

BLOGS

## High Blood Pressure (Hypertension) During Pregnancy: Complications, Risks & Precautions

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Pregnancy is a transformative time for every family, but it also comes with its share of health challenges. One such concern is hypertension, or high blood pressure, which affects up to 10% of pregnancies in the United States. According to the CDC, hypertensive disorders affect 5% to 10% of pregnant women, representing a 25% increase over the last two decades.

This condition can be more than simply a minor inconvenience. If not appropriately controlled, it can endanger both the mother and the infant. Pregnant women can reduce difficulties and have a safer pregnancy by learning about them, taking precautions, and changing their lifestyles.

### What is High Blood Pressure During Pregnancy?

High blood pressure in pregnancy is when blood pressure levels rise above the normal range of 120/80 mm Hg. It can be classified into two main types:

1. **Chronic Hypertension:** High blood pressure that existed before pregnancy or occurs before the 20th week.
2. **Gestational Hypertension:** Develops after the 20th week and typically resolves after childbirth.

### Complications and Risks Associated with Hypertension During Pregnancy

High blood pressure during pregnancy is very common but is a red flag if not treated under observation. Here's why:

1. **Preeclampsia** - A serious condition characterized by high blood pressure and protein in the urine. This disease can lead to severe complications like organ damage, preterm birth, and placental abruption.

According to the American College of Obstetricians and Gynecologists (ACOG), preeclampsia affects 5-8% of pregnancies.

2. **Eclampsia** - An even more severe form of preeclampsia, eclampsia, involves seizures or coma and requires immediate medical attention. It can be life-threatening for both the mother and the baby if not properly treated.
3. **Low Birth Weight** - Hypertension can impair the flow of nutrients and oxygen to the baby. This can potentially lead to intrauterine growth restriction (IUGR) and result in a low birth weight baby.

4. **Preterm Delivery** - Due to complications related to high blood pressure, sometimes early delivery is necessary to reduce risks, which can lead to premature birth and associated health challenges for the newborn.

**Also Read-** [High Blood Pressure And Headache - Is There A Connection?](#)

## **How To Manage Hypertension During Pregnancy?**

It is always best to make a plan for hypertension management during pregnancy. Managing hypertension during pregnancy involves a blend of medical advice, lifestyle changes, and dietary modifications. Here's how you can keep your blood pressure in check while expecting:

### **1. Monitor Blood Pressure Regularly**

It is important to check your blood pressure more often than your regular days. It ensures to keep you within a safe range. If you have a history of hypertension or are at risk, consult your doctor about using a home blood pressure monitor.

### **2. Switch to a Healthy Salt Alternative**

Regular table salt is not a good choice when trying to keep blood pressure under control. Fortunately, there's a vegan-approved and healthier option at SaltWise - Salicornia salt or Salicornia powder. This succulent powder has a 50% low sodium content and is known for its high mineral profile. This **healthy salt alternative** can help add umami flavor to your meals without spiking your sodium intake.

Do you know that Salicornia salt is packed with heart-friendly minerals like potassium, calcium, and magnesium? You heard right. This essential mineral maintains electrolyte balance in your body and supports healthy blood pressure levels.

Use Salicornia salt as a seasoning for salads, soups, and home-cooked meals for a healthier salt alternative. It's a small change that can make a big difference.

### **3. Stay Active with Gentle Exercise**

While strenuous workouts may be off the table, gentle physical activity like walking, prenatal yoga, or swimming can help manage blood pressure levels. Exercise improves circulation and helps maintain a healthy weight during pregnancy.

### **4. Keep Stress At Bay**

Stress can elevate your high blood pressure this time and it is bad for the mama as well as for the baby. So find out ways to unwind and relax. Techniques like deep breathing exercises, meditation, or even just indulging in a hobby like painting or book reading can help keep stress levels low.

### **5. Adopt a Balanced Diet with Blood Pressure-Friendly Foods**

Diet is key to controlling blood pressure. Focus on foods that are high in potassium, calcium, and magnesium, such as:

- Leafy greens (spinach, kale)
- Nuts and seeds (almonds, chia seeds)
- Bananas and avocados
- Cinnamon
- Garlic
- Salicornia powder or Samphire salt

Absolutely avoid processed foods and opt for natural, unprocessed ingredients, especially during pregnancy.

## **Other Tips for Lowering High Blood Pressure During Pregnancy**

### **6. Stay Hydrated**

Drinking plenty of water helps maintain blood volume and supports overall cardiovascular health. Pick up at least 8-10 glasses per day to stay well-hydrated.

### **7. Limit Caffeine Intake**

High levels of caffeine can contribute to increased blood pressure. Stick to one cup of coffee or tea per day, or switch to caffeine-free alternatives.

### **8. Get Enough Sleep**

Quality sleep is essential for a healthy pregnancy. High blood pressure can worsen with sleep deprivation, so aim for 7-9 hours of sleep per night.

## Common Risk Factors for Hypertension During Pregnancy

Some women are more likely to experience high blood pressure during pregnancy and there are some reasons behind it:

- Pre-existing chronic hypertension
- Obesity or being overweight
- Family history of hypertension or preeclampsia
- Multiple pregnancies (twins, triplets)
- First-time pregnancies
- Age (especially if the mother is younger than 20 or older than 40)

Knowing these risk factors can help women take proactive steps to mitigate complications.

**Also Read-** [Different Approaches To Control High Blood Pressure](#)

## The Role of Salicornia Salt in a Heart-Healthy Diet

Salicornia salt is more than just the best salt alternative; it is an innovative way to support cardiovascular and skin health naturally. Unlike traditional table salt, it's harvested from the coastal Salicornia plant, giving it a unique flavor profile. It is gentler on the cardiovascular system.

Take baby steps and start with your seasoning. Buy [Salicornia green salt](#) for a powerful umami kick or Salicornia white salt for a milder taste from the house of SaltWise and feel the goodness from day one.

## Conclusion

High blood pressure or hypertension during pregnancy may seem daunting, but with proper knowledge, and management via lifestyle changes, the risks can be significantly reduced.

Enjoy your pregnancy and stay proactive about your health. Whether it's switching to [Salicornia salt](#), managing stress levels, or staying active, every small step counts toward better health for you and your baby.

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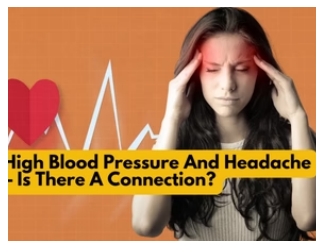
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