

Who is at risk of High Blood Pressure during pregnancy?

ALL pregnant women are at risk of high blood pressure, especially women with first pregnancies.

What should every pregnant woman do?

- Book your pregnancy early, or as soon as you realise you are pregnant.
- Go to the clinic regularly for blood pressure checkups and other tests when pregnant.



REMEMBER

⇒ A person may have high blood pressure and not show any symptoms.

*Produced by the Ministry of Health and Child Welfare Health Promotion Unit
and Reproductive Health Unit with support from USAID/MCHIP*



What you need to know about High Blood Pressure in Pregnancy (Pregnancy Induced Hypertension)



High Blood Pressure during pregnancy

High blood pressure during pregnancy puts both the lives of the mother and baby in danger. Often the blood pressure of a pregnant woman rises between the 20th week of pregnancy and the end of the first week after delivery. High blood pressure is one of the top three causes of death in pregnant women in Zimbabwe.

What are the signs and symptoms of high blood pressure during pregnancy?

A pregnant woman may experience one or all of the following:

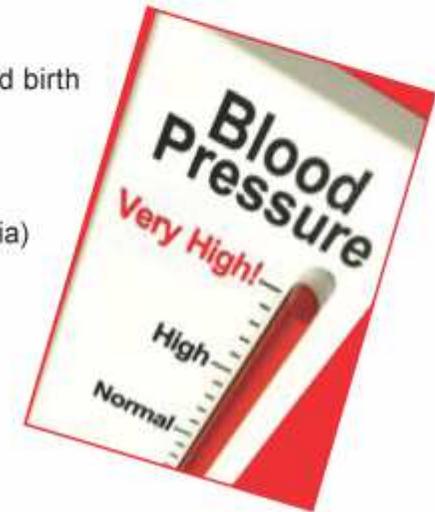
- Headaches
- Dizziness
- Blurred vision
- Abdominal pains
- Reduced movements of the unborn baby

VISIT YOUR NEAREST CLINIC IMMEDIATELY, IF YOU EXPERIENCE ANY OF THE ABOVE SYMPTOMS

What are the complications of high blood pressure during pregnancy to the mother?

The following complications are associated with high blood pressure during pregnancy:

- Severe bleeding during child birth
- Future heart disease
- Damage to the kidneys
- Convulsions/Fits (Eclampsia)
- Stroke
- Death



What are the complications of high blood pressure during pregnancy to the unborn baby?

The unborn baby whose mother has high blood pressure may be affected in one or all of the following ways:

- Low birth weight
- Premature delivery
- Still birth

Ndiani ari panjodzi yeBhiipii (BP) yakakwira pakuzvitakura?

Mudzimai wese ane pamuviri ari panjodzi yekukwira bhiipii (BP), kunyanya mudzimai akatakura nhumbu yekutanga.

Ndezvipi zvinofanira kuitwa nemudzimai wese akazvitakura?

- Nyoresa nhumbu yako nekukurumidza.
- Enda kukiriniki paunenge wakazvitakura kunoongororwa bhiipii (BP) nekuitwa dzimwe ongororo dzinoitwa kana mudzimai akazvitakura.



RANGARIRA

⇒ Unogona kuva nechirwere chebhiipii(BP), asi usina zviratidzo zvinooneka.

Gwaro rino rakagadzirwa neHealth Promotion Unit neReproductive Health Unit dzemuBazi reUtano nekurerwa zvakanaka kwevana vachitsigirwa ne:USAID/MCHIP



Zvamunofanira kuziva pamusoro pechirwere cheBhiipii (BP) kana muchinge makazvitakura



Chirwere cheBhiipii (BP) panguva yekuzvitakura

Kukwira kwebhiipii (BP) yamai vakazvitakura kunoisa upenyu hwavo nehwezwana asati azvarwa panjodzi. Kazhinji bhiipii(BP) yamai vakazvitakura inokwira kubva pamwedzi wechishanu wekutakura pamuviri kusvikira pasvondo yekutanga mai vachangobva kusununguka mwana. Bhiipii (BP) yakakwira ndeimwe yezvirwere zvitatu zviripamberi mukukonzera ndufu mumadzimai akazvitakura muZimbabwe.

Ndezvipi zviratidzo zvebhiipii(BP) yakakwira panguva yekuzvitakura?

Mai vakazvitakura vanogona kuva nechimwe kana zvese zvezviratidzo zvinotevera:

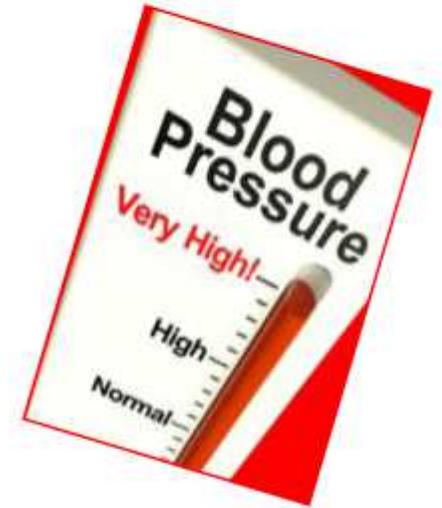
- Kutemwa nemusoro
- Kuita dzungu
- Kusaona zvakanaka kana kuona madzengerera
- Marwadzo mudumbu
- Kuderera kwekutamba kwemwana munhumbu

**SHANYIRA KIRINIKI IRI PEDYO NEWE KANA UCHINGE
UNE CHIMWE CHEZVIRATIDZO IZVI**

Ndedzipi njodzi dzebhiipii (BP) kuna mai vakazvitakura?

Dzinotevera ndedzimwe dzenjodzi dzebhiipii (BP) rakakwira panamai vakazvitakura:

- Kubuda ropa rakawandisa panguva yekusununguka mwana
- Chirwere chemoyo
- Kukuvara kweitsvo
- Kugwinha
- Kuita 'stroke'
- Kufa



Ndedzipi njodzi dzebhiipii (BP) kune mwana akatakurwa munhumbu?

Mwana ari munhumbu maamai vanenge vane bhiipii (BP) yakakwira anogona :

- Kuzvarwa ane huremu huri pasi pehunotarisiwa pamwedzi yaanayo
- Kuzvarwa nguva isati yakwana
- Kuzvarwa akafa