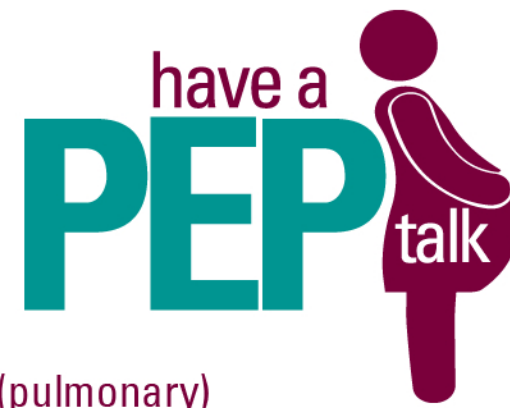


TRAGICALLY, WOMEN STILL DIE FROM COMPLICATIONS EXPERIENCED DURING PREGNANCY AND CHILDBIRTH. IN THE UNITED STATES, THREE OF THE LEADING CAUSES OF THESE DEATHS ARE:



Preeclampsia

What is it? Severe high blood pressure, often accompanied by the presence of protein in the urine during pregnancy, childbirth, or after delivery

How common is it? Approximately 200,000 – 300,000 women are affected each year, or 5 – 8 of every 100 pregnancies in the U.S.

When does it occur? Typically in the late second or third trimesters of pregnancy, but can occur anytime during pregnancy or six weeks after

What are the symptoms*?

There are many symptoms of preeclampsia, but some of the most common ones are:

- Severe headache
- Blurred vision
- Pain in upper abdomen or under ribs
- Nausea and dizziness
- Swelling in the face or hands

Embolism (pulmonary)

What is it? A sudden blockage of an artery in the lung, usually caused by a blood clot that travels to the lung from a vein in the leg

How common is the risk? A woman's risk of a blood clot (in the leg or lung) is about four times higher than normal during pregnancy

When does it occur? There is a similar risk for blood clots during all three trimesters of pregnancy, and an increased risk after delivery and after c-sections

What are the symptoms of pulmonary embolism*?

Symptoms include:

- Sudden shortness of breath
- Sharp chest pain that is worse when you cough or take a deep breath
- A cough that brings up bloody sputum/mucus

Post-Partum Hemorrhage

What is it? Excessive bleeding during or after giving birth

How common is it? Affects nearly 100,000 women per year, or three out of every 100 deliveries in the U.S., and is the leading cause of maternal mortality worldwide

When does it occur? Post-partum hemorrhaging most often occurs in the 24 hours after delivery, but a small percentage of women experience it more than 24 hours after delivery or before six weeks

What are the symptoms*?

- Heavy vaginal bleeding
- Feeling faint
- Increased heart rate
- Swelling and pain in the vaginal area

TOGETHER, THESE THREE CAUSES SPELL "PEP." YOU CAN HELP IN THE FIGHT TO ENSURE A HEALTHY PREGNANCY BY MAKING SURE YOUR LOVED ONES "HAVE A PEP TALK" WITH THEIR DOCTORS AND/OR OTHER HEALTHCARE PROFESSIONALS ABOUT POTENTIAL PREGNANCY COMPLICATIONS.

Who should you tell about PEP Talk?

Anyone pregnant or considering becoming pregnant – and their family members – so you can be sure they are talking to their healthcare professional about potential pregnancy complications. Any woman can be at risk for pregnancy complications, so it's important to share information and raise awareness. A simple statement – like "I recently learned that pregnant women can be at risk for some serious complications. Next time you're at the doctor, be sure to ask about this" – could make a difference.

Having a PEP Talk with your healthcare professional

It's important to talk to your healthcare professional about pregnancy complications, risk factors and warning signs. Some key questions include:

- What are the leading complications that can be experienced during pregnancy that I should be aware of?
- What are the risk factors associated with these complications?
- Is there anything I can do to reduce my risk?
- What are the warning signs that I or my family should look out for?

Pledge to ask someone you love to have a PEP Talk with their healthcare professional to help inform more people about leading pregnancy complications.

Visit MerckforMothers.com or Facebook.com/MerckforMothers.

*If you or someone you know experiences any of these symptoms, contact a healthcare professional right away.