

## High Risk Pregnancy

Every pregnancy has some risks, but there are more dangers to your health and the health of your fetus with a high risk pregnancy.

The causes can be conditions you already have or conditions you develop. They also include being pregnant with more than one baby, previous problem pregnancies, or being over age 35.

If you have a chronic condition, you should talk to your health care provider about how to minimize your risk before you get pregnant. Once you are pregnant, you may need a health care team to monitor your pregnancy.

Examples of common conditions that can complicate a pregnancy include:

- Heart disease
- High blood pressure
- Kidney problems
- Autoimmune disorders
- Sexually transmitted diseases
- Diabetes
- Cancer

Other conditions that can make pregnancy risky can happen while you are pregnant – for example, gestational diabetes.

Good prenatal care can help detect and treat them.

