



Meeting the Hay family

1. How have you (and your family) been involved with the Preeclampsia Foundation?

This is actually our first year with the foundation, but we're so glad to be a part of it. We'd really like to make a difference in spreading knowledge about this terrible disease.

2. Describe your personal experience with preeclampsia and the impact it has had on you and your family.

I actually had preeclampsia twice. The first was at 26 weeks in 2015 with my daughter. It came on so fast that unfortunately medicine only worked for 4 days. Our daughter was born via emergency c-section, weighing only 1lb 4oz at 12in long. I was incredibly swollen, crazy high blood pressure and overwhelmed.

She spent 82 days in the NICU and is now a perfectly feisty 5 year old. This past April, 2019 in my second pregnancy, I began experiencing symptoms I luckily had knowledge of. I was in and out of triage a few times until they finally admitted me at 30 weeks. That week in the hospital was torture. I was away from

my daughter and barely got to see her because of the flu restriction in the hospital. This time my blood pressure was under control but I was getting migraines that were causing vision problems. For fear of them causing a seizure we had to make the decision to deliver at 31 weeks. My son was 3lbs 3oz and luckily had very little problems. It was a matter of him growing and eventually learning to eat. He came home after 30 days in the NICU. my c-section with him went as planned but unfortunately within a matter of hours my responses were decreasing. About eight hours later they realized I was bleeding from behind my uterus. They tried a procedure to place a balloon, unfortunately it didn't work and I had to go back into surgery for a hysterectomy.

I was in ICU for two days and don't remember anything at all. Both pregnancies were traumatic and I don't wish the experience on anyone, ever.

3. How has the Preeclampsia Foundation's information or services helped you either before, during or after your pregnancy?

Now that my family and I have been through this disease twice, we feel the need to help other families overcome it. And to bring awareness, before moms are in the hospital confused and frightened not knowing what preeclampsia is all about.

4. Why do you feel that preeclampsia education and support is important for all pregnant women?

I truly wish I would've known about the disease before I ended up in the hospital with my daughter. It was so terrifying being in that hospital bed with multiple doctors coming in and out trying to explain. I think mothers and their families should know what to expect ahead of time, in case they end up in that situation.

Preeclampsia affects so many women now, there needs to be more awareness and support.