

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.

Elañe ej Utiej Aerin Bôtôktôk (High Blood Pressure) ilo am Bôroro

Aerin Bôtôktôk ej joñen an Kajoor an aer Bôtôktôk ilo Eke ko ak Ialiñ Bôtôktôk ko ke Bôtôktôk en ej ilok iloan Enbwinôm. Aerin Bôtôktôk ej jibañ euk bam Bôtôktôk ilo aolepen Enbwinôm.

Wåwin Joñe Aerin Bôtôktôk

Ekå wôt ar kômman Teej in Aerin Bôtôktôk ilo ar kajerbal juôn môttan Nuknuk ej kabool Båim nae etan (**cuff**). Mejatoto ej bam lok iloan Nuknuk eo (**cuff**). Aerin Bôtôktôk eo am rej joñe ke rej kôtlók Kôto en.

Joñók in Aerin Bôtôktôk ej walok ilo juôn Nômba ej ber ion bar juôn Nômba.

- Nômba en iliñ ej utiej lok im ej nae etan “Joñen Jijtolik” (**systolic reading**). Ej kwalok joñen Aerin Bôtôktôk ilo Eke ko ke ej bam Menono eo.
- Nômba en ilól ej etå lok im ej nae etan “Joñen Taiejtolik” (**diastolic reading**). Ej kwalok joñen Aerin Bôtôktôk ilo Eke ko ke ej kakije Menono eo ikôtan Iien ko ej bam.

Aerin Bôtôktôk ilo Emmôn Joñen (normal blood pressure)

Aerin Bôtôktôk eo ilo Emmôn Joñen ej 120 ion 80 ak edik lok. Joñók in Aerin Bôtôktôk ej oktôk ikôtan juôn Armij im Armij ro jet. Aolep Armij ro ej ukoktôk Aerin Bôtôktôk jen Awa lok ñon Awa im jen juôn Ran lok ñan barjuôn Ran.

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.

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.

Utiej Aerin Bôtôktôk

Utiej Aerin Bôtôktôk ej bar nae etan “Aibertônjôn”(hypertension). Utiej Aerin Bôtôktôk ej elap lok jen 140 ion 90 ak utiej lok wôt. Rej jab ba ke kwôj ber ilo Utiej Aerin Bôtôktôk mai Aerin Bôtôktôk eo am ej elap an Utiej iomin elôn jet Iien rej teeje, im ej Utiej wôt im ber wôt ilo an Utiej.

Utiej Aerin Bôtôktôk im Bôroro

Utiej Aerin Bôtôktôk ej maroñ elap an Kauwôtata iben Kurae ro im Niñniñ ro rej ber wôt Ilowa. Iben Kôrà ro rej ber ilo Utiej Aerin Bôtôktôk mokta jen aer Bôroro ej maroñ walok elôn lok Abañ ko ilo aer Bôroro.

Jet Kôrà ro rej bôk Nañinmij in Utiej Aerin Bôtôktôk ilo Iien eo rej Bôroro. Utiej Aerin Bôtôktôk ilo Jimattan Iien Bôroro en ilo jômlok en ej nae etan “Utiej Aerin Bôtôktôk ilo Kurae” (**gestational hypertension.**)

Elañe ejelok Wåwin Taktô ak Uno, Utiej Aerin Bôtôktôk ilo Iien Kurae ej maroñ kwalok juôn Niñniñ eo elap an drik ak nañinmij im eloñ bar jet Abañ ko iben Jinin Niñniñ eo.

Kakôlle ko ekijien Utiej Aerin Bôtôktôk ilo Bôroro

Ejelok Wåwin am jelå ke kwôj ber ilo Utiej Aerin Bôtôktôk ejelokin wôt bwe kwôn kakôlkôl. Enañin aolep Armij ejelok Wåwin aer jelå im ejelok bar Kakôlle ko rej walok.

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.

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.

Wåwin Kejbarok ko Am

Elañe kwôj ber ilo Utiej Aerin Bôtôktôk:

- En ekutkut am Teej kin joñen Aerin Bôtôktôk.
- Kwôn ilok ñôn iben Taktô eo am bwe ren teeje kwe im Niñniñ eo nejôm.
- Kwôn idak Uno in Utiej Aerin Bôtôktôk ainwôt Karôk ko an Taktô eo am. Kwôn idak wôt Uno ko jôkron elañe kwôj eñjake ke ej emmôn lok am mour.
- Kejbarok bwe en jab elap am môñe Jol (salt).
- Kammalmel ak kaddipenpen ilo enañin aolep Ran.
- Kwôn kejbarok bwe en elap am kakije. Mokta babu Ulul ilo Tu Anmiiñ bwe en elap tata an ilok “Akjijen” (**oxygen**) ñôn Niñniñ eo. Kajitôk bwe en wor juôn Armij ej jibañ euk elane kwôj jermal ak elañe ej bar wor nejôm Ajri jidrik ro jet ibôm.
- Kadrik lok am ber ilo Wåwin Inepata.

Utiej Aerin Bôtôktôk ilo Kurae

Taktô eo am enaj lale Wåwin am Mour ilo am Bôroro bwe en kejbarok ke kwôjab ilok ñôn an walok Utiej Aerin Bôtôktôk ilo Kurae. Utiej Aerin Bôtôktôk ilo Kurae enaj maroñ wônmanlok ñôn juôn Wåwin Kônkôn ilo jikin Niñniñ eo (**pre-eclampsia or eclampsia**). Nañinmij in ej maroñ kokure “Kiliblib eo” (**placenta**), “Deke in Jibke ko” (**kidneys**), “Aj eo” (**liver**) im “Kômaliñ eo” (**brain**) an Jinnin Niñniñ eo.

Signs of Preeclampsia

- 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.

Kakôlle in Kônkôn ilo Jikin Niñniñ eo (Pre-eclampsia)

- Metak Bôd
- Bwilmeliñ
- Wâwin an Tôbtôp ilo Mâj ak komaroñ elolo Iju ko
- Abañ ilo am menono
- Metak ilo tu liñ im tu anbwijmaroñ in Lojeôm

Elañe ej utiej Aerin Bôtôktôk eo am im kwôj eñjake an kônkôn Lojeôm, ak kein Kâ Enbwinôm, ej nae etan “Kônkôn ilo Jikin Ninnin Eo” (**eclampsia**).

Wâwin Uno ak bobrae kin an walok Utiej Aerin Bôtôktôk ilo Kurae ej maroñ koba lok;

- Kadrik lok an utiej Aerin Bôtôktôk ilo am kakije ilo Peet ak idak Uno
- Kwoj maroñ aikwôj juôn “Ien dreloñ im ber ilo Jikin Ejmour” (**hospital stay**)
- Kalôtak Niñniñ eo nejôm (**delivery of your baby**)

Kwon mokaj im Konono iben Taktô eo am “**kia kia wôt**” (**right away**) elañe kwôj eñjake jabrewôt ian lajrak in Kakôlle ko kein, ak elañe ej wor am Kajitôk ak Inebata.

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