

HER Hyperemesis Gravidarum Facts

There's nothing quite like the excitement and anticipation experienced by most mothers-to-be. For many, however, the joy of pregnancy is destroyed by Hyperemesis Gravidarum (HG), a debilitating and potentially fatal disease with no definitive cure. HER Foundation research finds genetics play a role. Due to inadequate awareness and education, HG is often misunderstood, misdiagnosed, and mistreated. Severe symptoms may lead to unwanted terminations. HG's psychological impact is just as great, with women feeling depressed and alone as they struggle to cope with lost jobs, strained relationships, and escalating medical bills, as well as trauma and long-term health issues for both mother and child. **The Hyperemesis Education & Research Foundation (HER Foundation) is the leading organization globally** raising awareness, collaborating on research, and providing education, advocacy, and support for those managing HG.

About Hyperemesis Gravidarum (HG)

HG is a pregnancy disease that may cause **malnutrition, dehydration weight loss, and debility**, due to severe nausea and/or vomiting with potential long-term consequences for both mother and child.



Total incidence of HG is undetermined but estimated at **2-10%**
(Zhang, 1991; Czeizel, 2003).

Contrary to current medical opinion, **HG recurs in over 80%** of women, and **persists** throughout pregnancy in about 40 percent

Treatment



HG remains the **leading cause of hospitalization** in early pregnancy and is second only to preterm labor as the most common cause overall during pregnancy (ACOG, 2018).

HG contributes to nearly **425,000 ER/hospital discharges** in the US annually at a cost of approximately **\$3 billion** (HCUP, 2016).

Causes of HG



HG's cause is likely **related to genes that may elevate levels of** placenta and **appetite regulators,**

GDF15 and IGFBP7, which are abnormally high in HG pregnancies likely due to genetics and other factors such as malnutrition and stress (hyperemesis.org/research/#cause).

Child Outcomes



HG is also associated with poor fetal/child outcomes including **altered brain structure**, and **neurodevelopmental delay** with a **3-4X risk of significant behavioral and emotional disorders**. HG increases **preterm birth**, risk of autism, **neural tube defects**, as well as chronic illness later in life likely due to maternal malnutrition and stress.



Approximately **34%** of HG pregnancies result in **premature delivery, miscarriage, stillbirth or termination** in part due to delayed or inadequate treatment of HG (Almond, 2016; Poursharif, 2007).

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About Hyperemesis Gravidarum (HG)

- » Despite available medications shown to be low risk and effective at decreasing the severity of HG, **many women are denied treatment** (Kouzi, 2003; Carstairs, 2016; Fejzo, 2016; McParlin, 2016).
- » Approximately **75% of HG women report reducing the number of future pregnancies** rather than risk serious complications to themselves or their unborn children (Poursharif, 2008).
- » HG, especially inadequately treated, increases the risk of a **low-birth-weight** neonate (Paauw, 2005), as well as prenatal and postnatal complications for both mother and child (Peng, 2007; Tian, 2016).
- » HG increases the risk of **preeclampsia, embolism, hemorrhage, stroke, placental abruption, organ failure, anemia, heart complications, PTSD, mood/anxiety disorder, sepsis, and brain injury**.
- » Most women with HG are **unable to maintain employment** and/or care for their families during early pregnancy, and some throughout their pregnancy (O'Brien, 1992; Meighan, 2005; Poursharif, 2008).
- » Professionals often **dismiss or fail to recognize the seriousness of HG**, thus limiting or delaying treatment (Munch, 2002), contributing to the development of **PTSD, anxiety, depression, suicidal ideation**, and other mental health concerns that may persist decades later (Poursharif, 2008; Christodoulou-Smith, 2011; Nana 2021).
- » HG is also associated with poor fetal/child outcomes including **altered brain structure**, and **neurodevelopmental delay** with a **3-4x risk of significant behavioral and emotional disorders**. HG increases **preterm birth**, risk of autism, **neural tube defects**, as well as chronic illness later in life likely due to maternal malnutrition and stress. (Fejzo, 2015; Fejzo, 2018; Getahun 2021; Wang 2020; Lu, 2015; McMillen, 2005; Van den Bergh, 2005).



The Genes Have Spoken:
not in her **HEAD**
but in her **GENES**

About the HER Foundation

The HER Foundation is the leading 501(c)(3) not-for-profit organization for HG **education, advocacy, and support**, and **the only dedicated HG research team**. Founded in 2000 by fellow HG survivors Kimber MacGibbon, RN, and Ann Marie King and her husband Jeremy, the Foundation serves as a voice for HG sufferers and their families. Its website (hyperemesis.org) is the leading source of HG information, and together with social media and direct contact, **HER has reached over 2 million people in 95% of countries globally**. *Each year, support and resources provided by the HER Foundation and its volunteer network help improve the health and prevent the loss of thousands of mothers and babies around the world. HER is the global voice of HG.*

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