

WHY LEAD EXPOSURE MATTERS DURING PREGNANCY



LEAD & PREECLAMPSIA

Even low levels of lead exposure can cause health problems over time. Lead poisoning during pregnancy can cause high blood pressure disorders, miscarriage, stillbirth, premature birth and low birth weight. Preeclampsia and eclampsia are pregnancy-related conditions involving high blood pressure that can cause serious health problems for both the pregnant individual and their baby.

Did You Know?

- There is **no** safe level of lead in the human body.
- The national blood lead reference level is 3.5 uq/dl (micrograms per deciliter). Levels at or above the reference level require continued monitoring and identification of potential sources of lead exposure.
- Studies indicate the risks of preeclampsia increase as blood lead levels increase.

Signs & Symptoms of Preeclampsia

- Sudden spike in blood pressure (*at or greater than 140/90 mmHg*)
- Increased swelling in hands and face
- Headaches
- Stomach pain
- Nausea
- Protein in urine
- Weight gain of more than 5 pounds in a week



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See other side for details



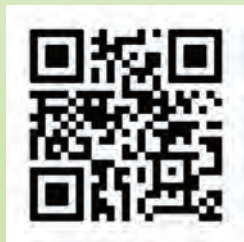
Risks of Preeclampsia to the Birthing Individual

- If severe enough, preeclampsia may develop into eclampsia which can result in seizures or coma.
- Preeclampsia can lead to organ damage or failure, pregnancy loss and stroke.
- HELLP (*Hemolysis, Elevated Liver enzymes and Low Platelets*) syndrome is a pregnancy complication that breaks down red blood cells, elevates liver enzymes and reduces platelet counts which may cause bleeding problems.
- Postpartum preeclampsia and eclampsia can develop after childbirth, and if not treated quickly, may result in death.

Risks of Preeclampsia to Baby

- Lack of oxygen and nutrients, resulting in poor fetal growth
- Preterm birth or stillbirth
- Increased risk of long-term health issues such as learning disorders, cerebral palsy, epilepsy, deafness and blindness
- Delayed developmental milestones, learning disabilities and behavioral issues
- Death

Scan the code to learn more about
preeclampsia and premature birth



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