



HELLP syndrome is Hemolysis (Red Blood Cell destruction), Elevated Liver enzymes, and a Low Platelet count. It is a severe variant of pre-eclampsia or a separate disorder characterized by hemolysis, elevated liver enzymes, and low platelets. These indicators can only be formally diagnosed by blood work ordered by your provider. It is essential that you know what warning signs to look for and know when to report them to your provider.

Risk factors for HELLP include: being pregnant with your first baby, being older than 35 years, being of African-American race, obesity, family history of pre-eclampsia, chronic hypertension, chronic kidney disease, pre-gestational diabetes, being pregnant with more than one baby, vascular and connective tissue disease, abnormal ultrasound between 18 and 24 weeks, or hydatiform mole.

Platelets help your blood clot. Not having enough platelets could put you at risk of excessive bleeding. This alone makes out of hospital delivery unsafe. You should be prepared to transfer care to a physician if you receive a HELLP diagnosis.

Warning Signs That Should Be Reported To Your Provider Immediately

- Sudden severe headache
- Blurred vision
- Transient partial vision loss
- Persistent epigastric pain
- Yellow skin or whites of eyes

Nutritional Aide That May Help Prevent HELLP

- Drink half your body weight in ounces of water daily
- Dandelion tea: 2 or more cups daily
- High protein diet: 100 grams or more protein daily
- Magnesium supplements: Natural CALM is a great supplement that can be used daily
- Epsom salt baths: Soak in 1 cup of Epsom salt per normal size bath tub filled with warm water daily for about 20

References

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