



Pregnancy Induced Hypertension

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Introduction

Hypertension: is the most common medical problem encountered during pregnancy, complicating up to 10% of pregnancies.

[1] Hypertensive disorders during pregnancy are classified into 4 categories, as recommended by the National High Blood Pressure :

Chronic hypertension

Preeclampsia-eclampsia

Preeclampsia superimposed on chronic hypertension

Gestational hypertension (transient hypertension of pregnancy or chronic hypertension identified in the latter half of pregnancy).

[2] This terminology is preferred over the older but widely used term

"pregnancy-induced hypertension" (PIH)

Classifications

1. Gestational Hypertension [2]

2. Mild Preeclampsia

3. severe Preeclampsia.

4. HELLP Syndrome Mnemoni

Risk Factors

1. Multiple pregnancies. Women who have undergone multiple pregnancies are more compromised with hypertension.
2. Primiparas who are 20 years and older. This group has an increased risk for pregnancy induced hypertension than women who are 40 years old and above.
3. Underlying disease. This disease might contribute to the occurrence of pregnancy [1] induced hypertension.

Definitions

Pregnancy induced hypertension (PIH) is a condition wherein vasospasm occurs during pregnancy in both the small and [1] large arteries in the body.

[2] Also known as gestational hypertension.

It occurs in about 5 percent to 8 percent of all pregnancies.

. With high blood pressure, there is an increase in the resistance of blood vessels. This may hinder blood flow in many different organ systems in the expectant mother including¹ the **liver, kidneys, brain, uterus, and placenta.**



Cocnclusion

Gestational hypertension, also referred to as pregnancy hypertension is a condition characterized by high blood pressure during pregnancy . High blood pressure can present itself in a few different ways during pregnancy , the following are 3 common types of gestational hypertension:

1. Chronic hypertension.
2. Aclampsia.
3. Sever preeclampsia.

References

1. Cunningham, F. Gary, and Marshall D. Lindheimer. "Hypertension in pregnancy." *New England Journal of Medicine* 326.14.
2. Redman, Christopher WG, Sig-Linda Jacobson, and Robin Russell. "Hypertension in pregnancy." *de Swiet's Medical Disorders in Obstetric Practice, Fifth Edition* (2010): 153-181