

HER HG FACTS

*There's nothing quite like the excitement and anticipation experienced by most mothers-to-be. For many women, however, the joy of pregnancy is destroyed by Hyperemesis Gravidarum (HG), a debilitating and potentially fatal disease with no definitive cause or cure. Due to inadequate research, HG is medically misunderstood, misdiagnosed and mistreated. Its physical symptoms are often debilitating and traumatic. Its emotional impact is just as great, and can leave women feeling depressed and alone as they struggle to cope with residual effects ranging from lost jobs and escalating medical bills, to strained personal relationships and long-term health issues for both mother and child. The **Hyperemesis Education & Research Foundation (HER Foundation)** is the leading organization raising public awareness, collaborating on research, and providing education, advocacy and support globally for 1000's managing HG. **HER is the voice of HG.***

About Hyperemesis Gravidarum (HG)

- HG is a pregnancy disease **marked by rapid weight loss, malnutrition and dehydration**, due to unrelenting nausea and/or vomiting with potential long-term consequences for mother and child.
- 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, 2004).
- Total incidence of HG is undetermined but estimated at **2-10%** (Zhang, 1991; Czeizel, 2003).
- HG's **cause is likely related to elevated levels of placenta and appetite regulators, GDF15 and IGFBP7**, which are abnormally high in HG pregnancies (<https://youtu.be/M1G6cdgonIE>) most likely due to genetics and possibly other factors (Fejzo, 2018).
- HG contributes to **over 375,000 ER/hospital discharges** in the US annually (HCUP, 2012).
- 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 34% of HG pregnancies result in **miscarriage, stillbirth or termination** in part due to delayed or inadequate treatment of HG (Almond, 2016; Poursharif, 2007).
- Contrary to current medical opinion, HG **recurs in over 80 percent** of women, and **persists** throughout pregnancy in nearly 40 percent (Fejzo, 2011).
- 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 is also associated with poor fetal/child outcomes including a 4-fold increased risk of **preterm birth** and a 3-fold increased risk of **neurodevelopmental delay**, an increased risk of significant **cognitive and behavioral disorders** (Fejzo, 2013; Fejzo, 2015), as well as **chronic illness** in later life due in part to maternal malnutrition (McMillen, 2005) and stress (Van den Bergh, 2005).
- 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).
- 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 **PTSS**, anxiety, depression, and other mental health concerns that may persist beyond pregnancy (Poursharif, 2008; Christodoulou-Smith, 2011).

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 one researching HG collaboratively with top universities. Founded in 2003 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 (**HelpHER.org**) is the leading source of HG information, and together with social media and direct contact, HER engages well over a quarter of a million worldwide visitors annually. *Each year, support and resources provided by the HER Foundation and its volunteer network help improve the health and prevent the loss of mothers and babies around the world.*



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