

# High Blood Pressure in Pregnancy

Blood pressure is the force put on the walls of your blood vessels as blood travels through your body. Blood pressure helps pump blood to your body.

## Taking Your Blood Pressure

Blood pressure is often checked by putting a wide band called a cuff around your upper arm. Air is pumped into the cuff. Your blood pressure is measured as the air is let out of the cuff.

Blood pressure is one number over a second number.

- The top number is higher and is called the systolic reading. It is the pressure in the blood vessels when the heart pumps.
- The bottom number is lower and is called the diastolic reading. It is the pressure in the blood vessels when the heart rests between beats.

## Normal Blood Pressure

Normal blood pressure is 120 over 80 or less. Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

## High Blood Pressure

High blood pressure is also called hypertension. High blood pressure is 140 over 90 or higher. A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

# Nañinmij in High Blood ilo lien Bōroro

Blood pressure (mejatoto eo ilowan eke ko) ej kwalok joñan an kajur ilo belakin eke ko ñe bōtoktōk eo ej ito itak ilowan anbwinnūm. Blood pressure (mejatoto eo ilowan eke ko) ej jibañ leto letak bōtoktōk ñan anbwinnūm.

## **Kakilen Joñan Blood Pressure eo Am**

Rej kakilen joñan blood pressure eo kin juon korak (cuff) ej kabol tulōñ in beiūm. Rej kadrelōñ kōto eo ñan ilowan korak eo. Rej bwinwin blood pressure eo am ñe kōto eo ej diwōj jen korok eo.

Blood Pressure ej walok ilo juon nōmba raan juon bar nōmba.

- Nōmba eo ilōñ im eutiej iaer etan in systolic reading. Ej kwalok joñan blood pressure eo ñe menono eo ej bam.
- Nōmba eo ilal im ettā iaer etan in diastolic reading. Ej kwalok joñan blood pressure eo ñe menono eo ej kakkije im jab bam.

## **Joñan Blood Pressure Emman eo**

Joñan blood pressure emman eo ej 120 lōñ in 80 im lal lok. Joñan blood pressure eo eoktak jen armij ñan armij. Joñan blood pressure eo ibben kajojo armij eoktak jen awa ñan awa im jen raan ñan raan.

## **Jonan Blood Pressure eo Enana**

Joñan blood pressure eo enana etan in high blood ñe ejab hypertension. Joñan high blood ej 140 loñ in 90 em utiej lok. Eban alikar ñe ewōr am nañinmij in high blood mae iien kwoj kakōlkol elōñ kattōn im ej bed wot ilo nōmba ko iloñ.

## **High Blood Pressure and Pregnancy**

High blood pressure can be dangerous for pregnant women and their unborn babies. Women with high blood pressure before pregnancy may have more problems during pregnancy.

Some women get high blood pressure while they are pregnant. High blood pressure during the second half of the pregnancy is called gestational hypertension.

Without treatment, high blood pressure during pregnancy can cause a small or ill baby and problems for the mother.

## **Signs of High Blood Pressure in Pregnancy**

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs.

## **Your Care**

If you have high blood pressure:

- Check your blood pressure often.
- Go to your regular doctor visits to check you and your baby.
- Take your blood pressure medicine as ordered by your doctor. Take your medicine even if you feel well.
- Limit salt intake.
- Exercise most every day.
- Get plenty of rest. Lie on your left side to give your baby the most oxygen. Ask for help if you work or have other small children.
- Reduce stress.

## **Nañinmij in High Blood im Bōroro**

Nañinmij in high blood emaroñ bar kauwōtata ñan kōrā ro rebōroro im kab niñnin ko ilowan lojier. Kōrā ro em ewor aer nañinmij in high blood mokta jen aer jino bōroro remaroñ iion e elōn kain nañinmij ej jelet er ilo iien eo rebōroro.

Jet kōrā rej bōk nañinmij in high blood ilo iien eo rebōroro. Ñe ej walok nañinmij in high blood ilo allōn ko 4 mokta jen am keotak etan in gestational hypertension.

Elaññe ewōr nañinmij in high blood ilo iien an bōroro im ñe kōrā eo ejab taktō, niñniñ eo emaroñ dikļok akō emaroñ naniñmej im emaroñ kokkure jinen.

## **Kōkalle ko ñe ewōr am Nañinmij in High Blood ilo Iien eo kwobōroro**

Juon wōt wāween jelā ñe ewōr am nañinmij in high blood ej etal im kakōlkōl. Elōn armij ejjab walok aer kōkalle.

## **Ejmour eo Am**

Elaññe ewōr am nañinmij in high blood:

- Kakilen blood pressure eo am aolep iien.
- Kwōn taktō aolep iien ñe rej ba kwōn takto ñan kakilen eok im niñniñ eo nejūm ilojiōm.
- Idaaki uno in high blood ko limōm einwōt an taktō eo am ba. Idaaki uno ko meñe emman am mour.
- Kadikļok am mōnā salt
- Makitkit im exercise ñan kemourour ānbwinūm
- En lab am kakkijie. Babu kin ūlul tu anmiñ ñan lelok nan niñniñ eo elab mejatoto. Kajitōk jibañ ñe kwoj jermal ak ewōr ajiri ro jet nejūm redrik.
- Kadikļok am inebata

## **Gestational Hypertension**

Your doctor will check your health during pregnancy to watch for gestational hypertension. Gestational hypertension can progress to pre-eclampsia or eclampsia. This can affect the placenta, and the mother's kidneys, liver and brain.

### **Signs of Pre-eclampsia**

- Headache
- Heartburn
- Blurred vision or seeing spots
- Difficulty breathing or shortness of breath
- Pain in the upper right side of the stomach

If you have high blood pressure and seizures, it is called eclampsia.

Treatment for gestational hypertension may include lowering your blood pressure with bed rest or medicines, a hospital stay or delivery of your baby.

Talk to your doctor **right away** if you have any of these signs or have any questions or concerns.

© Copyright 2005 – 1/2010 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

## **Gestational Hypertension (nañinmij in high blood ilo allōn ko 4 mokta jen am keotak)**

Taktō eo am enaj kakilen ejmour eo am ilo iien bōroro im lale elaññe ewor am nañinmej in gestational hypertension. Gestational hypertension emaroñ lablok ñan pre-eclampsia ak eclampsia. Men in enaj jelet pej eo pijin niñnin eo, im kidney eo an jinen, ajin im kōmālijin.

### **Kōkalle ko in Pre-eclampsia**

- Metak Bar
- Bwilmeleen
- Marok tok mejam ak kwoj elolo iju
- Jeekļok ak jabjabmenowaam
- Metak tuloñ anbwijmaroñ in lojōm

Elaññe ewōr am nañinmij in high blood im dibūbbūb, etan in eclampsia.

Jekjek ko ñan bōbrae gestational hypertension emaroñ koba lelallok joñan blood pressure jen am bed wot ilo jikin kiki eo im kakijie ak idaak uno ko, dreloñ im bed jidik ilo aujpitōl ak kwolotak niñniñ eo nejūm.

Kenan ibben taktō eo am **ilo iien eo emōkajitata** ñe ewōr ippām kajojo kōkalle kein ak elaññe ewōr jabdwot am kajitōk ak inepata ko.

© Copyright 2005 – 1/2010 Health Information Translations All Rights Reserved

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

High Blood Pressure in Pregnancy. Marshallese