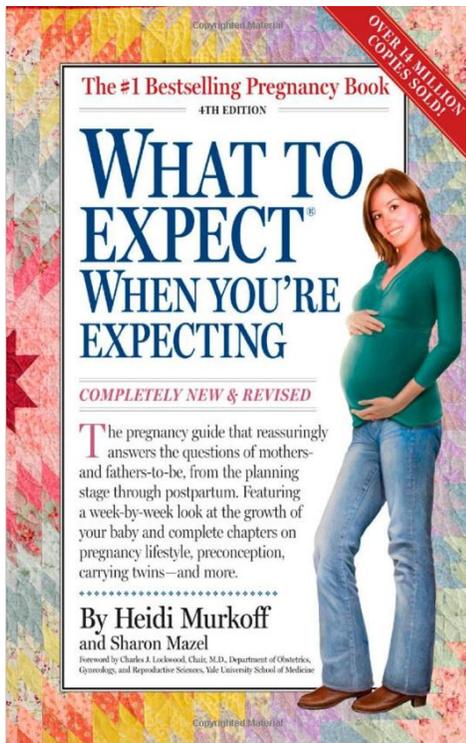
This book contains extensive coverage of preeclampsia, eclampsia, and HELLP syndrome in a high-risk pregnancy section toward the back of the book. The information is up-to-date and thorough, including lists of signs, symptoms, and risk factors. The book does not include information about postpartum preeclampsia and the coverage of the diseases is mostly limited to a chapter called “The Complicated Pregnancy.”



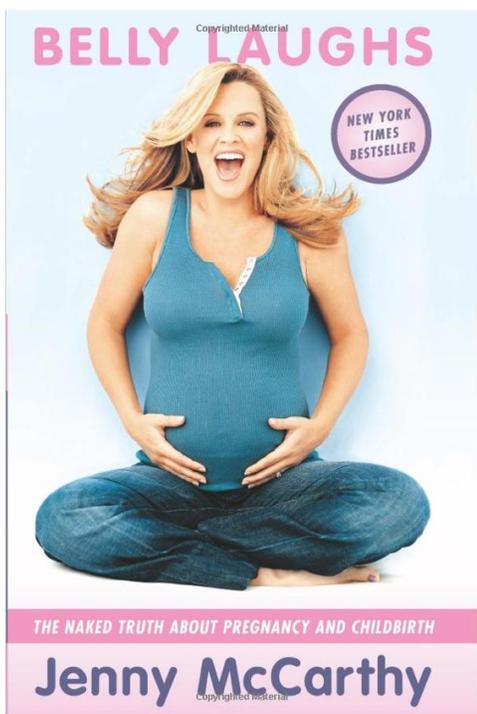
AMAZON TOP 10 BESTSELLERS

The following list represents the top Amazon bestsellers in the category of Pregnancy & Childbirth on March 26, 2012. The list displays the books that are most widely purchased by consumers looking for pregnancy, childbirth, and related guidebooks. Amazon updates their bestseller lists on an hourly basis, so some fluctuation may occur among the rankings of the books. The overall list on Amazon includes the top 100 titles in the particular category of Pregnancy & Childbirth. Amazon includes separate rankings for different versions of the same book, for example *What to Expect When You're Expecting* in paperback is the number 1 bestseller while the Kindle version of the same book is at number 2 on the list. The list below includes only one entry for each book. Books outside of the scope of this review were also excluded, such as *Taking Charge of Your Fertility*, *What to Expect the First Year*, *What to Expect Before You're Expecting*, *The Pregnancy Journal*, and *What to Expect When Your Wife is Expanding* (a parody). All excluded books do not feature extensive coverage of preeclampsia, eclampsia, and HELLP syndrome.

Amazon Ranking	Title & Author	Depth of Coverage	Placement of Coverage	Clarity and Accuracy	Description of Symptoms	Postpartum Concerns	Overall Score
1	<i>What to Expect When You're Expecting, 4th Edition</i> , Heidi Murkoff and Sharon Mazel (2008)	9	6	8	9	4	7.2
2	<i>Mayo Clinic Guide to a Healthy Pregnancy</i> , Mayo Clinic (2011)	7	7	7	8	4	6.6
3	<i>Ina May's Guide to Childbirth</i> , Ina May Gaskin (2003)	4	4	1	3	1	2.6
4	<i>Dude, You're Gonna Be a Dad!: How to Get (Both of You) Through the Next 9 Months</i> , John Pfeiffer (2011)	1	1	1	1	1	1
5	<i>Belly Laughs: The Naked Truth about Pregnancy and Childbirth</i> , Jenny McCarthy (2005)	1	1	1	1	1	1
6	<i>The Girlfriends' Guide to Pregnancy</i> , Vicki Iovine (1995)	1	1	1	1	1	1
7	<i>The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions</i> , Penny Simkin (2007)	6	3	4	7	6	5.2
8	<i>What to Expect: Eating Well When You're Expecting</i> Heidi Murkoff and Sharon Mazel (2005)	4	4	5	1	1	3
9	<i>Natural Childbirth the Bradley Way: Revised Edition</i> , Susan McCutcheon-Rosegg, Erick Ingraham, Robin Yoko Burningham, Robert A. Bradley (1996)	3	1	1	4	1	2
10	<i>HypnoBirthing: The Mongan Method: A natural approach to a safe, easier, more comfortable birthing</i> (3rd Edition), Marie Mongan and Lorne Campbell (2005)	1	1	1	1	1	1



Consistently ranked at the top of the bestseller list, this one did not do as well in our ratings, an assessment echoed by many preeclampsia survivors.



Although good for a stress-relieving laugh, books like Jenny McCarthy's *Belly Laughs* are best left to the entertainment category, not as references.

BEST SELLERS ARE NOT ALWAYS THE BEST BOOKS

There is very little overlap between the Preeclampsia Foundation Top 10 list and Amazon's top 10 bestseller list in the category of Pregnancy & Childbirth. The top seller, *What to Expect When You're Expecting*, 4th Edition, ranked 10th on the Preeclampsia Foundation Top 10 list. *Mayo Clinic Guide to a Healthy Pregnancy* and *The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*, by Penny Simkin both received an overall score above 5. *What to Expect: Eating Well When You're Expecting* does provide information on preeclampsia, but the main focus is on diet during pregnancy. The remaining books on the list all scored well below average.

Several of the books take a light and humorous approach to the topics of pregnancy and childbirth. Jenny McCarthy's *Belly Laughs: The Naked Truth about Pregnancy and Childbirth* does not deal with pregnancy complications. *Dude You're Going to Be a Dad* and *The Girlfriend's Guide to Pregnancy* both contain one reference to preeclampsia. The one mention in *The Girlfriend's Guide* notes that "we all know that high blood pressure can lead to preeclampsia/toxemia," a statement that implies the author expects that the reader is using other sources for information regarding preeclampsia and other pregnancy complications. The humorous pregnancy books can provide a much needed diversion during pregnancy, but they should not be relied on as a main source of pregnancy information.

Books that deal specifically with the childbirth process routinely scored below average in our review.

BIRTH BOOKS: A SPECIAL CASE

With the exception of *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions* by Penny Simkin, all of the books that deal specifically with the process of birth itself are significantly below average when it comes to providing information about preeclampsia, either omitting the subject entirely or providing minimal coverage. According to several databases that report maternal mortality, 75-80% of preeclampsia-related maternal deaths occur shortly after the birth of the child. (e.g., Florida Pregnancy Associated Mortality Review claims 76%.) Since symptoms of preeclampsia can develop immediately before, during or after the birth of the baby, it is important that even books centered on the birth process include preeclampsia content.

Some of the birth books make the assumption that women who are high risk will have all been identified as such well before they are ready to give birth. The books largely assume that complications are not going to happen to their readers

Continued on next page...

BIRTH BOOKS: A SPECIAL CASE (CONTINUED)

and that medical intervention is more likely to cause any such complications. For example, *Your Best Birth*, by Ricki Lake, Abby Epstein and Jacques Moritz, notes that preeclampsia is a good reason to induce, but the book does not educate the reader with a list of symptoms or possible risk factors.

The Birth Book, by Dr. William Sears, includes only one mention of “toxemia” (a very outdated term for preeclampsia) and suggests that the disease may be a good reason to hire a doula. It is entirely unclear how a labor coach could affect the course of this disease. (*The Birth Book* (1994) is still widely available in bookstores and online, despite the fact that it is 18 years old.)

HypnoBirthing: The Mongan Method: A natural approach to a safe, easier, more comfortable birthing, by Marie F. Mongan, advocates self-hypnosis and relaxation techniques to allow women to use their natural instincts to experience a more rewarding and less painful birth. The book does not include an index and does not provide any direct information about possible complications. *Natural Childbirth the Bradley Way: Revised Edition*, by Susan McCutcheon-Rosegg, Erick Ingraham, Robin Yoko Burningham, and Robert A. Bradley, is an updated version of the classic natural childbirth book by Dr. Robert A. Bradley. This edition, still on bestseller lists, was published in 1996. This book does include the symptoms of preeclampsia, but the coverage is limited. The book attributes “toxemia” to malnutrition in the mother.

The theory advocated in the Bradley book was originally developed by Dr.

Thomas Brewer in 1966 and claims to be able to prevent, and in some cases reverse, the course of preeclampsia through a strict protein-heavy diet. Current research into preeclampsia does not support the theory of malnutrition as the sole cause of preeclampsia and there is no proof that the high protein diet advocated by Dr. Brewer can actually prevent or even reduce the risk of preeclampsia, eclampsia or HELLP syndrome.

Ina May Gaskin’s bestselling *Ina May’s Guide to Childbirth* also advocates the work of Dr. Brewer as the way to prevent preeclampsia. She uses Brewer’s term Metabolic Toxemia of Late Pregnancy (MTLP) as an umbrella term to discuss preeclampsia, eclampsia, and

HELLP syndrome. She claims that 14-20% of all pregnant women develop MTLP and states that “most” cases of toxemia can be prevented with a good diet. As this book focuses entirely on prevention, it does not provide a woman with helpful information about what to do if she should happen to develop the disease. Gaskin’s statement, “The techno-medical model of birth does not recognize a connection between toxemia and poor nutrition” draws some very definite battle lines between her model and a more medicalized model of birth. Unfortunately, Gaskin’s model does little to help a woman realize when the “techno-medical” model might become

necessary to save the life and health of both herself and her baby. Gaskin’s book does not provide the necessary information for a woman to recognize and respond appropriately to the symptoms of preeclampsia.

The birth books do provide a wealth of information about natural childbirth and the ways to make the process more rewarding and easier. Many women with preeclampsia can and do experience vaginal deliveries, so the information provided in these books can be useful to them. Still, it is remarkable that so many of the best-selling birth books do not provide

adequate information on a disease that can develop immediately prior to, during, or after delivery.

Only Penny Simkin’s book *The Birth*

Partner: A Complete

Guide to Childbirth for Dads, Doulas, and All Other Labor Companions provides adequate information about preeclampsia, eclampsia, and HELLP syndrome. Although this book incorrectly uses the term pregnancy-induced hypertension (PIH) to describe preeclampsia and eclampsia, it provides a useful list of symptoms and the possible treatments, including caesarian delivery. It also presents some of the emotional issues that might arise from a diagnosis of PIH and includes some information on HELLP syndrome. It acknowledges the possibility of postpartum preeclampsia and eclampsia, something that many of the general pregnancy books omit.



QUESTIONABLE CLAIMS

“Women over 40 have a 60% chance of developing this [high blood pressure during pregnancy].” From *The Everything Guide to Pregnancy Over 35*, by Brette McWhorter Sember. Current epidemiological data does not support this claim.

“This condition [severe preeclampsia] always improves after delivery.” From *Pregnancy and Birth: Your Questions Answered*, by Christoph Lees and Karina Reynolds. Although most cases of preeclampsia improve following delivery, it is still a vulnerable period for the mother; postpartum and late postpartum preeclampsia carry significant risk for maternal illness and death. 75% of maternal mortality occurs postpartum.

“Most cases of toxemia can be prevented with a good diet” From *Ina May's Guide to Childbirth*, by Ina May Gaskin. There is no published scientific evidence to support this claim.

You are at higher risk of developing preeclampsia if “...you are under 5 ft 3in tall...” From *Complete Book of Pregnancy & Childbirth*, by Sheila Kitzinger. A woman's height has not been established as a risk factor.

“Preeclampsia never happens before the twentieth week, but your blood pressure may start to rise steadily after this. Delivery of the baby and placenta ends the problem.” From *Conception, Pregnancy, and Birth* by Miriam Stoppard. In rare instances preeclampsia can occur prior to 20 weeks; it can also occur up to six weeks postpartum.

“This condition [HELLP syndrome] can be mild” From *K.I.S.S. Guide to Pregnancy*, by Felicia Eisenberg-Molnar. There is no “mild” classification for HELLP syndrome; and even “mild” preeclampsia carries significant risk for morbidity and mortality.

“[Untreated preeclampsia] can curb fetal growth and cause a rupture and hemorrhage of the placenta.” From *Caveman's Pregnancy Companion*, by David Port & John Ralston. While this is true, it does not convey the threat of death to baby nor potential complications to mother such as seizures (eclampsia), coma, stroke, or death.

“True preeclampsia can result in seizures.” From *Your Best Birth: Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience* by Ricki Lake, Abby Epstein and Jacques Moritz. If preeclampsia results in seizures, it is called eclampsia, but this statement also erroneously creates the notion that there are “false” cases of preeclampsia.

“[Researchers] suspect that women may be able to “immunize” themselves before getting pregnant if they build up a tolerance by exposing themselves to the partner's semen as often as possible.” From *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be* by Armin Brott and Jennifer Ash. The author later uses this logic to suggest that oral sex is a good way for a woman to build up this immunity. While this is likely included to be provocative, some research findings do suggest longer cohabitation prior to pregnancy and “more intimate” exposure decreases risk. The effect is modest, but may speak to the possible immunological aspects of the disease. However, there are too many inconclusive theories of this disease for these pregnancy books to adequately address any one of them.



FURTHER READING FOR SPECIAL AUDIENCES

Most of the general pregnancy books do include information on the birth process, so a separate book on birth is not necessarily essential unless a woman is interested in a particular birth method. *The Birth Partner* by Penny Simkin is a nice selection for women interested in exploring various birth options while still keeping an eye on possible complications.

Women who have previously experienced or were recently diagnosed with a high-risk pregnancy have few current book options. *High-Risk Pregnancy: Why Me?* by Kelly Whitehead addresses both the emotional and medical aspects of many pregnancy complications.

Although some specialized publications are included in our ratings, they are generally more appropriate for specific audiences or purposes. They may provide value for mothers of multiples, older mothers, dads, those looking for diet or fitness advice, or as a humorous stress relief.

More in depth information about the hypertensive disorders of pregnancy can be found on the Preeclampsia Foundation's website - www.preeclampsia.org.

COMPLETE LIST OF BOOKS, RANKINGS AND INDIVIDUAL SCORES

Ranking	Title, Author and Year of Publication	Depth of Coverage	Placement of Coverage	Clarity and Accuracy of Information	Description of Symptoms	Postpartum Concerns	Overall Score
1	<i>The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood</i> , Joanne Stone MD, Keith Eddleman MD (2008)	9	9	8	10	7	8.6
2	<i>Smart Mother's Guide to Better Pregnancy</i> , Linda Burke-Galloway, MD (2008)	7	9	7	9	10	8.4
3	<i>Your Pregnancy and Childbirth: Month to Month</i> (5th Edition), American College of Obstetricians and Gynecologists (2010)	9	7	8	9	8	8.2
3	<i>Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth & Beyond</i> , Linda Goldberg (2011)	9	9	7	8	8	8.2
5	<i>The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During, and After Pregnancy</i> , Joel Evans, MD, Robin Aronson (2005)	10	9	8	8	5	8
6	<i>Our Bodies, Ourselves: Pregnancy and Birth</i> , Boston Women's Health Book Collective, Judy Norsigian (2008)	8	8	7	8	8	7.8
7	<i>The Mommy Docs' Ultimate Guide to Pregnancy and Birth</i> , Yvonne Bohn, MD, Alane Park, MD, Allison Hill, MD, and Melissa Jo Peltier (2011)	8	8	9	8	6	7.8
8	<i>The Joy of Pregnancy</i> , Tori Kropp (2008)	9	9	6	9	5	7.6
9	<i>The Stress-Free Pregnancy Guide</i> , Carol Livoti (2008)	9	7	9	9	4	7.6
10	<i>What to Expect When You're Expecting</i> , 4th Edition, Heidi Murkoff, Sharon Mazel (2008)	9	6	8	9	4	7.2
11	<i>You and Your Baby: The Ultimate Week-By-Week Pregnancy Guide</i> , Laura Riley, MD (2012)	6	6	7	9	7	7
12	<i>Pregnancy, Childbirth, and the Newborn</i> (4th Edition): <i>The Complete Guide</i> , Penny Simkin, April Bolding, Ann Keppler, Janelle Durham, Janet Whalley (2010)	9	6	6	9	4	6.8
13	<i>Great Expectations: Your All-In-One Resource For Pregnancy & Childbirth</i> , Sandy Jones (2004)	7	6	4	8	9	6.8
14	<i>The Multiple Pregnancy Sourcebook</i> , Nancy Bowers (2001)	8	6	5	8	7	6.8

APPENDIX A – COMPLETE LIST OF BOOKS, RANKINGS AND INDIVIDUAL SCORES

Ranking	Title, Author and Year of Publication	Depth of Coverage	Placement of Coverage	Clarity and Accuracy of Information	Description of Symptoms	Postpartum Concerns	Overall Score
15	<i>Pregnancy and Birth: Your Questions Answered</i> , Christoph Lees (2007)	8	7	6	8	5	6.8
16	<i>Conception, Pregnancy, and Birth</i> , Miriam Stoppard (2008)	7	5	7	7	7	6.6
17	<i>Mayo Clinic Guide to a Healthy Pregnancy</i> , The Mayo Clinic (2011)	7	7	7	8	4	6.6
18	<i>The ICEA Guide to Pregnancy & Birth</i> , ICEA and Meghan McGinnis (2011)	8	6	7	9	2	6.4
19	<i>Your Pregnancy Week by Week</i> , 6th Edition, Glade B. Curtis, Judith Schuler (2011)	7	5	6	8	6	6.4
20	<i>When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy</i> , Barbara Luke, Tamara Eberlein (2010)	7	6	6	7	5	6.2
21	<i>YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy</i> , Michael Roizen, Mehmet Oz (2010)	6	5	5	8	7	6.2
22	<i>You and Your Baby: Healthy Eating During Pregnancy</i> , Laura Riley, MD (2006)	6	8	8	8	1	6.2
23	<i>Everything Guide to Pregnancy Over 35: From Conquering Your Fears to Assessing Health Risks--All You Need to Have a Happy, Healthy Nine Months</i> (Everything: Parenting and Family), Brette McWhorter Sember (2007)	8	7	6	4	5	6
24	<i>The Complete Illustrated Pregnancy Companion: A Week-by-Week Guide to Everything You Need To Do for a Healthy Pregnancy</i> , Robin Elise Weiss (2009)	6	4	7	8	5	6
25	<i>What You Didn't Think to Ask Your OB</i> , Raymond I. Poliakin, MD (2006)	8	6	6	8	1	5.8
26	<i>Eating for Pregnancy: The Essential Nutrition Guide and Cookbook for Today's Mothers-to-Be</i> , Catherine Jones, Rose Ann Hudson (2003)	6	8	6	7	1	5.6
27	<i>Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy</i> , ADA, Elizabeth M. Ward (2009)	6	6	8	6	1	5.4
28	<i>The Birth Partner, Third Edition: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions</i> , Penny Simkin (2007)	6	3	4	7	6	5.2
29	<i>Dad's Guide to Pregnancy for Dummies</i> , Matthew Miller (2010)	6	6	6	7	1	5.2
30	<i>Complete Book of Pregnancy and Childbirth</i> , Sheila Kitzinger (2003)	6	5	6	8	1	5.2
31	<i>Complete Idiot's Guide to Pregnancy and Childbirth</i> , Michelle Isaacs Glikzman, MD and Teresa Foy DiGeronimo (2010)	7	4	5	8	1	5
32	<i>Your Pregnancy After 35</i> , Glade B. Curtis (2004)	6	6	4	8	1	5

APPENDIX A – COMPLETE LIST OF BOOKS, RANKINGS AND INDIVIDUAL SCORES

Ranking	Title, Author and Year of Publication	Depth of Coverage	Placement of Coverage	Clarity and Accuracy of Information	Description of Symptoms	Postpartum Concerns	Overall Score
33	<i>K.I.S.S. Guide to Pregnancy</i> , Felicia Eisenberg-Molnar (2001)	6	5	7	5	1	4.8
34	<i>The Everything Pregnancy Book: All You Need to Get You Through the Most Important Nine Months of Your Life</i> , Paula Ford-Martin (2012)	5	5	6	7	1	4.8
35	<i>The Healthy Woman: A Complete Guide for All Ages</i> , US Department of Health and Human Services, Office on Women's Health (2008)	4	5	8	6	1	4.8
36	<i>The Expectant Father: Facts, Tips, and Advice for Dads-to-Be</i> , Armin Brott and Jennifer Ash (2010)	5	7	4	6	1	4.6
37	<i>Your Plus-Size Pregnancy</i> , Brette McWhorter Sember (2005)	6	5	5	5	1	4.4
38	<i>Baby Basics: Your Month-by-Month Guide to a Healthy Pregnancy</i> , What to Expect Foundation (2006)	3	6	5	6	1	4.2
39	<i>Pregnancy and Birth: Everything You Need to Know</i> , Mary Steen (2011)	3	6	5	5	1	4
40	<i>Having Twins and More</i> , Elizabeth Noble (2003)	6	5	4	3	1	3.8
41	<i>Babycenter Pregnancy: From Preconception to Birth</i> , Linda Murray (2010)	4	3	4	7	1	3.8
42	<i>Good Housekeeping Illustrated Book of Pregnancy & Baby Care</i> , editors at Good Housekeeping (2004)	4	4	4	6	1	3.8
43	<i>Your Pregnancy for the Father-to-Be: Everything Dads Need to Know About Pregnancy, Childbirth, and Getting Ready for a New Baby</i> , Glade B. Curtis (2009)	3	3	5	5	1	3.4
44	<i>I'm Pregnant!: A Week-by-Week Guide from Conception to Birth</i> , Lesley Regan (2010)	4	5	3	3	1	3.2
45	<i>What to Expect: Eating Well When You're Expecting</i> , 2 nd edition, Heidi Murkoff (2006)	4	4	5	1	1	3
46	<i>Caveman's Pregnancy Companion</i> , David Port, John Ralston (2006)	3	5	2	4	1	3
47	<i>Ina May's Guide to Childbirth</i> , Ina May Gaskin (2003)	4	4	1	3	1	2.6
48	<i>Pregnancy: Day by Day</i> , Maggie Blott (2009)	3	2	3	2	1	2.2
49	<i>Natural Childbirth the Bradley Way: Revised Edition</i> , Susan McCutcheon-Rosegg, Erick Ingraham, Robert Bradley (1996)	3	1	1	4	1	2
50	<i>Your Best Birth: Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience</i> , Ricki Lake, Abbie Epstein and Jacques Moritz (2009)	2	2	1	1	1	1.4
51	<i>The Pregnancy Book: Month-by-Month, Everything you Need to Know from America's Baby Experts</i> , William Sears, MD, Martha Sears, and Linda Hughey Holt (1997)	1	1	1	2	1	1.2

APPENDIX A – COMPLETE LIST OF BOOKS, RANKINGS AND INDIVIDUAL SCORES

Ranking	Title, Author and Year of Publication	Depth of Coverage	Placement of Coverage	Clarity and Accuracy of Information	Description of Symptoms	Postpartum Concerns	Overall Score
52	<i>The Pregnancy Countdown Book: Nine Months of Practical Tips, Useful Advice, and Uncensored Truths</i> , Susan Magee, Dr. Kara Nakisbendi (2012)	1	1	1	1	1	1
53	<i>Real Food for Mother and Baby: The Fertility Diet, Eating for Two, and Baby's First Foods</i> , Nina Planck (2009)	1	1	1	1	1	1
54	<i>Birthing from Within: An Extraordinary Guide to Childbirth Preparation</i> , Pam England and Rob Horowitz (1998)	1	1	1	1	1	1
55	<i>HypnoBirthing: The Mongan Method: A Natural Approach to a Safe, Easier, More Comfortable Birthing</i> , Marie Mongan and Lorne Campbell (2005)	1	1	1	1	1	1
56	<i>Natural Hospital Birth: The Best of Both Worlds</i> , Cynthia Gabriel (2011)	1	1	1	1	1	1
57	<i>The Birth Book, Everything You Need to Know to Have a Safe and Satisfying Birth Experience</i> , William Sears, MD, Martha Sears, Linda Hughey Holt (1994)	1	1	1	1	1	1
58	<i>Pregnancy Do's And Don'ts: The Smart Woman's A-Z Pocket Companion for a Safe And Sound Pregnancy</i> , Elisabeth Aron (2006)	1	1	1	1	1	1
59	<i>The Girlfriend's Guide to Pregnancy</i> , Vicki Iovine (1995)	1	1	1	1	1	1
60	<i>The Official Lamaze Guide: Giving Birth with Confidence</i> , Judith Lothian (2010)	1	1	1	1	1	1
61	<i>Supernatural Childbirth</i> , Jackie Mize (1993)	1	1	1	1	1	1
62	<i>Dude, You're Gonna Be a Dad!: How to Get (Both of You) Through the Next 9 Months</i> , John Pfeiffer (2011)	1	1	1	1	1	1
63	<i>Belly Laughs: The Naked Truth about Pregnancy and Childbirth</i> , Jenny McCarthy (2005)	1	1	1	1	1	1
64	<i>Skinny Bitch: Bun in the Oven: A Gutsy Guide to Becoming One Hot and Healthy Mother!</i> , Rory Freedman (2008)	1	1	1	1	1	1

Pregnancy Book Evaluation Form

Book Information	
Book Name	
Author(s)	
Publisher	
Type (general, birth, etc.)	
Web site (address)	

1. Index included? Yes No

Terms included and page numbers

Term	Yes	No	Page numbers (if any or note if it refers to other term)
Preeclampsia			
Eclampsia			
HELLP syndrome			
PIH (pregnancy induced hypertension)			
Toxemia			
Others (include terms)			

2. Context of Main Coverage (give brief description of placement – sidebars, appendices, running text – i.e. would you be likely to see it if you weren't specifically looking for it?):
3. Strong Points (symptom description, treatment, questions to ask doctor, follow up concerns etc.):
4. Weak Points (symptoms not mentioned, dismissive language – i.e. this won't happen to you if...), missing information, bad placement):
5. Overall Ratings (scale of 1-10, or N/A)
 - a. Depth of coverage:
 - b. Placement of coverage:
 - c. Clarity of information:
 - d. Description of symptoms:
 - e. Follow-up Concerns (subsequent pregnancies, potential long-term health effects):
 - f. Peripherals (Web sites, etc.):
 - g. Overall:

ABOUT THE AUTHORS

Jennifer Carney, MA

Jennifer “Jenn” Carney has a B.A. in English from Northwestern University and an M.A. in English from Penn State University. She has over 10 years of experience as a book editor in educational and legal publishing including McGraw-Hill, a leading educational publisher. She has experience in writing, editing, proofreading, indexing, and quality assurance for print and online educational materials and professional guides. She has also worked as a teacher. Ms. Carney experienced eclampsia and HELLP syndrome prior to the birth of her second child in 2006 and is an active volunteer on the Preeclampsia Foundation’s communication team.

Doug Woelkers, MD

Dr. Doug Woelkers is an Associate Clinical Professor in the Division of Perinatal Medicine at University of California, San Diego, and sees high-risk women at several hospitals and clinics in the area. He is the 2012-2014 President of the North American Society for the Study of Hypertension in Pregnancy (NASSHP). Dr. Woelkers graduated from Stanford University, serving his internship and residency at UCSD and his fellowship at Magee-Women’s Hospital of UPMC. He is a board-certified specialist in Maternal-Fetal Medicine

The Preeclampsia Foundation is a US-based 501(c)(3) not-for-profit organization whose mission is to reduce maternal and infant illness and death due to preeclampsia and other hypertensive disorders of pregnancy by providing patient support and education, raising public awareness, catalyzing research and improving health care practices. We envision a world where preeclampsia no longer threatens the lives of mothers and babies. For more information visit www.preeclampsia.org

REFERENCES

1. Ogunyemi D, Benaie JL, Ukatu C. Is eclampsia preventable? A case control review of consecutive cases from an urban underserved region. *South Med J* 2004; 97:440–5.
2. Matthys LA, Coppage KH, Lambers DS, Barton JR, Sibai BM. Delayed postpartum preeclampsia: an experience of 151 cases. *Am J Obstet Gynecol* 2004;190:1464-6.
3. Filetti LC, Imudia AN, Al-Safi Z, Hobson DT, Awonuga AO, Bahado-Singh RO. New onset delayed postpartum preeclampsia: different disorders? *J Matern Fetal Neonatal Med* 2011 Aug 16 Epub ahead of print.
4. Chames MC, Livingston JC, Ivester TS, Barton JR, Sibai BM. Late postpartum eclampsia: a preventable disease? *Am J Obstet Gynecol* 2002;186:1174-7.
5. Al-Safi Z, Imudia ANB, Filetti LC, Hobson DT, Bahado-Singh RO, Awonuga AO. Delayed postpartum preeclampsia and eclampsia: demographic, clinical course, and complications. *Obstet Gynecol* 2011;118(5):1102-7.
6. Menzies J, Magee LA, Li J, et al. Instituting surveillance guidelines and adverse outcomes in preeclampsia. *Obstet Gynecol* 2007;110:121–7.
7. MacGillivray I, McCaw-Binns AM, Ashley DE, Fedrick A, Golding J. Strategies to prevent eclampsia in a developing country: II. Use of a maternal pictorial card. *Int J Gynaecol Obstet* 2004; 87:295–300.



6767 N. Wickham Road, Suite 400
 Melbourne, FL 32940 USA
 321.421.6957
www.preeclampsia.org