

## Hauora i mua i te preeclampsia | mua hoki | te gestational hypertension

He whai oranga to hapūtanga mō te ao apōpō.

**Mohio i tou tūpatotanga:** Ngā wāhine kua pā ki tēnei mate te preeclampsia te gestational hypertension rānei ka piki ake te mate whai muri mai i to rātou oranga.



Whā o rau piki ake ka pāngia ki te tere o te toto.



Rua o rau piki ake ka pāngia ki te mate manawa.



Rua o rau ki te whā o rau ka pāngia ki te mate huka rua.



Rua o rau ka pāngia ki te mate rehu ohotata



Whā o rau ki te waru o rau ka pāngia ki te matetākihi



Rua kaute ki te toru ka mate te mate manawa

Me aha koe

**Me whakaiti atu to whakamōrea:** Ahakoa ko te preeclampsia tētahi o ngā mate i roto i to hitori mei kore pea kore e pangia ki te ngā mate cardiovascular.

**Ka taea e koe ki te whai oranga pai!**



Me korikori tinana



Kai i wō rongoa kua tuhia e te takuta.



Kai i ngā kai tika, te kai ora.

Whakamahia e Hauora tika mōu mō whānau e arohaina ana koe



Kōrero anō ki tō tākuta i mua i tō hapūtanga.