



EARLY ONSET PREECLAMPSIA

THE POWER
TO KNOW
SOONER

PreeclampsiaScreen™ | T1

PerkinElmer® | *Labs*
NTD

Preeclampsia: Knowing your risk sooner is better.

Your doctor is testing you for your risk of developing early onset preeclampsia, a potentially serious condition that occurs in approximately 0.5% of all pregnancies. It's important to detect your risk for early onset preeclampsia as early as possible in your pregnancy so that if you are at risk, steps may be taken to protect your health and the health of your baby.

What is preeclampsia?

Preeclampsia is a sudden increase in blood pressure and protein in the urine after the 20th week of pregnancy. Preeclampsia can lead to **eclampsia**, or convulsions, posing serious health implications for mother and baby. Symptoms of preeclampsia may include:

- High blood pressure ($\geq 140/90$ mmHg)
- Swelling in the face, hands and feet (although swollen feet are common during pregnancy)
- Weight gain of more than five pounds in a week
- Other problems such as headache, blurred vision, abdominal pain and nausea

What is early onset preeclampsia?



Early onset preeclampsia is defined as preeclampsia that results in the delivery of the baby before 34 weeks' gestation. It can be more severe than preeclampsia and can be life-threatening in certain cases.

Although there is no cure for preeclampsia, medical research suggests that some steps may be taken during pregnancy to prevent or lessen the symptoms. These may include increased monitoring by your doctor, modified activity, bed rest, possible referral to specialty care and the use of some medications, including aspirin.



Who's at risk for preeclampsia?

Preeclampsia affects about 5%–7% of all pregnancies, and early onset preeclampsia accounts for a fraction of all the cases of preeclampsia (early onset preeclampsia affects about 0.5% of pregnancies). Risk factors for preeclampsia include:

- Having high blood pressure before becoming pregnant
- High blood pressure or preeclampsia in previous pregnancies
- Pregnancy with more than one baby
- Age younger than 20 or older than 40
- Certain health conditions, such as diabetes, kidney disease, rheumatoid arthritis or lupus
- Obesity
- African-American or Caribbean descent
- Having a mother or sister who had preeclampsia

Having one or more of these risk factors does not mean that you will develop preeclampsia, but it may point to the need for first trimester screening to help further evaluate and refine your risk.

First trimester preeclampsia screening can help your doctor assess your risk profile earlier and more accurately. The sooner you know, the more you can do to prevent early onset preeclampsia or delay its onset.



A first trimester test can help.

PreeclampsiaScreen™ | T1 is an advanced blood test that helps determine your risk for early onset preeclampsia. It measures the presence of three biological “markers” of preeclampsia in the mother’s blood: **PAPP-A** (pregnancy-associated plasma protein-A); **AFP** (alpha fetoprotein); and **PIGF** (placental growth factor). When detected at certain levels, these markers can indicate a higher risk of early onset preeclampsia.

Your medical history and demographic information (e.g., height, weight, ethnicity and smoking) are also needed to provide an accurate risk assessment for early onset preeclampsia. Your doctor may also take one or both of these additional biophysical measurements:

- **Mean arterial pressure (MAP)** involves taking exact blood pressure measurements from both arms
- **Uterine artery Doppler pulsatility index (UtAD-PI)** examines the uterine artery with a special type of sonogram (ultrasound)

In combination with other types of monitoring, PreeclampsiaScreen™ | T1 can give your doctor a higher level of accuracy in assessing your risk for early onset preeclampsia.



What does the test involve?

Preeclampsia**Screen**™ | T1 can be ordered at the same time as other first trimester screening tests (such as screening for Down syndrome) and requires only a simple blood draw. Your doctor receives risk results in just 24–48 hours from sample receipt at the laboratory and can discuss them with you. Note that your doctor may choose to order other measurements such as **MAP** or **UtAD-PI**, which may involve a visit to an ultrasound lab.

What if the test shows that I am at risk?

Most women are not at risk for early onset preeclampsia. However, if your results show that you are, your doctor will discuss your level of risk and any steps to be taken to help manage the risk during your pregnancy.

The sooner you know, the better.

Determining your risk for early onset preeclampsia during your first trimester can help protect your health and the health of your baby. The sooner you know, the sooner you and your doctor can take steps to prevent or delay the onset of preeclampsia. Your doctor can help you to decide what is best for you and your pregnancy.

PerkinElmer Labs/NTD: An Innovator in Prenatal Testing

PreeclampsiaScreen™ I T1 is performed by PerkinElmer Labs/NTD, a leader in prenatal testing. PerkinElmer Labs/NTD has been providing patients with early prenatal detection and early assurance regarding birth defects for more than 30 years. We're part of PerkinElmer, a global leader in human health and the world leader in newborn screening. From pregnancy to birth and beyond, we're committed to helping protect the health of your family every step of the way.

Learn more. For more information, speak with your physician or visit/call us at:

**www.ntdlabs.com/preeclampsia
1-888-NTD-LABS (683-5227)**

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Pursuant to applicable federal and/or state laboratory requirements, PerkinElmer Labs/NTD has established and verified the accuracy and precision of its testing services.

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NTD-51064-0713 Printed in USA