

# Pregnancy Induced Hypertension (PIH) Cause and Prevention

## What is PIH?

Pregnancy induced hypertension (PIH) is a high blood pressure disorder of pregnancy. It has long been one of the major problems for mothers in pregnancy, along with infection and hemorrhage. It affects 5-8% of first time mothers.

## There are three different levels of PIH:

1. High Blood Pressure alone
2. High Blood Pressure and protein in urine and/or swelling
3. High Blood Pressure, protein in urine, swelling and convulsions

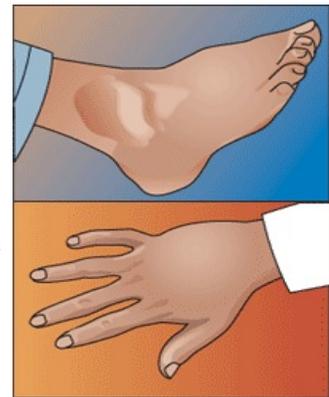
PIH can be detected early during regular prenatal visits, which is one of the reasons they are so very important. If you have PIH and it is untreated you may wind up with a preterm baby, a stillborn baby or a baby who has growth retardation (IUGR), not to mention the effects on your health.

## How to prevent PIH:

1. Make a list of everything you eat and bring it to your appointments
  - a. Your protein should be 100 grams per day
2. Take Uva Ursi 4-6 Cap every day
3. Drink 1 quart of Cranberry juice for three days
4. Drink 1 gallon of water every day

(I found that it is easier to fill 4 quart jars 1. Drink one before breakfast. Drink one between breakfast and lunch. Drink one between lunch and supper. Drink one between supper and bedtime.)

5. Rest 2-3 times every day for 15-20 min on you left side
6. Take 2 gms of calcium & 1 gm of Magnesium each night with a glass of milk
7. Take a warm bath in the evening with ½ cup Epsom Salts every night may add a few drops of Lavender or other relaxing scent.
8. Take two tabs Garlic three times a day



## If you experience any of the following warning signs, report them to your practitioner:

- ▶ Rapid weight gain, 4 - 5 lbs in a single week
- ▶ Sudden swelling
- ▶ Swelling of your face or hands
- ▶ Swelling of your ankles or feet that does not go away after 12 hours of rest
- ▶ A rise in your blood pressure
- ▶ Protein in your urine
- ▶ Severe headaches
- ▶ Blurry vision
- ▶ Seeing spots in your eyes
- ▶ Severe pain over your stomach, under your ribs
- ▶ Decrease in the amount of urine

Not all of these symptoms or signs may be detected by every individual. This is one of the reasons that it is so important that you keep your regular prenatal appointments. It is important to screen all women for the above symptoms as well as other signs of PIH.

The important thing to remember is that PIH is a very serious illness. You must be followed closely by your medical professional to help prevent prematurity and other severe complications in the most severe cases.

See more at:

[www.gentlebirth.org/archives/pih.html](http://www.gentlebirth.org/archives/pih.html)