

# 8 FACTS ABOUT HYPEREMESIS GRAVIDARUM

- 01** Hyperemesis Gravidarum sometimes abbreviated to HG is a pregnancy related condition that affects 1-2% of pregnant women. There is currently no cure for it.
- 02** Symptoms include extreme nausea and excessive vomiting. As a condition in its own right, whilst it does include sickness, it is NOT usual pregnancy sickness. Other symptoms include ptyalism, severe dehydration, malnutrition, low blood pressure and weight loss. It is rare but it can be life threatening.
- 03** What is life changing about this condition is that everything can be a trigger. People, normal smells, food smells, light, sound - literally everything around the sufferer could trigger her symptoms and make them worse.
- 04** Unlike usual pregnancy sickness this condition has the potential to last the whole pregnancy and rarely stops after the first trimester.
- 05** 10% of women will go on to terminate their wanted pregnancy due to or in part due to Hyperemesis.
- 06** Caring for children when you have Hyperemesis is almost impossible. This puts stress on the family at a time which is already challenging.
- 07** Due to the forced isolation women with Hyperemesis are 8x more likely to suffer with antenatal depression than women who do not suffer with HG.
- 08** Medication is usually needed to help the sufferer to manage her symptoms. Due to stigma around prescribing medication in pregnancy, women can struggle to get access to these medications, which results in prolonged and unnecessary suffering.