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Presion arterial normal embarazo pdf

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This article is more than 1 year old. The content cannot be updated. High blood pressure during pregnancy can increase the risk of heart disease, kidney disease and diabetes after delivery, according to a study. Healthy habits and medical control are fundamental to maintain this cardiovascular risk factor at Bada. Women who have high blood pressure during pregnancy can have a greater risk of developing heart disease, chronic kidney disease and diabetes. This is what a newly published study is concluded on the Circulation journal. In this investigation, the least serious forms of arterial hypertension were analyzed, which are much more common in pregnant women. For 40 years, researchers have followed more than 10,000 Finnish women who have had a child in 1966, and calculated the risk of developing heart or kidney disease or diabetes in adult ages among women with high blood pressure during pregnancy, comparing them with the pregnant women with arterial normal pressure. Among the results of the study, it highlights that women with high blood pressure during pregnancy had 14% the risk of suffering from cardiovascular diseases throughout life, compared to those presented by normal blood pressure. Moreover, these women have had from 2 to 5 times more likely to die for a heart attack than those presented by normal arterial pressure. Likewise, women who had high blood pressure during pregnancy showed 1.4-22 times at risk of having diabetes in adulthood. The authors conclude that high blood pressure during pregnancy, regardless of type and even without having known risk factors, increases the risk of cardiovascular disease, chronic kidney disease and diabetes mellitus. Clinical surveillance, the evaluation of risk factors, and early intervention could benefit women with pregnant hypertension. Hypertension: How to prevent it and treat it to follow Hobbit healthy life during pregnancy is essential both for the good development of the child as the state of health of a correct woman. The diet, physical activity, avoid smoking and alcohol, as well as carrying out a strict medical control, are the keys to bring a good pregnancy. So if you want to keep good arterial tension figures remember: don't smoke. Tobacco increases arterial pressure and heart rate. Furthermore, its negative effect also affects the health of the fetus. Avoid consumption of alcoholic beverages during pregnancy, alcohol increases arterial pressure and also has negative effects on the development of the fetus. Exercise The realization of exercise helps to reduce daily figures of blood pressure, helps control weight and reduce cardiovascular risk. Here you will find further information complete on the most appropriate exercise for pregnancies and many very useful tips. It has a cardiosaludable diet. It consumes at least 3 pieces of fruit per day. Live well to avoid any risk of toxoplasmosis. It includes vegetables in food and dinner, in order to guarantee adequate intake of fibers and vitamins. Avoid coffee and carbonated drinks. Avoid saturated fat fats, present in integral readings, fatty cheeses, oily meat, chicken leather, bacon, butter, cream, baked goods and pastry shop. Decan for unsaturated fats, present in olive oil and seeds, fish and nuts. Check your weight. Overweight is a cause of hypertension. Respect the checks and follow the indications of your doctor to the foot from the letter. You know already, prevention is the key to control risk factors. During pregnancy: gestational hypertension: high blood pressure that develops during pregnancy. It starts after 20 weeks of pregnancy. Usually, it has no other symptoms. In many cases, not you or your child, and disappears wounded during 12 weeks after childbirth. However, increases the risk of hypertension in the future. Sometimes it can be serious, which can cause low weight at birth and premature birth. Some women with fine gestational hypertension up to develop preeclampsia chronic hypertension: it is high blood pressure, which starts before week 20 of pregnancy or before getting pregnant. Some women may have had before getting pregnant, but I don't know until they checked the arterial pressure on prenatal visit. Sometimes, chronic hypertension can also end up in preeclampsia preeclampsia: it is a sudden increase in arterial pressure after 20 week of pregnancy. In general, it happens at the last quarter. In rare cases, symptoms may not start until after delivery. This is called post-partum preeclampsia. Preeclampsia can also cause some of its organs, such as liver or childhood. The signs of these damages can include proteins à é

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