

什么是妊娠期高血压？

What is high blood pressure (hypertension) during pregnancy?

血压是血液对动脉壁施加的力的大小。当一个人的收缩压（血压读数中上面的数字）读数大于 140 毫米汞柱或舒张压（下面的数字）大于 90 毫米汞柱时，就被认为血压高。尽管许多患有高血压的孕妇们生下了健康的婴儿，没有严重问题，但高血压对母亲和胎儿均可带来危险。

Blood pressure is the amount of force exerted by the blood against the walls of the arteries. A person's blood pressure is considered high when the readings are greater than 140 mm Hg systolic (the top number in the blood pressure reading) or 90 mm Hg diastolic (the bottom number). Although many pregnant women with high blood pressure have healthy babies without serious problems, high blood pressure can be dangerous for both the mother and the fetus.

怀孕期间有哪些不同类型的高血压？

What are the different types of high blood pressure during pregnancy?

妊娠期高血压有两种形式：

There are 2 forms of hypertension in pregnancy:

- 慢性高血压 - 怀孕之前就存在的高血压。

Chronic hypertension - high blood pressure that was present before you became pregnant.

- 妊娠期高血压 — 妊娠 20 周后出现的高血压。

Gestational hypertension -high blood pressure develops after 20 weeks of pregnancy.

患有各种类型高血压的妇女在怀孕期间均需要特别照护。

Women with all types of high blood pressure require special care during pregnancy.

怀孕期间高血压会导致哪些问题？

What problems can arise as a result of high blood pressure during pregnancy?

高血压的影响范围从轻微到严重不等。一种严重的风险是一种称为先兆子痫的情形。这种情况通常在怀孕 20 周后开始，与血压升高和母亲的尿液中蛋白升高有关（由肾脏问题引起）。先兆子痫会影响胎盘，并可能进一步导致以下并发症：

The effects of high blood pressure range from mild to severe. One serious risk is for a condition called Preeclampsia. This condition typically starts after the 20th week of pregnancy and is related to increased blood pressure and protein in the mother's urine (as a result of kidney problems). Preeclampsia affects the placenta, and can further cause the following complications:

- 流向胎盘的血流量减少。这会减少宝宝的氧气和营养供给，可能会减缓宝宝的生长和整体健康。

Decreased blood flow to the placenta. This reduces the oxygen and nutrients to your baby potentially slowing the baby's growth and overall health.

- 胎盘早剥。 这指的是怀孕期间胎盘与子宫的分离。 严重情况下会导致出血并减少婴儿和母亲的氧气。

Placenta abruption. This is when the placenta separates from the uterus during pregnancy. This serious condition can cause bleeding and decrease oxygen to the baby and mother.

- 早产。 有时唯一的治疗方法是分娩，以预防母亲出现其他更严重的并发症。

Premature delivery. Sometimes the only treatment is delivery of baby to prevent other more severe complications for the mother.

哪些孕妇患先兆子痫的风险更高？

Which women have a higher risk for developing preeclampsia?

- 患有慢性高血压（怀孕前已患有高血压）的妇女。

Women with chronic hypertension (high blood pressure before becoming pregnant).

- 在先前怀孕期间发展为高血压或先兆子痫的妇女，尤其是如果这些情况发生在怀孕早期。

Women who developed high blood pressure or preeclampsia during a previous pregnancy, especially if these conditions occurred early in the pregnancy.

- 怀孕前肥胖的妇女。

Women who are obese prior to pregnancy.

- 20 岁以下或 40 岁以上的孕妇。

Pregnant women under the age of 20 or over the age of 40.

- 怀有多胎婴儿的孕妇。

Women who are pregnant with more than one baby.

- 患有糖尿病、肾病、类风湿性关节炎、狼疮或硬皮病的妇女。

Women with diabetes, kidney disease, rheumatoid arthritis, lupus, or scleroderma.

我应该什么时候打电话给我的医疗保健提供者？

When should I call my healthcare provider?

如果您有以下任何迹象和症状，可能表明您正在发展成为先兆子痫，请致电您的医疗保健提供者或分诊中心电话 734-764-8134：

Call your health care provider or Triage at 734-764-8134 if you have any of the following signs and symptoms, that may indicate you are developing preeclampsia:

- 持续性的严重头痛

Severe headache that will not go away

- 视觉变化（斑点、模糊、光晕）

Vision changes (spots, blurring, halos)

- 手和脸突然肿胀

Sudden swelling of hands and face

- 右上腹部疼痛

Pain in the right, upper abdomen

- 体重突然增加，一周超过 5 磅

Sudden weight gain, more than 5 pounds in a week

我被诊断出患有先兆子痫。我该如何照顾自己？

I have been diagnosed with preeclampsia. How can I care for myself?

您可以通过以下方式帮助自己：

You can help yourself by:

- 如有吸烟，请戒烟！

If you smoke, quit!

- 吃好休息好，避免压力

Rest, eat well and avoid stress

- 如果您的医疗保健提供者为您开了一种降压药，请您务必遵照您的提供者的医嘱服药。不要在未与您的医疗保健提供者咨询的情况下停止服用高血压药物。

If your health care provider prescribes a blood pressure medication for you, make sure you take the medication exactly as your provider ordered. Do not stop taking high blood pressure medications without talking to your health care provider.

其他注意事项：

Other instructions:

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