

# Safe to *Wait?*

As woman put their careers first, opting to have babies later in life, the chances of having a complicated pregnancy increase. Here, obstetrician and gynaecologist DR WENDY Teo touches on the very serious issue of hypertension.

## What treatments would you consider for someone over 40 who is trying to conceive but having no luck?

Assuming there is no obvious cause for the infertility, I'd recommend a trial of intrauterine insemination or IVF.

## What dangers are associated with pregnancy in older women?

Older mothers are at higher risk of having Down Syndrome babies as well as developing diabetes or hypertension.



## Does hypertension affect pregnancy?

Yes, certainly. A baby can become too small in cases of severe hypertension; this can even result in intrauterine death. As for the mother, uncontrolled hypertension can lead to stroke and epilepsy in severe cases.

## What is pre-eclampsia, and is there any way a mother can know if they have it?

Pre-eclampsia refers to hypertension that causes excessive protein excretion in the urine. It is usually asymptomatic and picked up only during routine pre-natal follow-up.

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