



How have you (and your family) been involved with the Preeclampsia Foundation?

I just came to know about the Preeclampsia Foundation and we are now taking part in the walk.

Describe your personal experience with preeclampsia and the impact it has had on you and your family.

My personal experience with preeclampsia was with my third delivery of my son seven years ago. As early at 14 weeks in my pregnancy, I started to have symptoms and got diagnosed with CHTN (chronic hypertension). I had a scheduled repeat c-section with my last delivery and I had asked the doctor to discharge me early on POD #2 out of hospital, post delivery. Even with my blood pressure being in 150s/90 's , I thought I could manage it with meds since I am a labor nurse. Once I was home my blood pressure was not maintained and kept creeping up despite taking medication twice a day (eventually increased to three times a day). On day 5, my blood pressure was 200/110 , I felt awful, shaky, and close to seizing so I went to the hospital and they ran stat preeclampsia labs and the results came back elevated. I then got transferred straight to the ICU. Because I could not take my newborn to the ICU, we had to be apart and my other two kids were in school and I had to make arrangements for them to be picked up and stay with friends.

How has the Preeclampsia Foundation's information or services helped you either before, during, or after your pregnancy?

Actually, I was not aware of the foundation during this period, or the services that they offer.

Why do you feel that preeclampsia education and support is important for all pregnant women?

I feel that preeclampsia education and support is very important for all pregnant woman because they must know about the resources and the support the foundation provides and that it can be helpful before, during, or after your pregnancy. I feel like I missed out on that information and it could have been very useful for me and I could have benefitted from it in many ways.

-Ravneet Gill , Assistant Nurse Manager, Labor and Delivery
Mission Family for Bay Area Promise Walk 2018