

[Onscreen] DHHS and CDC logo.

[Music]

Lindsay: I had heard of preeclampsia before, but I had never experienced it due to the fact that my first pregnancy was so normal.

[Onscreen text] Hear Her: Lindsay's Story.

I have four kids. They are eight, four, three and two.

My first pregnancy was pretty normal. Everything was smooth sailing and it was just typical. The second pregnancy I had a few complications and developed preeclampsia. The headaches that wouldn't go away and then my blood pressure was very high. Since my first pregnancy was so normal, the second pregnancy the signs and the symptoms I was able to recognize those as not being normal. I was able to compare the two pregnancies.

When the symptoms started coming I was a wreck, I was very nervous, I was very scared. I felt a lot of self-pressure, especially like is it something that I ate causing this or is it something. And then when I would voice my concerns, sometimes it would be, 'Oh, you're pregnant, your feet are supposed to swell.' Or, 'Oh, you're fine, you're pregnant. It's fine.' But I didn't feel fine. All these symptoms are happening at the same time. The headache and the blurred vision. That's another thing related to the headache was the fact that I had the blurred vision, almost like sunspots.

[Onscreen text] Changes in vision and headaches can be signs of preeclampsia.

So I know that these were related. So we went to the hospital and they ended up inducing me and I ended up having my son who was healthy and happy. But even after having my son, my legs were so, my ankles and feet were so swollen that they were doing ultrasounds. They were worried about blood clots and very worried because it was just so severe.

My advice to women: you know your body better than anyone else in the world. You are your number one advocate. Be proactive about stuff. If you feel something is a little off, go check. Go make sure. Talk to somebody, express how you feel. It could be nothing, and if it is great, but if it's something serious, it's better to catch it in the beginning than just to think it's normal pregnancy and everything's going to be okay, and it was something that could have been prevented.

Hear her.

[Onscreen] Learn more at [cdc.gov/HearHer](https://www.cdc.gov/HearHer).