



HELLP SYNDROME: A SILENT DANGER IN PREGNANCY

*Many have never heard of HELLP Syndrome –
until it's too late.*








What Is HELLP Syndrome?

- H** Hemolysis (breakdown of red blood cells)
- EL** Elevated Liver Enzymes
- LP** Low Platelet Count

It is a life-threatening pregnancy complication often linked to preeclampsia.

It can affect anyone - even without high blood pressure.

Symptoms to Know:

-  Upper right belly pain - putting both mother and baby at risk.
-  Early detection and being heard *can save lives.*
-  Swelling
-  Headaches that don't go away
-  Vision changes

Trust your instincts. If something feels wrong – speak up, ask questions, and seek care.

You are not overreacting. You are protecting your life and your baby's.