

HELLP syndrome

Also called: hemolysis, elevated liver enzymes, low platelet count

A serious complication of high blood pressure during pregnancy.

Very rare

Fewer than 20,000 US cases per year



Treatable by a medical professional



Requires a medical diagnosis



Lab tests or imaging always required



Short-term: resolves within days to weeks

HELLP (hemolysis, elevated liver enzymes, low platelet count) syndrome usually develops before the 37th week of pregnancy but can occur shortly after delivery. Many women are diagnosed with preeclampsia beforehand.

Symptoms include nausea, headache, belly pain, and swelling.

Treatment usually requires delivery of the baby, even if the baby is premature.

Ages affected

0-2

3-5

6-13

14-18

19-40

41-60

60+



Symptoms

Requires a medical diagnosis

Symptoms include nausea, headache, belly pain, and swelling.

People may experience:**Pain areas:** in the upper abdomen**Whole body:** high blood pressure or malaise**Gastrointestinal:** nausea or vomiting**Also common:** headache or swelling in extremities**Treatments****Treatable by a medical professional**

Treatment usually requires delivery of the baby, even if the baby is premature.

Prescription**Channel blocker:** Nifedipine (Procardia)**Other treatments:** Hydralazine by injection, Labetalol by injection**Also common****Procedures:** Labor induction, Caesarean section**Other treatments:** IV fluids**Specialists****OBGYN doctor:** Focuses on reproductive health in women and childbirth.**Maternal-fetal medicine specialist:** Focuses on the medical management of high-risk pregnancies.**Critical care doctor:** Monitors and treats those in intensive care.**Critical:** consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.