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Preeclampsia, can it be prevented?

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Hypertensive disorders of pregnancy are an important cause of severe acute morbidity, long-term disability and death among mothers and babies. Hypertensive disorders of pregnancy affect about 10% of all pregnant women around the world. In Asia and Africa, nearly one tenth of all maternal deaths are associated with hypertensive disorders of pregnancy. The majority of deaths related to hypertensive disorders can be avoided by providing timely and effective care to women presenting with such complications. Preeclampsia, among the hypertensive disorders is one of the leading causes of maternal and perinatal mortality and morbidity worldwide. Preeclampsia is a hypertensive, multi-system disorder of pregnancy that significantly contributes to maternal and fetal/neonatal morbidity and mortality. However, the pathogenesis of preeclampsia is only partially understood and it is related to disturbances in placentation at the beginning of pregnancy followed by generalized inflammation and progressive endothelial damage. As a result, preventative measures and screening tools are lacking, treatments are directed at the management of overt clinical manifestations and delivery remains the only definitive cure. Obesity, chronic hypertension and diabetes are among the risk factors for preeclampsia. Primary prevention of preeclampsia is controversial and subject of active research, particularly with regard to the use of anti-inflammatory agents and micronutrients including calcium, magnesium, zinc, fish oil dietary supplementation and possibly exercise. The only definitive treatment for preeclampsia is termination of pregnancy/delivery of the fetus and placenta, early prenatal care for identification of women at risk and early detection of development of preeclampsia is the best prevention because there is no known etiology for preeclampsia.

Biography

S Nafees Bano is the Professor of the Department of Obstetrics and Gynecology, Hakim Syed Ziaul Hasan Government Unani Medical College & Hospital, Barkatullah University, India. She has graduated from Hamdard Tibbi College, Delhi University in 1990 and started working as a Gynecologist. She started her academic career in 1995 and has worked in various Unani Medical Colleges and Hospitals. She has received her MD in 2008 from National Institute of Unani Medicine, India. In her 20 years long career, she has worked as Examiner in various Universities, Supervisor for MD theses, Subject Expert in various Selection Boards & MPPSC, Resource Person, Guest Speaker, Chairperson in workshops, Training Programs and Seminars. She is the Chairman, Board of Studies, Barkatullah University, India. She is also the Chairman of IEC, CCRUM, Bhopal. She has presented papers in various conferences and seminars and delivered a talk on Women Health Issues on All India Radio, Bhopal.

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