

## Causes of HG

HG is a complex disease whose causes are not yet fully understood. Research has found that family history 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 healthcare providers who are experienced in managing HG, willing to try new treatments, and are compassionate.

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

Find a support community experienced in coping with HG.

Learn about HG. Knowing treatment options often improves your care and effective management reduces the risk of complications.

## HER Foundation Can Help

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

Since 2003, we have funded critical research and have been the voice of HG, the leading HG resource online for women and their healthcare providers, and a trusted lifeline for hundreds of thousands of HG sufferers.

### REFERRAL NETWORK

Find a healthcare provider in your area who understands HG. Or email us for a quick response.

### ONLINE SUPPORT

Join our online Support Forums to share your experiences, find hope and encouragement, and get answers to your questions.

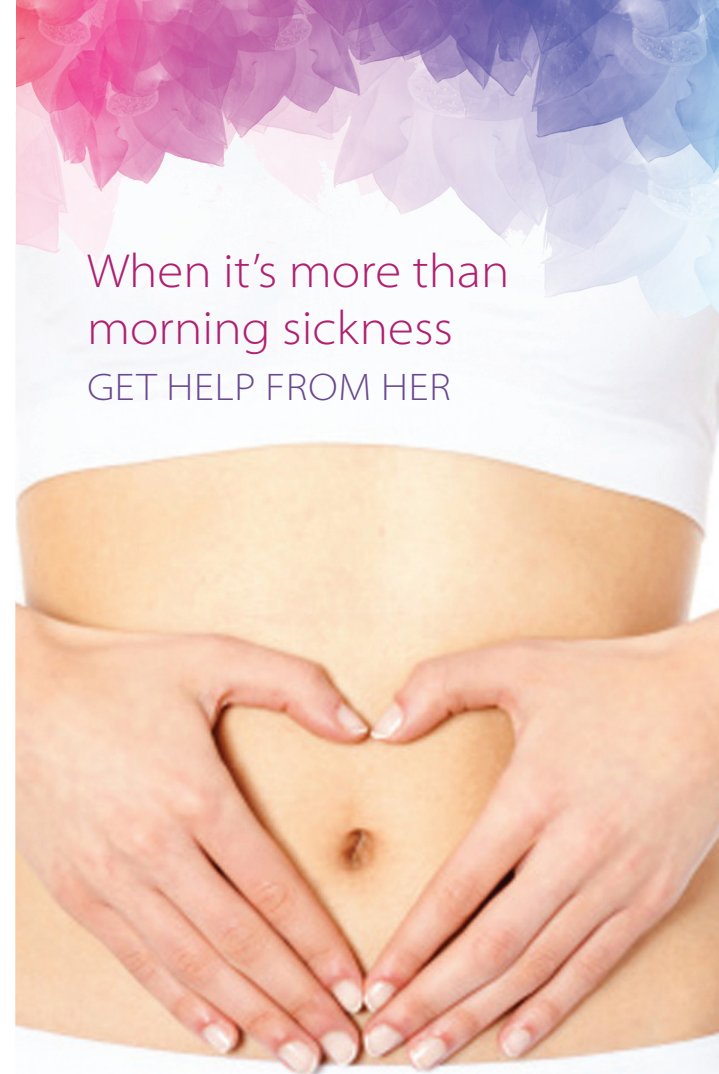
### SUPPORT NEAR YOU

Visit the "For Mothers" section on our website or email us to connect with a volunteer in your area.

### INFORMATION

Our website has resources on HG symptoms, treatments, research, getting help, and coping tips.

When it's more than  
morning sickness  
GET HELP FROM HER



UNDERSTANDING  
HYPEREMESIS  
GRAVIDARUM (HG)



[www.HelpHER.org](http://www.HelpHER.org)  
[GetHelpNow@HelpHER.org](mailto:GetHelpNow@HelpHER.org)  
[facebook.com/HERFoundation](https://facebook.com/HERFoundation)  
[twitter.com/HGmoms](https://twitter.com/HGmoms)



# MORNING SICKNESS VS. HG

## MORNING SICKNESS

You lose little, if any, weight and meet recommended weight gains.

Have nausea/vomiting that does not prevent eating and drinking enough most days. Prescription medications and IVs are rarely required.

Vomit infrequently, and the nausea is not too severe. It may cause significant discomfort, but poses minimal health risks.

Feel substantial relief with diet and/or lifestyle changes most of the time, especially after 14 weeks.

Often feel better by 14 weeks but may have occasional episodes of nausea.

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.

Face little if any significant or lasting decline in emotional health or social activities.

Have babies who experience few if any health problems due to morning sickness.

## HYPEREMESIS GRAVIDARUM (HG)

You lose 5-20 pounds or more (> 5% of pre-pregnancy weight) and may not gain adequately.

Have nausea/vomiting that prevents eating and drinking. Dehydration and malnutrition often occur, especially if not treated.

Retch or vomit frequently, and may vomit bile or blood, especially if left untreated. Nausea can be severe, constant, and very debilitating.

Need medical treatment such as medications and IV fluids, and, at times, nutritional therapy.

Sometimes feel better by mid-pregnancy, but may be sick throughout pregnancy.

May be unable to function for weeks or months. Simple household chores and self-care tasks like showering or driving may be impossible.

Are at increased risk for anxiety, depression, postpartum depression, and post-traumatic stress disorder due to isolation, debility and misery.

Deliver babies with greater risk of prematurity and restricted growth, as well as long-term health conditions.

## What HG Is

Hyperemesis Gravidarum (HG) is a disease of pregnancy marked by relentless nausea and/or vomiting and sensory sensitivity.

HG can cause rapid weight loss, dehydration, malnutrition, and other serious complications. Severe and/or untreated HG puts the current and future health and wellbeing of both mother and baby at risk.

## What HG Is Not

HG is one of the most misunderstood medical problems of pregnancy - despite being the leading cause of hospitalization during early pregnancy, and second only to preterm labor as the leading cause of hospitalization throughout pregnancy. Few health professionals are experienced in proactive management of more severe HG, necessitating a change in doctors or consultations with perinatologists for effective management.

### THE FACTS:

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

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