LOW DOSE BIG BENEFITS

Is low dose aspirin right for me? Know your risk of preeclampsia

Preeclampsia is a serious condition during pregnancy that can cause high blood pressure and some of your organs to not work properly. It can lead to serious problems for you and your baby, including preterm birth (before 37 weeks of pregnancy).

Know your risk factors and talk to your provider if you have even one of these risks for preeclampsia:



You've had preeclampsia before.

You're pregnant with more than 1 baby (twins, triplets).

You have high blood pressure, diabetes, kidney disease, or an autoimmune disease like lupus.

Talk to your provider if you have more than one of the following risks:

You've never had a baby before, or it's been more than 10 years since you had a baby.	aose a
You're considered obese with a body mass index (BMI) of 30 or higher.	Ev pi oi
Your sister or mom has had preeclampsia.	рі
You're 35 or older.	V If Io
You're African American/Black—this is a risk factor due to historical inequities and structural racism.*	8´
You have financial hardship or it's hard to pay your most basic bills.*	Ta te
Any of your other babies were born small for their age or with a low birth weight.	So as Th
You've experienced previous harmful pregnancy outcomes.	he ar
This pregnancy was conceived using in vitro fertilization.	G G

*Some stressors in life, like low income, lack of access to healthcare, or anti-Black racism, can increase your risk for preeclampsia.

For more information on low dose aspirin, go to marchofdimes.org/lowdosebigbenefits



Ask your provider about your risks for preeclampsia and if you should take low aspirin.

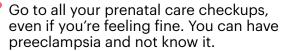


veryone should be screened for reeclampsia at their first prenatal care visit r before 12 weeks. Ask your healthcare rovider if you were screened too.

your provider says it's OK, each day take w dose aspirin (also called baby aspirin or 1-mg aspirin).

ake the aspirin exactly as your provider ells you to.

ome patients shouldn't take low-dose spirin, so always talk to your provider first. heir decision is based on things like your ealth issues, medications you're taking, nd any allergies you have.



Disclaimer: This information is intended for general knowledge and shouldn't substitute professional medical advice. Always consult with your healthcare provider before taking anv medication during pregnancy.