Causes of HG

HG is a complex disease whose causes are not yet fully understood. Research has found that genetics is one piece of the puzzle. If your mother, aunt, grandmother or sister experienced HG, you are more likely to suffer from it. We also know that HG recurs in more than 75% of mothers.

If You Have HG

Find compassionate healthcare providers experienced in managing HG and willing to try newer treatments and home infusions if needed.

Share HER resources like our management tools and HG Care app with your healthcare team. Find them at Hyperemesis.org/tools.

Find an advocate among your friends or family whom you trust to speak for you and be a contact for your medical providers.

Read and share HER brochures (Hyperemesis.org/tools) with others so they understand your needs.

Find encouragement and hope by connecting with others in the HG community where women are experienced in coping with HG.

Learn about HG management. Knowing treatment options often leads to improvements in your care, and ultimately may reduce symptom severity and the risk of additional complications.

HER Foundation Can Help

The HER (Hyperemesis Education & Research) Foundation is a nonprofit organization dedicated to HG support, education, research, and advocacy. HER is the global voice of HG.

Since 2000, HER has been the leading source of HG information and research. We have conducted critical research and offered resources for over 2 million people. HER has many resources including the following:

REFERRAL NETWORK
Find a doctor in your area who is more likely to understand HG by searching our database. Or email us: Help@Hyperemesis.org.

ONLINE SUPPORT
Join our online support groups for 24/7 help. hyperemesis.org/support

SUPPORT NEAR YOU
Visit hyperemesis.org/get-help-now or email us: Help@Hyperemesis.org for peer support.

MORE INFORMATION
Our website has a wealth of resources on assessing and managing HG symptoms (Hyperemesis.org/tools), research, and coping.
**What HG Is**

Hyperemesis Gravidarum (HG) is pregnancy disease characterized by severe nausea and/or vomiting, with difficulty eating and drinking.

HG causes dehydration, malnutrition, weight loss, and other serious complications. When HG is severe and/or untreated, the risks, including pregnancy loss or termination, increase.

**THE FACTS:**

HG is not the same as morning sickness of a healthy, normal pregnancy.

HG is not caused by a psychological disorder and mothers have little control over their symptoms.

HG may cause serious and/or long-term health issues in mothers and babies, especially if treatment is delayed or inadequate.

<table>
<thead>
<tr>
<th>MORNING SICKNESS VS. HG</th>
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<tr>
<td><strong>MORNING SICKNESS</strong></td>
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<tr>
<td>You lose little, if any, weight and meet recommended weight gains.</td>
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<tr>
<td>Have nausea/vomiting that does not prevent eating and drinking enough most days. Prescription medications are rarely required.</td>
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<tr>
<td>Vomit sometimes, and the nausea is mild to moderate. It may cause significant discomfort, but poses minimal health risks.</td>
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<td>Feel substantial relief with diet and/or lifestyle changes most of the time, especially after 14 weeks.</td>
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<tr>
<td>Often feel better by 14 weeks, but may have some nausea and occasional vomiting episodes.</td>
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<td>Will be able to work and/or care for their family most days, though fatigue and nausea may make it difficult, especially early in pregnancy.</td>
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<td>Experience minimal ongoing or worsening declines in emotional health or social activities.</td>
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<tr>
<td>Have babies who experience few if any health problems due to stress or inadequate nutrition and fluids.</td>
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