

[Onscreen] Hear Her: Joanna's Story. DDHHS and CDC logo.

[Music]

Joanna: Hi. I'm Joanna. I am from Queens, New York, and I have two daughters.

After I gave birth to my first daughter, I thought everything was fine. During the actual delivery, my blood pressure was going up.

Two days later, I started to feel sick like my, my head was hurting. I started getting extremely swollen, like, in my legs and in my hands, and that never happened to me throughout my pregnancy.

[Onscreen text] Extreme swelling or headache can be signs of a serious pregnancy-related condition.

Joanna: I remember I went to sleep ... and then the next morning, I still wasn't feeling well. My head was hurting, I was feeling dizzy, I just wasn't feeling well at all. And then, um, I took my blood pressure, and it was really high and then I was just, like, "Something's wrong," um, and I went to the hospital; I went to the emergency room.

Once I got to the emergency room, they admitted me right away. I had no idea what was going on. And they said if I would have stayed home any longer, that it was possible that I could have had a stroke, or I could possibly even had a seizure. Or died at home.

I was also diagnosed with, uh, postpartum preeclampsia.

[Onscreen text] Postpartum preeclampsia is a sudden increase in blood pressure that occurs after delivery.

[Onscreen text] It is a serious condition that can be life-threatening.

Joanna: I didn't know that that was a thing. I thought preeclampsia only happened during pregnancy.

Joanna: You know your body. If something doesn't feel right, speak up and get the care that you need.

[Onscreen text] Hear Her. Hear Her Concerns. Learn more at cdc.gov/hearher. DDHHS and CDC logo.